

Date _____

Name _____

Your BMI today is _____

| BMI (Body Mass Index) Chart | |
|-----------------------------|------------------|
| Underweight | <18.5 |
| Normal Weight | 18.5-24.9 |
| Overweight | 25.0-29.9 |
| Obese | 30.0-39.9 |
| Extreme Obesity | 40.0 and greater |

A BMI of 25 or greater increases your risk of developing high blood pressure, high blood cholesterol, type 2 diabetes, heart disease, stroke and certain cancers. Even a small weight loss (if appropriate) of just 10 percent of your current weight will help lower your risk of developing those diseases.

Health Advice/Recommendation:

- Weight Maintenance
- Weight Loss
- Healthy Eating
- Exercise
- Other _____
- BMI Target _____

For more information on nutrition and physical activity visit the Step Up Web site at stepup.excellusbcbs.com.

Practitioner's initials _____



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