

Weight and Wellness

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There are some very prominent risk factors for becoming obese or overweight which include: type 2 diabetes, hypertension, gallstones, lack of physical activity, and certain cancers. Obesity can be measured by a way of Body Mass Index (BMI). BMI can be expressed in a simple equation which is, $\text{weight (pounds)} / \text{height}^2 \text{ (inches)} \times 703$. Underweight is 18.5 and below, a healthy BMI is 18.5-24.9, overweight is categorized as 25-29.9, and obese is above 30. BMI has a correlation of with waist circumference. For women, a waist circumference above 35 inches is an increased risk for disease and for men, above 40 inches is an increased risk of disease.

Some ways to control weight and live a happier lifestyle are to set goals, modify behaviors, and planning. Setting goals like, eating more vegetables, or lose 5 pounds by the end a month. Some behaviors changes would be, eating more home cooked meals as compared to eating fast food. Another would be start reading food labels before buying a product. Planning could consist of planning out breakfast the night before. Keeping track of calories in and out are important for maintaining and losing weight. Along with calories, try to get 4-5 servings of fruits and vegetables daily, limit junk food, aim for lean proteins, and look for whole grains. Lastly, try to get 150 minutes of moderate physical activity weekly.