

## Fact Sheet

# Maintaining a healthy body weight

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### Maintaining a healthy body weight

Finding and maintaining a healthy body weight is good for your overall wellbeing and will help you get more out of life. To reach your weight loss goals it is important to balance being active with eating well.

Your weight can be affected by:

- the amount of energy (kilojoules) you eat from foods and drinks
- the amount of energy (kilojoules) your body uses by being active

If you are eating more than your body is using you may gain weight.

**Did you know? If you reduce your food and drink intake by 100kj (kilojoules) every day or burn an extra 100kj by exercising you will lose 1kg of body fat in a year.**

### What is my healthy weight?

There are two main ways to find your healthy body weight.

- calculate your Body Mass Index (BMI). Your BMI is calculated using your height and weight, but keep in mind it can be influenced by gender, age and ethnicity, so use it as a guide.

BMI = weight (kg) / height (m)<sup>2</sup>

Or use this online BMI calculator

(<http://www.gethealthynsw.com.au/bmi-calculator>)



**Table 1: Classification of weight ranges**

Classification	BMI
Underweight	Less than 18.5
Healthy weight range	18.5 - 24.9
Overweight	25.0 – 29.9
Obese	More

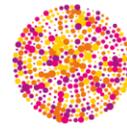
- find your waist circumference. Fat stored around your middle or your waist puts you at a higher risk of diseases like heart disease and diabetes. Below is a guide for waist circumference, the recommended measurements can vary between ethnic groups, contact your GP for more information. Read more about how to measure your waist circumference. (<http://www.gethealthynsw.com.au/measure-up>)

**Table 2: Health risk by waist measurement**

Health risk	Waist measurement in me	Waist measurement in women
Increased risk	94cm or more	80cm or more
Greatly increased risk	102cm or more	88cm or more

Simple tips for weight loss

- choose smaller portions and less kilojoules
- eat more fruit and vegetables
- be active every day, even for a small amount of time
- make water your drink
- sit less and move more



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Talk to a Get Healthy Service Health Coach today, they can support you to find and maintain a healthy weight – 1300 806 258 or start your journey here. (link to <http://www.gethealthynsw.com.au/get-started>)

**We welcome further feedback on this brochure as a way of continually improving our service.**

**Send your feedback to:**

[WSLHD-Get\\_Involved@health.nsw.gov.au](mailto:WSLHD-Get_Involved@health.nsw.gov.au)

