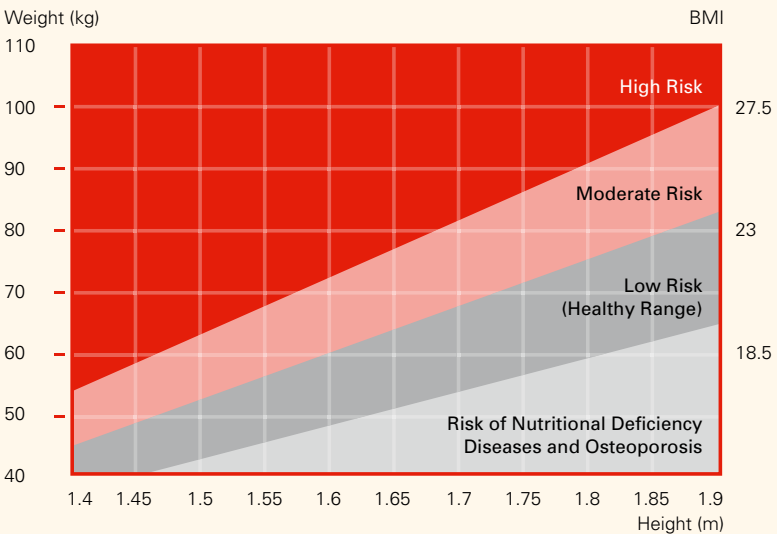


## Is Yours a Healthy Weight?

Being underweight or overweight is bad for your health. Being underweight prevents your body from having the reserves to fight infections or illness. However, carrying around excess weight, particularly around the waist, will increase your risk of developing heart disease, stroke, some cancers and Type 2 Diabetes.

One reason why it's easy to gain weight with age is that as we get older, our body composition changes. We lose muscle and gain fat tissue, which causes our energy needs to drop. Many people also become less active as they age.

You can check whether your weight is within the healthy range by measuring your Body Mass Index (BMI) [your weight in kilograms divided by your height in metres squared:  $\text{Weight (kg)} / \text{Height (m}^2\text{)}$ ]. A healthy BMI is between 18.5 and 23. You are at increased risk for diseases if your BMI is greater than 23 or less than 18.5.



Reference: [www.knowyourbmi.sg/knowyourrisks.aspx](http://www.knowyourbmi.sg/knowyourrisks.aspx)

Manage your weight by opting for a low fat, low salt, low sugar, and high fibre diet. Get at least 30 minutes of exercise on most days of the week.