

Living Well Tip of the Week

Your jeans size could be a clue to heart health.

Your first step to find out if you are at a healthy weight is to find out what your BMI, or body mass index, is and what your waist size is. For most people, these are good clues to whether they are at a healthy weight.

If your weight is not healthy, your risk for weight-related problems is higher, including high blood pressure, heart disease, stroke, arthritis, diabetes, and some forms of cancer. For more information, see the topic **Obesity**.

- ✓ If your BMI is less than 18.5, you are in the underweight category. Talk to your doctor to find out if your weight is a symptom of a medical problem. Your doctor can also refer you to a nutrition expert who can help you learn about healthy eating.
- ✓ If your BMI is between 19 and 24.9, you are in the recommended weight range for your height. But your health may still be at risk if you are not getting regular physical activity and practicing healthy eating.
- ✓ If your BMI is 25 to 29.9, you are in the overweight category. This may or may not be unhealthy, depending on some other things, like your waist size and other health problems you may have.
- ✓ If your BMI is 30 or higher, you're in the obese category. You may need to lose weight and change your eating and activity habits to get healthy and stay healthy.
Please consult with your health care practitioner.



Don't know your BMI? Click [here](#) to calculate your BMI.

For programs, tools and resources go to our Living Well: Make it a Priority website at www.LivingWell.utsystem.edu or email us at livingwell@utsystem.edu.

**Living Well Health Manager powered by WebMD Program available to UT SELECT members- Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.*