

Weight and Wellness

S

How to calculate your BMI

Weight (pounds) / Height² (inches) x
703

BMI (Body Mass Index)

Underweight: <18.5

Normal: 18.5-24.9

Overweight: 25-29.9

Obese: >30

Risk Factors for Being Obese or Overweight

- High blood pressure
- High blood cholesterol
- Type 2 diabetes
- Coronary heart disease
- Stroke

- Gallbladder disease
- Arthritis
- Sleep apnea and breathing problems
- Some cancers
- Cigarette smoking
- Physical inactivity

Maintaining a Healthy Weight

- Engage in physical activity at least 150 minutes of moderate activity a week.
- Eat more fruits and vegetables
- Eat more home cooked meals as compared to fast food

For more information

https://www.nhlbi.nih.gov/health/educational/lose_wt/risk.htm

Slow-Cooker Garlic-Parmesan Chicken

Ingredients:

- 1/3 c. plus 2 tbsp. extra-virgin olive oil (\$0.15)
- 2 lb. bone-in chicken thighs (\$6.00)
- kosher salt
- Black pepper

- 1 lb. baby red potatoes, quartered (\$0.50)
- 2 tbsp. butter (\$0.076)
- 5 cloves Garlic, Chopped (\$2.99)
- 2 tbsp. freshly chopped thyme (\$3.94)
- Parmesan to taste

Directions:

- On medium heat, heat 1/3 cup oil. Add chicken, salt, and pepper for 3 to 4 minutes.
- In a 6-quart slow-cooker, toss potatoes with 2 tablespoons oil, butter, garlic, and thyme. Add chicken to slow cooker. Cook on high for 4 hours or low for 8 hours.
- Garnish with Parmesan.

Serves 4