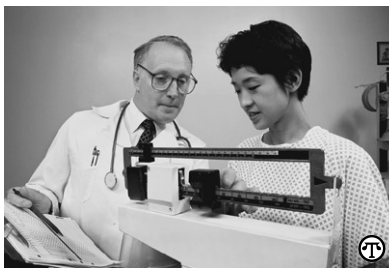


# HEALTH ALERT!

## Aim For A Healthy Weight

(NAPSA)—We think about weight loss when the waistband tightens, a special event looms, or the scale jumps. But, according to the National Heart, Lung, and Blood Institute (NHLBI), we should consider other factors such as body mass index (BMI), waist circumference, and disease risk.



**Your doctor can help you find out if you're at an increased risk and decide what to do about it.**

---

To calculate BMI, divide your weight in pounds by your height in inches, divide that by your height in inches again, and multiply by 703. A BMI of 25-29 is considered overweight; 30 or higher is considered obese.

To measure waist circumference, place a measuring tape around your waist. Your risk for heart disease increases if your waist measures over 35 inches (women) or over 40 inches (men).

Weight loss is recommended if you're overweight or have a high waist circumference plus two risk factors such as high blood pressure, high LDL-cholesterol, low HDL-cholesterol, high blood sugar, family history of early heart disease, physical inactivity, and smoking; or if you're obese. Your doctor can help you determine your BMI, waist circumference, and disease risk.

There is good news if your risk of developing heart disease, diabetes, and other conditions is high. Even a small weight loss of 10 percent, can significantly lower your risk.

Learn more at the NHLBI "Aim for a Healthy Weight" Web site at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) or from the NHLBI Health Information Center at (301) 592-8573.