



Body Weight in Older Adults

No matter what your weight, it is important to consume vegetables, fruits, whole grains, low-fat milk products, and lean meats or other proteins and to be physically active every day. If you are underweight, then talk with your doctor about gaining weight. If you are overweight or obese, then talk with your doctor about the possible health benefits of losing weight -- even losing 5% to 10% of your body weight may improve health.

Weight Category	Body Mass Index (kg/m ²)	Talk with your Doctor
Underweight	Less than 18.5	Underweight increases the risk of illness and death. Increasing your food intake can help you gain weight.
Normal weight	18.5 to less than 25	Keep your weight in this range by making healthy food choices and being physically active every day.
Overweight	25 to less than 30	Weight loss may be most beneficial to those who have diabetes, high blood pressure, high LDL cholesterol, low HDL cholesterol, metabolic syndrome, heart disease, osteoarthritis, or other health problems.
Obese	30 or more	A medically supervised weight loss program that improves healthy food choices and promotes physical activity is important for the prevention and management of diabetes, high blood pressure, high LDL cholesterol, low HDL cholesterol, metabolic syndrome, heart disease, osteoarthritis, and other obesity related disorders.



<http://www.homestead.com/~media/elements/Clipart/sports/walkers.jpg>



Body Mass Index Chart

BMI (kg/m ²)	19	20	21	22	23	24	25	26	27	28	29	30	35	40
	Normal						Overweight					Obese		
Height Feet, inches	Weight (pounds)													
4 ft, 10 in	91	96	100	105	110	115	119	124	129	134	138	143	167	191
4 ft, 11 in	94	99	104	109	114	119	124	128	133	138	143	148	173	198
5 ft	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5 ft, 1 in	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5 ft, 2 in	104	109	115	120	126	131	136	142	147	153	158	164	191	218
5 ft, 3 in	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5 ft, 4 in	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5 ft, 5 in	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5 ft, 6 in	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5 ft, 7 in	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5 ft, 8 in	125	131	138	144	151	158	164	171	177	184	190	197	230	262
5 ft, 9 in	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5 ft, 10 in	132	139	146	153	160	167	174	181	188	195	202	207	243	278
5 ft, 11 in	136	143	150	157	165	172	179	186	193	200	208	215	250	286
6 ft	140	147	154	162	169	177	184	191	199	206	213	221	258	294
6 ft, 1 in	144	151	159	166	174	182	189	197	204	212	219	227	265	302
6 ft, 2 in	148	155	163	171	179	186	194	202	210	218	225	233	272	311
6 ft, 3 in	152	160	168	176	184	192	200	208	216	224	232	240	279	319
6 ft, 4 in	156	164	172	180	189	197	205	213	221	230	238	246	287	328