

## Calculating Your Ideal Weight

*For Men:*

1. How many inches over five feet are you?
2. Multiply that number by six. \_\_\_\_\_
3. Add 100 to get your ideal weight. \_\_\_\_\_

***For Women:***

1. How many inches over five feet are you?
2. Multiply that number by five. \_\_\_\_\_
3. Add 106 to get your ideal weight.

***For Women and Men:***

Large-boned men and women should multiply their ideal weight by 1.05 to get an ideal weight adjusted for their build. Small-boned persons multiply by 0.95.

### **Normal Weight**

Multiply your Ideal Weight by 1.09 = \_\_\_\_\_

If your weight is below this number, you are in the safe range. Regular exercise and a healthy diet will boost your energy and endurance while keeping your weight stable.

### **Overweight**

Multiply your Ideal Weight by 1.20 = \_\_\_\_\_

If your weight is below this number but above normal weight, you are classified as overweight. Your weight has reached a level where it can affect your health and self-image. It is important to take action now to get your weight under control. Make the optimal diet and daily exercise a priority.

### **Obesity**

If your weight takes you past overweight, then stop! You are in danger and need to take immediate action. Don't let anything stand between you and daily exercise. Learn to cook healthy meals and put the principles learned in the previous seven chapters into action. If you change your lifestyle now, you can feel years younger and enjoy a longer, healthier life.

### **Your Challenge:**

A support network can keep you going when you feel like giving up. Find someone else interested in losing weight. Working together will make reaching your goals twice as easy —and twice as enjoyable. Also, graph your weight periodically and then post the record to keep you motivated,