

THE HEALTHY ALTERNATIVE

If your BMI shows that you are above a healthy weight, there is an alternative to dieting: healthy eating combined with exercise.

Healthy Eating

- Eat a wide variety of foods including cereals, legumes, fish, fruits and vegetables.
- Increase fibre intake - eat more fruits, green or yellow vegetables, beans, pulses and cereal.
- Reduce excessive sugar - avoid soft drinks, cordials, biscuits, cakes, desserts, jam.
- Reduce excessive fat and calorie intake - avoid deep fried foods, choose low fat foods.
- Eat according to your age and level of activity.
- Eat regularly and avoid snacks in between.

EXERCISE

Exercise improves fitness, helps you relax and helps to control your weight by burning up your calories.



How To Exercise

The best form of exercise follows the FIT formula.

- F** stands for FREQUENCY. Do some form of physical activity 3 times a week, eg. brisk walking, jogging, cycling, swimming, aerobics, badminton.
- I** stands for INTENSITY or how hard you should push yourself. If you cannot talk while exercising, you are pushing too hard. Start slowly.
- T** is for Time or how long you should work out. Exercise for at least 15 -20 minutes each time.

- **RIGHT WEIGHT**
- **RIGHT DIET**
- **REGULAR EXERCISE**

PREVENT DIABETES



Published by:

Health Education Division, Ministry of Health Malaysia.
Disember 2001/100,000

HEALTHY WEIGHT

A NEW WAY of looking at your weight and health



A healthy weight makes you

- Look good
- Feel healthy and energetic
- fit and trim

Overweight can lead to an increased risk of diabetes.

KNOW YOUR WEIGHT

Health experts use a scientific measure called Body Mass Index (BMI) to find out whether your weight is healthy. To make it easy, here is chart that will show your BMI in 4 easy steps.

- Mark an X at your height on scale A.
- Mark an X at your weight on Scale B.
- Draw a line to join the two Xs
- Extend this line to scale C. Where the line meets Scale C is your BMI

You can also calculate Your BMI where

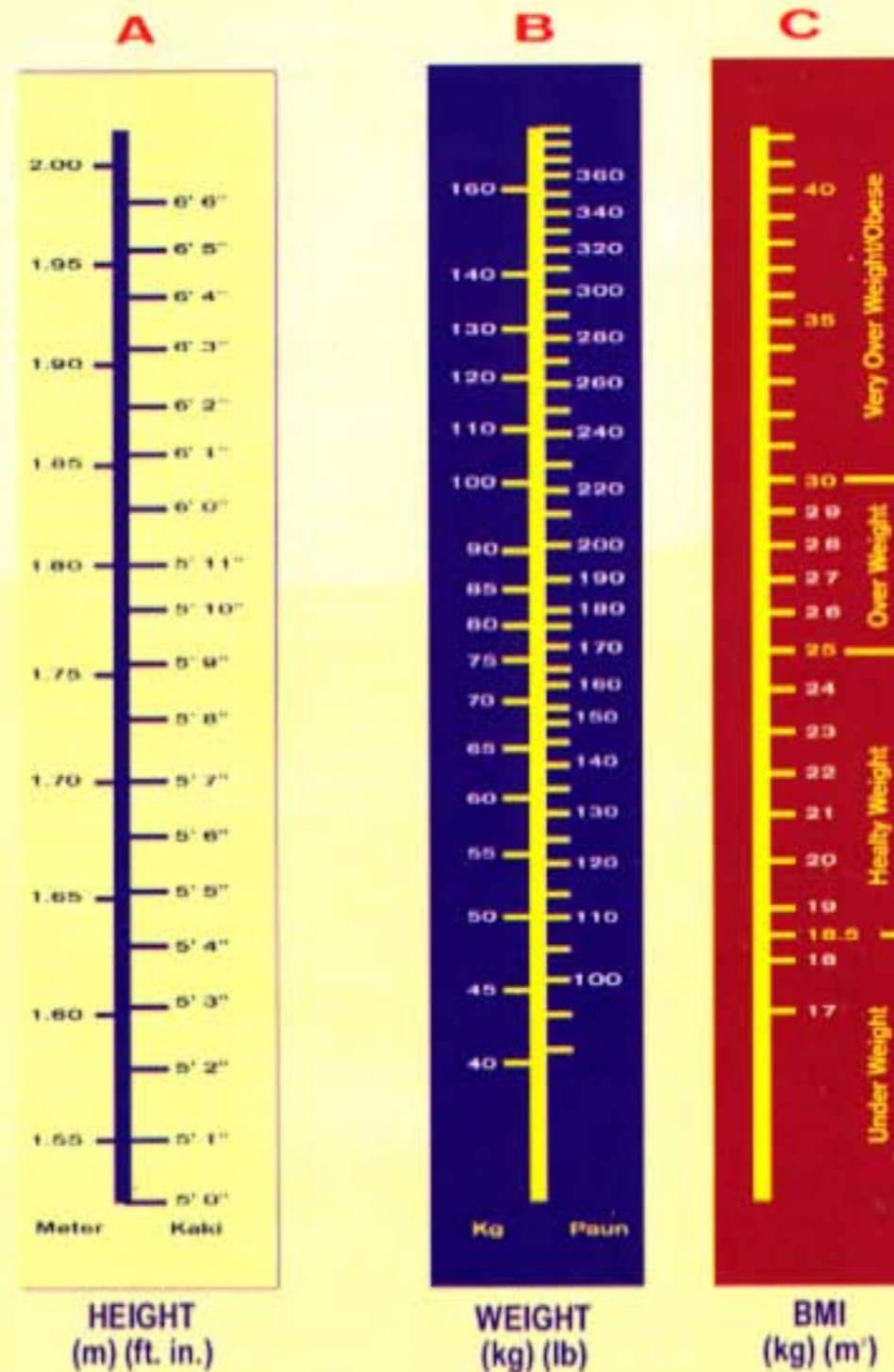
$$\text{BMI} = \frac{\text{Weight (Kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

The healthy range for BMI is 18.5 - less than 25

| If your BMI is | You are |
|---------------------|-------------------|
| less than 18.5 | Underweight |
| 18.5 - less than 25 | Healthy weight |
| 25 - less than 30 | Overweight |
| 30 or more Obese | Very overweight / |

The BMI is only for adults aged 16 - 64 years - ie. those whose body size and composition are fairly stable.

BODY MASS INDEX



BODY SHAPE (WAIST HIP RATIO)

If you are wider at your waist compared to your hips, you are at higher risk of getting diabetes. Diabetes is associated with being overweight, especially for those whose have their body fat deposited around their abdomen.

Know your Waist Hip Ratio (WHR)

- Measure your waist where it is the narrowest. If you have trouble locating your waist, measure your waist at the navel (umbilical level).
- Measure your hips at its widest.

Healthy Waist Hip Ratio

Female : less than 0.8
Male : less than 0.9

