



CUT DOWN ON



- T.V. watching
- Video and computer games
- Sitting more than 30 minutes at a time

2-3 TIMES A WEEK

Leisure & Playtime

- Swinging
- Canoeing
- Tumbling
- Miniature golf

Strength & Flexibility

- Push-ups/pull-ups
- Martial arts
- Dancing
- Rope climbing

3-5 TIMES A WEEK

Aerobic Exercises
(at least 20 minutes)

- Roller blading
- Biking
- Skateboarding
- Rope climbing
- Swimming
- Running

Recreational activities
(at least 20 minutes)

- Volleyball
- Basketball
- Soccer
- Skiing
- Kickball
- Relay races

EVERYDAY

(as often as possible)

- Play outside
- Take the stairs instead of the elevator
- Help around the house or yard
- Bathe your pet
- Pick up your toys
- Walk to the store
- Go for a walk

Helpful Links

Florida Department of Health
<http://www.healthiestweightflorida.com/>

Centers for Disease Control and Prevention
www.cdc.gov/obesity/index.html

Academy of Nutrition and Dietetics
www.eatright.org

Produce for Better Health Foundation
www.fruitsandveggiesmorematters.org

American College of Sports Medicine
<http://www.acsm.org/>

www.getintofitnesstoday.net



www.hillscountyhealth.org



www.partnersinobesityprevention.com

Get to YOUR

Healthiest Weight



Florida HEALTH

tools:



eat your colors



move more, sit less



BMI (Body Mass Index) is a number calculated from a person's weight and height. BMI is a fairly reliable indicator of body fatness for most people. Find your height in the column on the left. Move across the row to your weight. The number on top of the column is your BMI.

If your BMI is 25 or higher, you are at greater risk for developing diseases like diabetes, heart disease and some cancers.

Waist circumference is also an important number for determining risk for disease. Goals for men and women:











Men's waist: 40 inches around or less

Women's waist: 35 inches around or less

* Ideal BMI is 19 through 24 *

Height (inches)	BMI (kg/m ²)	Weight (lb.)													
		19	20	21	22	23	24	25	26	27	28	29	30	35	40
4' 10"	58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
4' 11"	59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
5'	60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5' 1"	61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5' 2"	62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
5' 3"	63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5' 4"	64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5' 5"	65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5' 6"	66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5' 7"	67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5' 8"	68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
5' 9"	69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5' 10"	70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
5' 11"	71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
6'	72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
6' 1"	73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
6' 2"	74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
6' 3"	75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
6' 4"	76	156	164	172	180	189	197	205	213	221	230	238	246	287	328





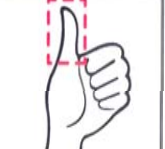
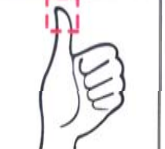


	Green	White	Yellow/Orange	Red	Blue/Purple
VEGETABLES	Arugula Asparagus Broccoli Brussels sprouts Peas* Okra Zucchini Cabbage 	 Cauliflower Garlic Artichokes Mushrooms Onions Jicama Parsnips Shallots	Butternut squash* Carrots Pumpkin* Yellow beets Rutabagas Sweet potatoes* Yellow peppers Yellow squash 	 Tomatoes Red bell peppers Beets Red onions Radishes Red chili peppers Red potatoes* Rhubarb	Purple cabbage Purple potatoes* Eggplant Endive 
FRUIT	Apples Grapes Pears Honeydew Kiwi Limes 	 Bananas Brown pears White nectarines White peaches	Mangos Oranges Papayas Peaches Pineapple Apricots Cantaloupe Grapefruit Lemons 	Blood oranges Cherries Cranberries Guava Pomegranates Raspberries Red grapes Strawberries Watermelon 	Blackberries Black currants Blueberries Plums Prunes Figs 

Try to eat at least 2 ½ cups of non-starchy vegetables and fruits each day.
Here are ways to do this: Fill half your plate with vegetables. Include a vegetable or fruit in every snack.

*Eat these starchy vegetables in moderation.

Food	Carbs	Calories	Foods	Carbs	Calories	Foods	Carbs	Calories	Foods	Carbs	Calories	Foods	Carbs	Calories	
Rice/pasta	40	200	Meat	0	160	Nuts	6	150	Chips	15	150	Peanut Butter	7	170	
Fruit	20	75	Fish	0	160	Raisins	22	85	Popcorn	20	120	Hard Cheese	1	100	
Vegetables	*	40	Poultry	0	160				Pretzels	22	100		Sugar	4	15

					
Equivalent Fist ≈ 1 cup	Equivalent Palm ≈ 3 oz.	Equivalent Handful ≈ 1 oz.	Equivalent 2 Handfuls ≈ 1 oz.	Equivalent Thumb ≈ 1 oz.	Equivalent Thumb ≈ 1 oz.