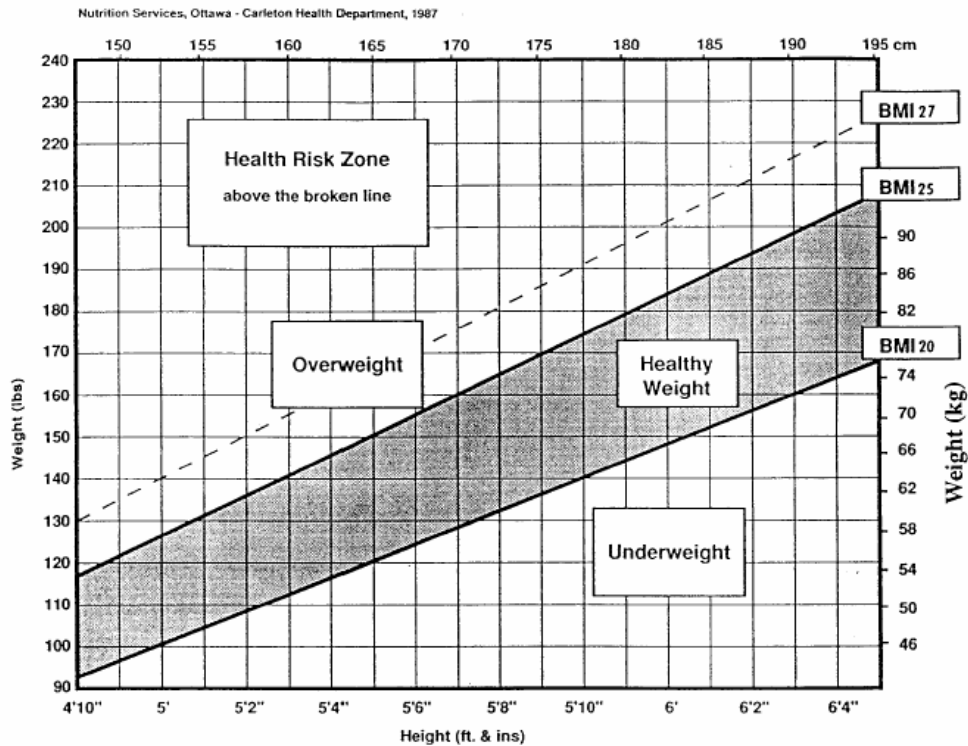


Do You Have A Healthy Weight?

Find out your Body Mass Index on the Scale Below:



BMI less than 20:

A BMI of less than 20 may contribute to health problems in some people. Some of the health risks you face by being underweight are: heart irregularities, depression and other emotional distress, anemia.

BMI 20-25:

This is a good range for most people. If you fall within this zone and eat sensibly, your weight shouldn't cause any health problems.

BMI 25-27:

This is a caution zone: watch your weight. While still within an acceptable range a BMI of 25-27 could lead to health problems for some people.

BMI greater than 27:

The higher your BMI goes above 27, the more you risk developing these health problems: high blood pressure, diabetes, heart disease, certain cancers and poor mental health caused by low self-esteem.