

How your **Weight** affects your **Health**

Excess weight can make you more likely to develop diseases such as cancer, heart disease and diabetes, and can make other diseases, such as arthritis and high blood pressure, worse. Excess weight makes your heart and lungs work harder, which may cause you to get out of breath easier and feel tired.

Please see the chart below for your risk status.

| <i>Height</i> | <i>Weight Less risk</i> | <i>Weight Higher risk</i> |
|---------------|-----------------------------|-------------------------------|
| 4'10" | 120 or less | 129 or more |
| 4'11" | 124 or less | 133 or more |
| 5'0" | 128 or less | 138 or more |
| 5'1" | 132 or less | 143 or more |
| 5'2" | 136 or less | 147 or more |
| 5'3" | 141 or less | 152 or more |
| 5'4" | 145 or less | 157 or more |
| 5'5" | 150 or less | 162 or more |
| 5'6" | 155 or less | 167 or more |
| 5'7" | 159 or less | 172 or more |
| 5'8" | 164 or less | 177 or more |
| 5'9" | 169 or less | 182 or more |
| 5'10" | 174 or less | 188 or more |
| 5'11" | 179 or less | 193 or more |
| 6'0" | 184 or less | 199 or more |

My physician puts me at (circle one)

Less risk

Higher risk