BWELL Saginaw

MIDDLE AND HIGH SCHOOLERS, KNOW YOUR NUMBERS!

Being overweight or underweight can put teens at risk for weight-related diseases and other health issues. Body Mass Index (BMI) is an easy way to tell if you are within a healthy goal range or if you need to lose or gain weight for better health. Remember, BMI is a health screening tool. It does not determine if you "look" good or bad. The goal is to help you improve your numbers and take charge of achieving better health and well-being.

Check out this cool BMI calculator: www.cdc.gov/bmi/child-teen-calculator/index.html

Weight Status	Percentile Range	At or Better Than Goal	How to Reach Goal
Underweight	Less than **5th** percentile for height/weight on growth charts OR **BMI < 19.5**	**NO**	↑ Food intake ↑ Fruits & veggies ↑ Lean meats ↑ Whole grains Talk to your healthcare provider, counselor or a dietician.
Healthy Weight	**5th – 85th** percentile for height/weight on growth charts OR **BMI 20-24**	**Yes**	**Stay the course,** keep eating 5-6 servings of fruits and veggies. Exercise regularly.
Overweight	**> 85th** percentile for height/weight on growth charts OR **BMI ≥ 25**	**No**	↓ Sweets and candy ↓ Pop and sugary drinks, including juice ↓ Chips and other junk snacks ↑ Fruits & veggies ↑ Lean meats ↑ Whole grains ↑ Exercise or movement daily