

Weight for the Facts

"The physical and emotional health of an entire generation and the economic health and security of our nation is at stake."

-Former First Lady Michelle Obama at the Let's Move launch on February 9, 2010

According to the Centers for Disease Control and Prevention, 2011:

- Nearly 33% of adolescents ages 10-17 are overweight and over 18% are considered obese.
- Obese children and teens have been found to have risk factors for:
 - Heart disease including high cholesterol, high blood pressure
 - Type 2 diabetes
 - Asthma
 - Sleep Apnea
 - Social discrimination
- Many obese children and teens are more likely to become obese as adults.
- Teens need at least 60 minutes of physical activity daily including brisk walking or running.
- Daily participation in PE class for teens has dropped to 28% (only one fourth are physically active).
- Gradual and steady weight loss (about 1-2 pounds per week) is best.
- Even a small weight loss (5-10% of body weight) can produce health benefits such as lowering blood pressure and increasing energy.
- Only long-term lifestyle changes such as choosing healthy foods and exercising regularly will help with long-term weight loss.

Talk with a partner to answer these questions:

1. Why is it important to maintain a healthy body weight?
2. Why are so many American teens overweight?
3. What do we need to do to have a healthy body weight?

Weight Chart

The following chart shows the recommended weight for adults up to 25 years old. Look at the size of your bone structure when finding the right weight for you. People with small bones should choose the minimum weight. Those with larger bones should choose a weight closer to the maximum.

To determine your bone size, measure your wrist using the thumb and fingers of the opposite hand. If you can reach around your wrist with your thumb and little finger, you are small-boned. If you need to use your middle finger to reach around your wrist, you are large-boned. If you can reach around your wrist with your first or fourth finger and thumb, you are medium-boned.

Height in inches	Minimum weight for all adults	Maximum weight up to 25 years old
56	89	102
57	92	106
58	95	110
59	99	114
60	102	118
61	106	121
62	109	125
63	113	130
64	116	134
65	120	138
66	124	142
67	127	147
68	131	151
69	135	155
70	139	160
71	143	165
72	147	169
73	151	174
74	155	179
75	160	184
76	164	189
77	168	194

Note: Ideal weight varies among various formulas used. This chart is based on averages for men and women.