

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 PRACTISES

- a wide variety of food including cereals, legumes, fish, fruits and vegetables
- Increase fiber 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 food, choose low fat food
- Eat according to your age and level of activity
- Eat regularly and avoid snacks in between meals

EXERCISE

Exercise can be defined as a repetitive movement, structured and planned activities to maintain or increase one or more physical fitness components.



HOW TO EXERCISE

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

The best form of exercise based on the **FITT** formula:

- F** stands for **Frequency**. Do some form of physical activity 3 times a week, eg. brisk walking, jogging, cycling, swimming or aerobics.
- I** stands for **Intensity** or how hard you should push yourself. If you cannot talk while exercising, you are pushing too hard. Start slowly and increase the intensity based on your capability.
- T** is for **Time** or how long you should work out. Exercise for at least 15-20 minutes each time.
- T** is for **Type** or the type of activity you do based on your interest and your goals.

PREVENT DIABETES



Published by

Health Education Division, Ministry of Health Malaysia
www.myhealth.gov.my • www.infosihat.gov.my
BUT.8.KKM(CETAK/CHS)235/2008, B1 200 000

SIRI BERAT BADAN UNGGUL

Healthy Weight



Be Healthy,
Prevent Diabetes

Healthy Weight - Healthy
Healthy Weight - Healthy
Healthy Weight - Healthy
Healthy Weight - Healthy

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 a 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 using this formula :

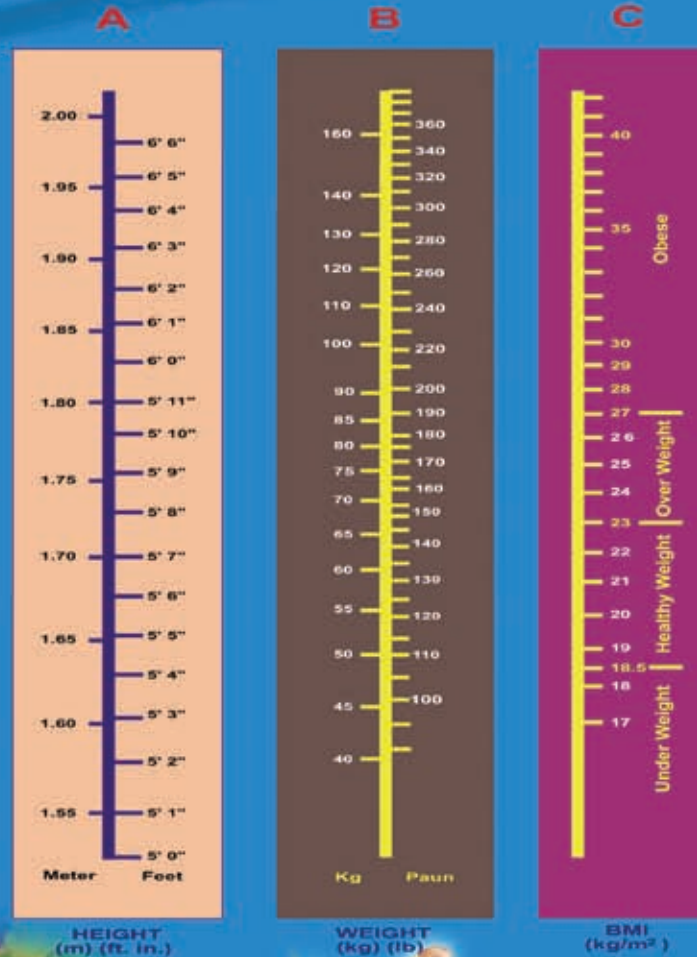
$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

The healthy range for BMI is 18.5 to less than 23.

If your BMI is	You are
Less than 18.5	Underweight
18.5 - less than 23	Healthy weight
23 - less than 27.5	Overweight
27.5 or more	Obese

The BMI is only for adults aged 16 - 64 years because their 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 a higher risk of getting diabetes. Diabetes is associated with being overweight, especially for those with their body fat deposited around their abdomen.

WAIST CIRCUMFERENCE

Scientific research has shown that a high waist circumference (indicating central obesity) increases your risk of developing diabetes.

MEASURING YOUR WAIST CIRCUMFERENCE

- Stand up straight. The examiner should stand at the side of the individual while measuring
- The circumference is measured directly over the skin. If not possible, the measurement may be taken over light clothing
- Measurement is taken horizontally at the midline between the last rib and the iliac crest
- Waist circumference is measured in centimeter (cm)

Equipment :

- Non-elastic measuring tape

HEALTHY TARGET FOR WAIST CIRCUMFERENCE

- Men <90cm
- Women <80cm

