

ChooseToLose@Work

Height

Use a stadiometer (height stick) if possible.
Remove shoes and stand upright, feet flat on the floor with heels against the wall.
Ask the individual to look straight ahead whilst recording height.



Weight

Place scales on a hard, flat, uncarpeted surface.
Set scales to zero.
Weigh individual in light clothing without shoes.
Try to weigh yourself once a week at the same time of day each time. Aim to lose 1-2 lbs (0.5-1kg) each week.

Body Mass Index (BMI)

BMI is used to determine how much you weigh in relation to your height. A body mass index (BMI) above the healthy weight range can increase your risk of serious health problems, like heart disease, type 2 diabetes, stroke and certain cancers.

$$\frac{\text{Weight (Kg)}}{\text{Height (m)} \times \text{Height (m)}} = \text{BMI (kg/m}^2\text{)}$$

eg A person who is 172cm and 108kg $\frac{108}{1.72 \times 1.72} = \text{BMI } 36.6\text{kg/m}^2$

Underweight	BMI less than 18.5
Healthy Weight	BMI 18.5 to 24.9
Overweight	BMI 25 to 29.9
Obese	BMI 30 to 39.9
Very Obese	BMI of 40 or over

Or visit www.nhsforthvalley.com/weight for an online Healthy Weight Calculator.

Waist Size Matters

Measuring your waist is a good way to check you're not carrying too much fat around your stomach, which can raise your risk of heart disease, type 2 diabetes and stroke. You can have a healthy BMI and still have excess tummy fat – meaning you're still at risk of developing these diseases.

To measure your waist:

Ask individual to remove clothes around the waist for a more accurate measurement.
Ask the individual to stand with feet 25-30cm apart and breathe out naturally before taking the measurement.
Find the mid point between the bottom of your ribs and the top of your hips.
Wrap tape measure around the waist at this midway point and take the reading on the tape measure, repeat the measurement to double check. The measuring tape should be parallel to the floor and fit snugly around your torso without digging into your skin.

Regardless of your height or BMI you should try to lose weight if your waist is,

Men 94cm (37ins) or more	Women 80cm (31.5ins) or more
You are at very high risk if your waist is:	
Men 102cm (40ins) or more	Women 88cm (34ins) or more

