


Get n your weigh t healthier living


IF YOU SEE YOURSELF ON THIS CHART, YOUR HEALTH MAY BE AT RISK

New federal guidelines have established that people with a Body Mass Index of 25 or more may be at risk. To see if, and to what extent, your BMI is endangering your health, check out the chart below. Find your height in the left column and follow across to find your weight. The higher your BMI is above 25, the greater your risk. If you're on the chart, please consult your doctor or the Nutrition Center of Glens Falls Hospital today.

Height	BMI	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
		Weight in lbs.															
4'10"	▶	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191
4'11"	▶	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198
5'	▶ AT RISK	128	133	138	143	148	153	158	164	169	174	179	184	189	194	199	204
5'1"	▶ AT RISK	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211
5'2"	▶ AT RISK	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218
5'3"	▶ AT RISK	141	146	152	158	163	169	175	180	186	192	197	203	208	214	220	225
5'4"	▶ AT RISK	145	151	157	163	169	174	180	186	192	198	203	209	215	221	227	233
5'5"	▶ AT RISK	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240
5'6"	▶ AT RISK	155	161	167	173	179	185	192	198	204	210	216	223	229	235	241	247
5'7"	▶ AT RISK	159	166	172	178	185	191	198	204	210	217	223	229	236	242	248	255
5'8"	▶ AT RISK	164	171	177	184	190	197	203	210	217	223	230	236	243	249	256	263
5'9"	▶ AT RISK	169	176	182	189	196	203	209	216	223	230	237	243	250	257	264	270
5'10"	▶ AT RISK	174	181	188	195	202	209	216	223	230	236	243	250	257	264	271	278
5'11"	▶ AT RISK	179	186	193	200	207	215	222	229	236	243	250	258	265	272	279	286
6'	▶ AT RISK	184	191	199	206	213	221	228	235	243	250	258	265	272	280	287	294
6'1"	▶ AT RISK	189	197	204	212	219	227	234	242	250	257	265	272	280	287	295	303
6'2"	▶ AT RISK	194	202	210	218	225	233	241	249	256	264	272	280	288	295	303	311
6'3"	▶ AT RISK	200	208	216	224	232	240	247	255	263	271	279	287	295	303	311	319
6'4"	▶	205	213	221	230	238	246	254	262	271	279	287	295	303	312	320	328

Did you know that:

 A recent study by the National Heart, Lung and Blood Institute found that more than half of our nation's adult population is overweight or obese.

 Being overweight and obese have been found to be the second leading cause of preventable death in the U.S. today.

the Nutrition Center

of Glens Falls Hospital

For more information, please call the Nutrition Center at 926-2615.

The Nutrition Center of Glens Falls Hospital

The Nutrition Center of Glens Falls Hospital offers individualized nutrition counseling, along with educational programs and workshops, for adults and children with:

- General nutrition and wellness concerns;
- Concerns related to cardiovascular disease, hypertension, cholesterol levels, cancer, kidney disease, diabetes, digestive disorders and pregnancy;
- Eating disorders.

The Center's eight registered dietitians work closely with people and their doctors to identify weight-related health risks, establish behavioral goals and develop a diet/fitness/behavioral program to meet those goals.