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## Facing the Numbers

- Not everyone starts out with the same genes—or fits into the same jeans!

Bodies come in all different shapes and sizes, and as long as your doctor deems your vital statistics healthy, relax and enjoy the body you were born with!

- Moderation is key-in every aspect of weight

If together with your doctor you have decided it's best for you to lose or gain weight, do so in a balanced way. Losing or gaining weight too quickly is unhealthy, and could set you up for failure in your long-term goals.

- Celebrate your body at every stage of life.

No matter your size, appreciate all the great things your body does for you each day. Take extra special care of it, and it will see you through thick and thin!



## Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

### Pat Walker Health Center University Health Services

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# Finding My Healthy Weight



Department of  
Health Promotion and Education

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## What Is BMI?

BMI (body mass index) is a number that measures the relationship between your weight and your height

### How Do I Calculate My BMI?

1. Divide your weight (in pounds) by your height (in inches) squared.
2. Multiply the result of Step 1 by 705.

For example, if you are 5'7" and weigh 155 pounds the equation for your BMI would look like this:

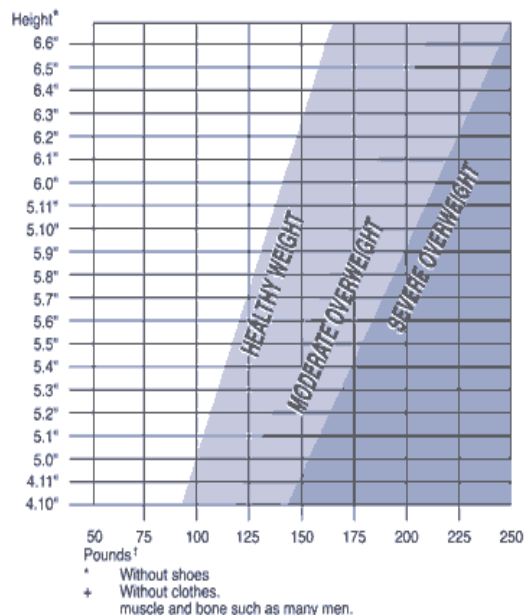
$$\text{BMI} = (155 / 67 \times 67) \times 705 = 24.3$$

### What Does My BMI Mean?

<18.5 = underweight  
18.5-24.9 = normal  
25-29.9 = overweight  
>30.0 = obese

### I'm at a healthy weight... I thought!

There are some factors that body mass index does not account for, such as age (older people tend to have a higher BMI), body composition-how much muscle, fat, and water you have (those with higher levels of muscle mass have a higher BMI).



Source: Report of the Dietary Guidelines Advisory Committee on *The Dietary Guidelines for Americans* 1995 pgs. 23-24

### Things to Remember About Weight

- Your body frame will factor into the number on the scale. Small-framed bodies will by nature weigh less than medium and larger framed bodies.
- Lean muscle weighs more than fat, so bodies with more lean muscle may weigh more than those with less muscle.

## Key Recommendations

*For everyone:*

- Get regular checkups to keep an eye on all vital statistics
- Be sure to eat a variety of foods from all food groups and be active each day

*Those who need to lose weight.*

- Aim for a slow and steady weight loss, no more than 2 pounds per week.
- Talk to your doctor before beginning a new exercise regimen

*Those who need to maintain weight:*

- Remain active, or begin incorporating exercise into your daily routine for overall health
- Be sure you are eating a variety of foods from all the food groups

*Those who need to gain weight:*

- Aim for a slow and steady weight gain
- Slowly increase daily calorie intake

