

La Inland Empire's Fun Fitness Day



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Objective

- Establish health awareness
 - Define BMI and Waist Circumference
- Encourage fitness for life
- Promote a healthy lifestyle



Why is good health important?

- Our physical, emotional and spiritual health are closely linked. If one is unhealthy then the rest suffer as well.
- Enables us to take care of our loved ones.
- Allows us to multi-task in our busy lives.
- Reduces stress.
- Fights fatigue.
- Improves self-esteem.
- Makes a better YOU!

Understanding BMI

- BMI: Body Mass Index
 - Indicator of body fat using height and weight.
 - Used for assessing health risk
- One of the many factors used to evaluate health status.

Expert Panel on the Identification, Evaluation, and treatment of Overweight and Obesity in Adults.

Classifications for BMI

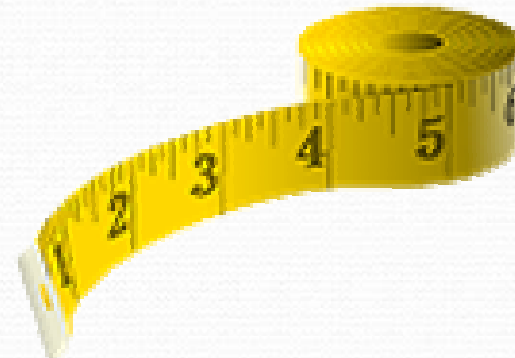
- Underweight: BMI below 18.5
- Normal weight: 18.5 to 24.9
- Overweight: 25.0-29.9
- Obese (class 1): 30-34.9
- Obese (class 2): 35-39.9
- Extreme Obesity (class 3): ≥ 40



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Waist Circumference

- Evaluates abdominal fat
- Excessive abdominal fat is an important, independent risk factor for disease. Regardless if BMI indicates normal to overweight.
- Women: > 35 in (>88cm)
- Men: > 40 in (>102cm)



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Risk Factors

- A high waist circumference is associated with an increased risk for the following:
 - Type 2 diabetes
 - Dyslipidemia
 - Hypertension
 - CVD



Prevention

- Weight loss
- A 5%- 10% weight reduction from initial weight.
 - Evidence supports the benefit of weight loss for reducing:
 - Blood pressure
 - Lowering blood glucose
 - Improving dyslipidemia

Goals for Weight Loss and Management

- Reduce Body Weight
- Maintain a lower body weight over the long term
- Prevent further weight gain

Weight Management Techniques

- Diet
 - Smart choices
 - Portion control
 - Calorie reduction is the only way to loose weight!
 - Lifestyle change
- Physical Activity
 - Recommended at least 150 minutes of exercise per week, roughly 30 mins/day.
 - Every step counts : accumulate minutes by 10-15 mins walks throughout the day.
 - Invest in a good pedometer to motivate steps! (10,000 steps= 5 miles)



LETS GET FIT!