

October 2019

The Spooky Scale

You may step on the scale and think “I really should lose some weight” or perhaps you’re perfectly fine with the number on the scale – either way it is important for you to know what your weight says about your health.

Being overweight can make you more likely to have:

- Heart disease and stroke
- High blood pressure
- Diabetes
- Some cancers
- Gallbladder disease and gallstones
- Osteoarthritis
- Gout
- Breathing problems; such as sleep apnea and asthma



Find out if you’re at risk, then do something about it!

If you do what you’ve always done, you’ll get what you’ve always gotten.

Make a change!

The first thing you should look at....

BMI stands for “body mass index”. It is a measure of your weight in relation to your height. BMI is an assessment tool for determining whether your weight falls within one of four categories.

Underweight BMI is under 18

Healthy Weight BMI is 18.5 to 24.9

Overweight BMI is 25

Obese BMI is above 30

Although BMI can be used for most women and men, it does have some limits:

- It may overestimate body fat in athletes and others who have a muscular build.
- It may underestimate body fat in older persons and others who have lost muscle.

If you find yourself in the Overweight or Obese category you will want to consider taking a closer look at your health and the effects your weight may have on it.

The second thing you can look at.... Waist Circumference

Measuring waist circumference helps screen for possible health risks that come with being overweight or obese. If most of your fat is around your waist rather than your hips, you're at high risk for heart disease and type 2 diabetes. This risk goes up with a waist size that is greater than 35 inches for women or greater than 40 inches for men. To correctly measure your waist, stand up and place a tape measure around your middle, just above your hip bones. Measure your waist just after you breathe out.

The third thing you can look at.... Do you have metabolic syndrome?

Metabolic syndrome, a cluster of conditions that occur together, also increases the risk of heart disease, stroke, and diabetes. One of the key features is abdominal obesity. If you have that problem, you're more likely to have other characteristics.

You have metabolic syndrome if you have three or more of these five traits:

- **Large waist circumference.** A waist circumference more than 35 inches in women or 40 inches in men.
- **High triglycerides.** A fasting blood triglyceride level of 150 milligrams / deciliter (mg/dL) or higher.
- **Low HDL.** An HDL "good" cholesterol of less than 40 mg/dL in men or less than 50 mg / dL in women.
- **High blood pressure.** A systolic blood pressure (the top number of the reading) of 130 mm Hg or higher, or diastolic (the lower number) of 85 mm Hg or higher.
- **High blood sugar.** A fasting blood sugar level of 100 mg/ dL or higher.

When Nutrition Labels Lie

Food and beverage makers often employ buzzwords to cash in on nutrition trends, but don't be fooled. They often don't deliver on what the package is pitching. Shop smart with our decoder!

Nutrition Facts	
Serving Size: A lifetime of happiness	
Servings Per Container: An infinite amount	
Amount Per Serving	As Served
Limitless	
<small>% Daily Value</small>	
This product contains the main ingredients needed to be content and happy in this life.	
Practice Areas	
Self-acceptance	16.6%
Self-love	16.6%
Self-forgiveness	16.6%
Compassion	16.6%
Love your body	16.6%
Smile, laugh and love	16.6%
Commitment to:	
Being a good friend	100%
Staying true to yourself	100%
Accepting what you can't change	100%
Self-hate and self-loathing	0%
Daily percentages are based on what is needed to live a happy and emotionally healthy life	
<small>http://www.practicalwellness.com/</small>	

THE HYPE: Reduced fat!

THE TRUTH: Increased junk!

The low-fat trend has persisted because it seems logical that fat makes you fat. But the assumption is just plain wrong says Valerie Berkowitz, M.S., R.D., nutrition director of the center for balanced Health in New York City. Foods engineered to be low in fat usually harbor other ingredients that expand your belly. "Low-fat processed foods often are made with excess sugar or other carbs to enhance flavor; they can trigger your body to produce fat-storing insulin," says Berkowitz.

THE HYPE: Great source of protein!

THE TRUTH: It's not enough to keep you full!

"Protein" was once a word reserved for giant tubs of powder, but now it is showing up on labels for everything. So, if a box of cereal claims that each serving has as much protein as an egg, it can help build muscle up, right? And a protein drink can silence your grumbling stomach until dinner? Some of those drinks have as little as 5 grams in a cup. A better bet to reap protein's benefits:

Aim for 20 to 40 grams of protein at mealtime to fight hunger. That is the amount in a 3-4-ounce cooked chicken breast.