

Tipping the Scale in Your Favor

Balancing the number of calories you eat with the number of calories you use through exercise and physical activity will help you achieve your desired weight. The key to successful weight control and improved overall health is making physical activity and healthy eating a part of your daily routine.

Exercise

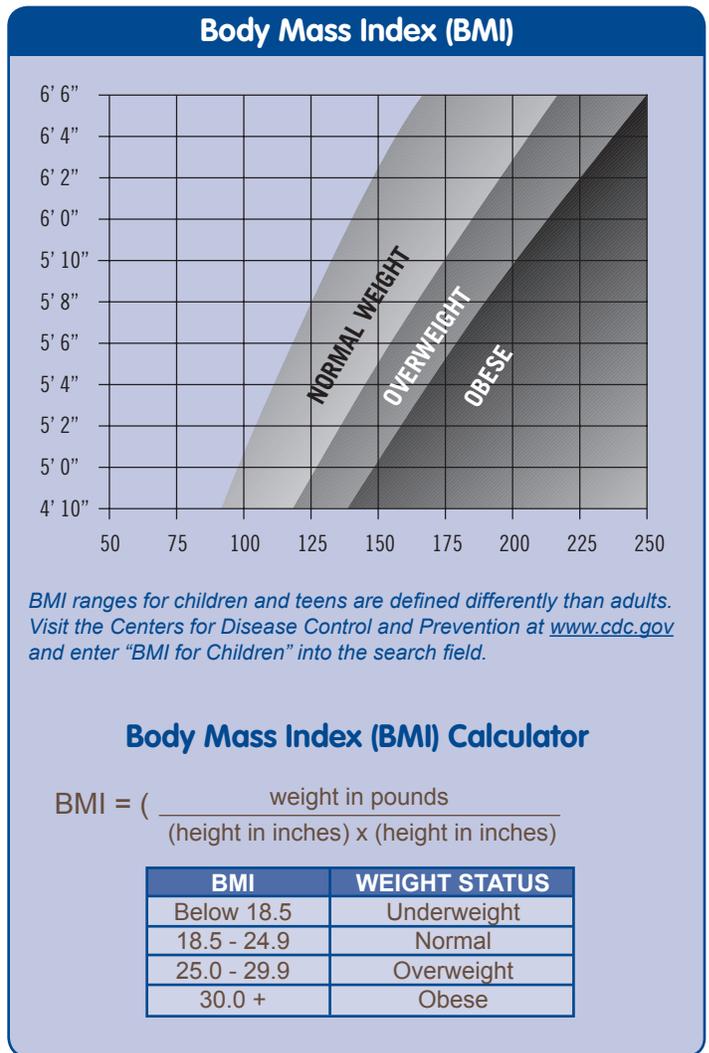
Participating in physical activity for 30 minutes a day on most days of the week is a vital component of a healthy lifestyle. It helps to control your weight by burning excess calories that otherwise would be stored as fat. Exercise can help prevent many diseases and improve health conditions such as diabetes, high blood pressure and high cholesterol.

Nutrition

Are you making healthy choices when it comes to what you and your family are eating? Be sure to eat a variety of foods, including plenty of vegetables, fruits and whole-grains. Also include low-fat dairy products, lean meats, poultry, and fish. Drink plenty of water and limit saturated fats, salt, sugar, and alcohol. Visit the weight management section on the Healthy Living page at www.HealthNetFederalServices.com. You'll find interactive tools, healthy recipes and much more.

Determining Body Mass Index

Body Mass Index (BMI) is an effective way for most adults to identify if they are overweight or obese. Your BMI is determined by a calculation of your weight and height. Use the BMI chart on the right to find your healthy weight or calculate your own.



For more information:

American Heart Association: www.americanheart.org

American Obesity Association: www.obesity.org

Body Mass Index Calculator <http://www.nhlbisupport.com/bmi/>

Sources: The US Department of Agriculture, US Department of Health and Human Services, Centers for Disease Control and Prevention, and WebMD



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