

Are you at a healthy weight?

In the table below, find your weight in the top row. Put your finger on the weight that most closely matches yours. Then move your finger down the column until you reach the height closest to yours. Put an X on the chart where your weight and height meet.

		Weight in Pounds																BMI (Body Mass Index)
		100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	
Height in Feet and Inches	4'	30.5	33.6	36.6	39.7	42.7	45.6	48.8	51.9	54.9	58	61	64.1	67.1	70.2	73.2	76.3	
	4'2"	28.1	30.9	33.7	36.6	39.4	42.2	45	47.8	50.6	53.4	56.2	59.1	61.9	64.7	67.5	70.3	
	4'4"	26	28.6	31.2	33.8	36.4	39	41.6	44.2	46.8	49.4	52	54.6	57.2	59.8	62.4	65	
	4'6"	24.1	26.5	28.9	31.3	33.8	36.2	38.6	41	43.4	45.8	48.2	50.6	53	55.4	57.9	60.3	
	4'8"	22.4	24.7	26.9	29.1	31.4	33.6	35.9	38.1	40.4	42.6	44.8	47.1	49.3	51.6	53.8	56	
	4'10"	20.9	23	25.1	27.2	29.3	31.3	33.4	35.5	37.6	39.7	41.8	43.9	46	48.1	50.2	52.2	
	5'	19.5	21.5	23.4	25.4	27.3	29.3	31.2	33.2	35.2	37.1	39.1	41	43	44.9	46.9	48.8	
	5'2"	18.3	20.1	21.9	23.8	25.6	27.4	29.3	31.1	32.9	34.7	36.6	38.4	40.2	42.1	43.9	45.7	
	5'4"	17.2	18.9	20.6	22.3	24	25.7	27.5	29.2	30.9	32.6	34.3	36	37.8	39.5	41.2	42.9	
	5'6"	16.1	17.8	19.4	21	22.6	24.2	25.8	27.4	29	30.7	32.3	33.9	35.5	37.1	38.7	40.3	
5'8"	15.2	16.7	18.2	19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4	31.9	33.4	35	36.5	38		
5'10"	14.3	15.8	17.2	18.7	20.1	21.5	23	24.4	25.8	27.3	28.7	30.1	31.6	33	34.4	35.9		
6'	13.6	14.9	16.3	17.6	19	20.3	21.7	23.1	24.4	25.8	27.1	28.5	29.8	31.2	32.5	33.9		
6'2"	12.8	14.1	15.4	16.7	18	19.3	20.5	21.8	23.1	24.4	25.7	27	28.2	29.5	30.8	32.1		
6'4"	12.2	13.4	14.6	15.8	17	18.3	19.5	20.7	21.9	23.1	24.3	25.6	26.8	28	29.2	30.4		
6'6"	11.6	12.7	13.9	15	16.2	17.3	18.5	19.6	20.8	22	23.1	24.9	25.4	26.6	27.7	28.9		

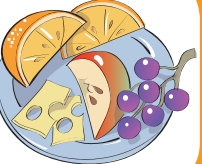
Underweight
 Normal weight
 Overweight
 Obese

Healthy tips to reach your goal

- Be active



- Eat healthy foods



- Eat less fast food/ avoid juice and soda



- Eat smaller portions



- Eat breakfast, lunch, and dinner



Your current body mass index (BMI): _____ Your BMI goal: _____

¿Es su peso saludable?

En la siguiente tabla, busque su peso en la fila superior. Ponga un dedo en el peso que más se le aproxima. Luego, mueva el dedo por la columna hasta llegar a la estatura que más se le aproxima. Dibuje una X en la tabla, donde coinciden su peso y estatura.

		Peso en libras															0 más	IMC (Índice de masa corporal)
		100	110	120	130	140	150	160	170	180	190	200	210	220	230	240		
Estatura en pies y pulgadas	4'	30.5	33.6	36.6	39.7	42.7	45.6	48.8	51.9	54.9	58	61	64.1	67.1	70.2	73.2	76.3	
	4'2"	28.1	30.9	33.7	36.6	39.4	42.2	45	47.8	50.6	53.4	56.2	59.1	61.9	64.7	67.5	70.3	
	4'4"	26	28.6	31.2	33.8	36.4	39	41.6	44.2	46.8	49.4	52	54.6	57.2	59.8	62.4	65	
	4'6"	24.1	26.5	28.9	31.3	33.8	36.2	38.6	41	43.4	45.8	48.2	50.6	53	55.4	57.9	60.3	
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	4'10"	20.9	23	25.1	27.2	29.3	31.3	33.4	35.5	37.6	39.7	41.8	43.9	46	48.1	50.2	52.2	
	5'	19.5	21.5	23.4	25.4	27.3	29.3	31.2	33.2	35.2	37.1	39.1	41	43	44.9	46.9	48.8	
	5'2"	18.3	20.1	21.9	23.8	25.6	27.4	29.3	31.1	32.9	34.7	36.6	38.4	40.2	42.1	43.9	45.7	
	5'4"	17.2	18.9	20.6	22.3	24	25.7	27.5	29.2	30.9	32.6	34.3	36	37.8	39.5	41.2	42.9	
	5'6"	16.1	17.8	19.4	21	22.6	24.2	25.8	27.4	29	30.7	32.3	33.9	35.5	37.1	38.7	40.3	
5'8"	15.2	16.7	18.2	19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4	31.9	33.4	35	36.5	38		
5'10"	14.3	15.8	17.2	18.7	20.1	21.5	23	24.4	25.8	27.3	28.7	30.1	31.6	33	34.4	35.9		
6'	13.6	14.9	16.3	17.6	19	20.3	21.7	23.1	24.4	25.8	27.1	28.5	29.8	31.2	32.5	33.9		
6'2"	12.8	14.1	15.4	16.7	18	19.3	20.5	21.8	23.1	24.4	25.7	27	28.2	29.5	30.8	32.1		
6'4"	12.2	13.4	14.6	15.8	17	18.3	19.5	20.7	21.9	23.1	24.3	25.6	26.8	28	29.2	30.4		
6'6"	11.6	12.7	13.9	15	16.2	ES	18.5	19.6	20.8	22	23.1	24.9	25.4	26.6	27.7	28.9		



Bajo peso



Peso normal



Sobrepeso



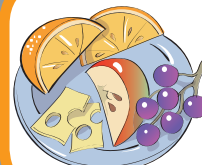
Obesidad

Consejos saludables para lograr su meta

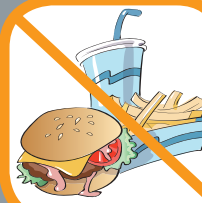
- Manténgase activo



- Coma alimentos saludables



- Coma menos comida rápida/ evite los jugos y los refrescos



- Coma porciones más pequeñas



- Desayune, almuerce y cene



Su índice de masa corporal actual (IMC): _____ Su meta de IMC: _____