

Are You Healthy?

BEHAVIORS TO HELP MANAGE YOUR WEIGHT

1. Drink more water (8-10 8 ounce glasses daily.)
2. Watch no more than 6 hours of TV weekly.
3. Walk (with a friend, dog or delightfully alone.)
4. Sit still and count your breaths.

1. Do you smoke?
2. Do you eat 5 servings of fruits and vegetables daily?
3. Do you get 30 minutes of exercise 5 days a week?
4. Is your BMI between 19-26?

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height (inches)	Body Weight (pounds)																
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

STRESS IS FATTENING

Do you eat when you are bored, lonely, angry, sad, or anxious? Or, because it's a party/holiday? Because it's there, or because some one brought it to the meeting, we have to eat it? Have you thought, "There's just a little bit left, I can't waste it?"

Eating for emotional reasons can cause weight gain and health problems. Did you ever wonder why some people turn to food for comfort? Before we could talk, we cried when we were uncomfortable. After a quick check of the diaper, Mom or Dad may have assumed we were hungry and gave us something to eat to soothe us. They may have given us a cookie to distract us when they were busy. We learned to associate food with comfort and being taken care of. If we continue eating for comfort as adults, and eat more than our bodies need as fuel, it can turn to fat and lead to life-threatening illness. There are other, healthier ways to manage stress. Workplace Solutions can help manage those uncomfortable eating triggers in more healthy ways. Call for a free, confidential consultation.