



Health And Well-Being

Healthy Weight Cuts Cancer Risk—Know Your BMI

(NAPSA)—Maintaining a healthy weight by eating well and staying active is the cornerstone to a healthy and vital life. Being at a healthy weight helps reduce the risk of many chronic diseases, including heart disease, hypertension, Type 2 diabetes, osteoarthritis, stroke and—one you may not have suspected—cancer.

According to the American Cancer Society, a third of all cancer deaths in the U.S. could be prevented through healthier eating habits, regular physical activity and weight control. Being overweight increases the risk of cancer of the colon, kidney, breast (after menopause), pancreas and endometrium (uterine lining). Other than not smoking, the best ways to help prevent cancer are to eat well, be active and maintain a healthy weight.

That's why Weight Watchers International is working with the American Cancer Society to launch the American Cancer Society's Great American Weigh In, a national campaign to help Americans reach and maintain a healthy weight. It all starts with knowing your BMI, or Body Mass Index.

BMI is a calculation that can help determine whether your weight falls within a healthy range for your height. People with a higher amount of body fat tend to have higher BMIs. Since excess body fat can create health problems, BMI is what health professionals use to determine if an individual's weight is healthy or risky. In general, the higher your



weight, the higher your BMI and the greater your risk of developing health problems.

The “healthy weight range” is a BMI of approximately 19 to 25. For example, a woman who is 5'5” can weigh anywhere from 111 pounds (a BMI of 18.5) to 150 pounds (a BMI of 24.9) and be considered at a healthy BMI. If her weight is above 150 pounds, her BMI is greater than 25, she is overweight and her disease risk rises. At a BMI of 30, she's obese, and at great risk for health problems.

For more information on the Great American Weigh In, and to calculate your BMI, visit www.cancer.org or WeightWatchers.com and click on the Great American Weigh In page. For information on reducing your risk of cancer, call the American Cancer Society at 1-800-ACS-2345 or visit www.cancer.org. To learn more about weight management or to find the nearest Weight Watchers meeting location, call 1-800-651-6000 or log on to the Web site.