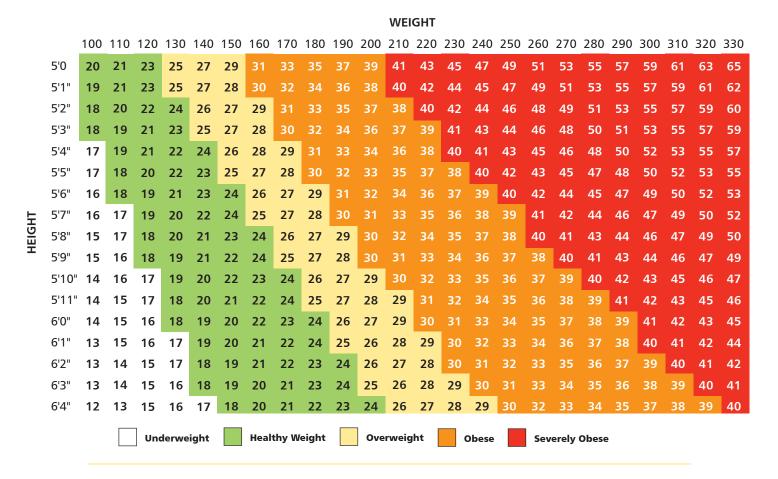
Are You at a Healthy Weight?

Find the column closest to your weight in pounds. Read down the column until it crosses the row that most closely matches your height in feet and inches. That number is your Body Mass Index. The healthiest BMI range for adults is 18 to 24.



For a healthy weight, ask us how you can eat smart and move more using these simple steps:

- Prepare more meals at home
- Tame the tube: Watch less TV
- Choose to move more every day
- Right-size your portions

- Enjoy more fruits and veggies
- Re-think your drink: Choose water
- Breastfeed your baby

www.EatSmartMoveMoreNC.com





