

## Do You Know Your Numbers?

### Criteria for Overweight/Obesity

| BMI          | Considered     | Your BMI |
|--------------|----------------|----------|
| Below 18.5   | Underweight    |          |
| 18.5 to 24.9 | Healthy weight |          |
| 25.0 to 29.9 | Overweight     |          |
| 30 or higher | Obese          |          |

See BMI Calculator at [www.loveto livewell.com](http://www.loveto livewell.com) under Health Challenges→Metabolic Syndrome. Contact us if you need help managing these conditions or do not know your numbers.

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### Criteria for Metabolic Syndrome\*

#### Any 3 of the following risk factors:

- Abdominal obesity defined by **waist circumference**: men > 40 in; women > 35 in
- Triglycerides** > 150 mg/dL
- High-Density Lipoproteins (HDL Cholesterol)**: men <40 mg/dL; women <50 mg/dL
- Blood pressure** >130 mmHg systolic (top number), > 85 mmHg diastolic (bottom number)
- Fasting blood glucose** > 110 mg/dL  
\*Nat'l Cholesterol Education Prog.-ATPIII Guidelines

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- 🍏 Diabetes
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**We can help you enjoy your path to wellness!**

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