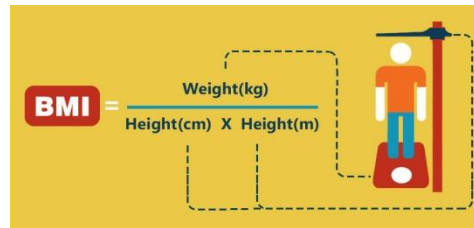


# BODY MASS INDEX AND HEALTHY LIFESTYLE

You have read the book “Infobile Mission”, about Fofó and his friends in which a new concept was explained to you: Body Mass Index (BMI). That number is a first approximation to know if you are healthy or not, regarding your eating habits and your lifestyle. The way you calculate it is this:

$$BMI = \frac{\text{weight in kg}}{(\text{height in meters})^2}$$

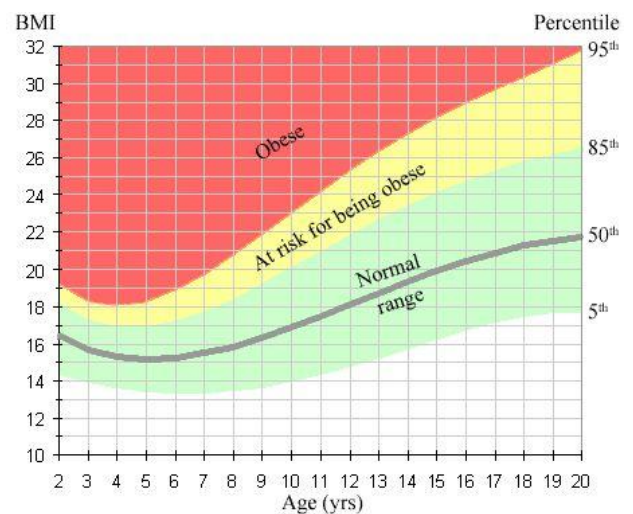


With that data, you can look up the scale and see if your weight is healthy or not, following these charts.

## ADULTS (18 years old or more)

Category	BMI range – kg/m <sup>2</sup>
Very severely underweight	less than 15
Severely underweight	from 15.0 to 16.0
Underweight	from 16.0 to 18.5
Normal (healthy weight)	from 18.5 to 25
Overweight	from 25 to 30
Obese Class I (Moderately obese)	from 30 to 35
Obese Class II (Severely obese)	from 35 to 40
Obese Class III (Very severely obese)	over 40

## KIDS (< 18 years old)



## CHANGING HABITS

Some people might want to see some changes in their BMI (up or down), so they need to change their lifestyle habits, such as: changing diet or exercising or do both of them at the same time (better way).

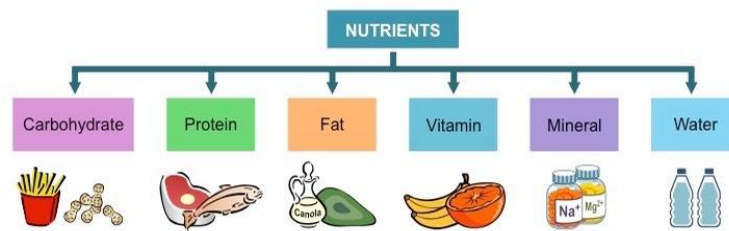
**CHANGING DIET.** This can be done in two ways: quantity and quality.

- a. Portion control: Maybe the **quantity** you are eating is not enough or is too much.



# BODY MASS INDEX AND HEALTHY LIFESTYLE

b. Nutrients distribution: Sometimes the quantity you are eating is correct, but the **quality or distribution** of nutrients (fats, carbohydrates, proteins, vitamins, minerals) is not OK.



## The Essential Nutrients

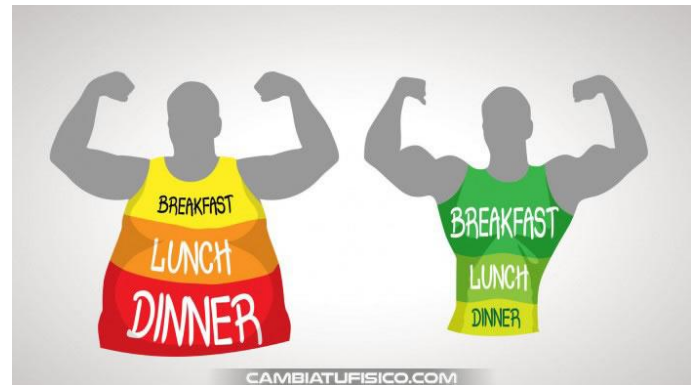
**Carbohydrates**  
Primary source of fuel for our bodies

**Protein**  
Builds muscles and organs; also repairs and replaces body tissue as we grow and change

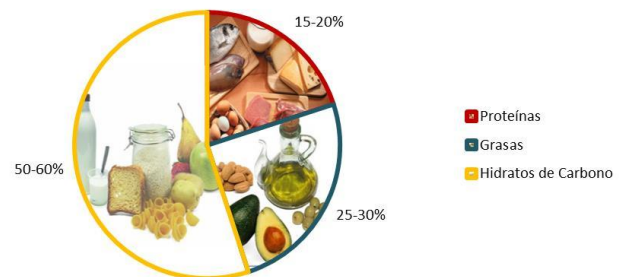
**Fat**  
Reserve of energy; keeps bones and joints well oiled; protects our organs like a cushion

**Vitamins & Minerals**  
"Special agents" – each vitamin or mineral has a special job to keep our bodies working properly

**Water**  
The major component of our body; helps carry nutrients to all parts of the body



## Dieta equilibrada



## HEALTHY EATING PLATE

**HEALTHY OILS**  
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

**VEGETABLES**  
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

**FRUITS**  
Eat plenty of fruits of all colors.

**WATER**  
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

**WHOLE GRAINS**  
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

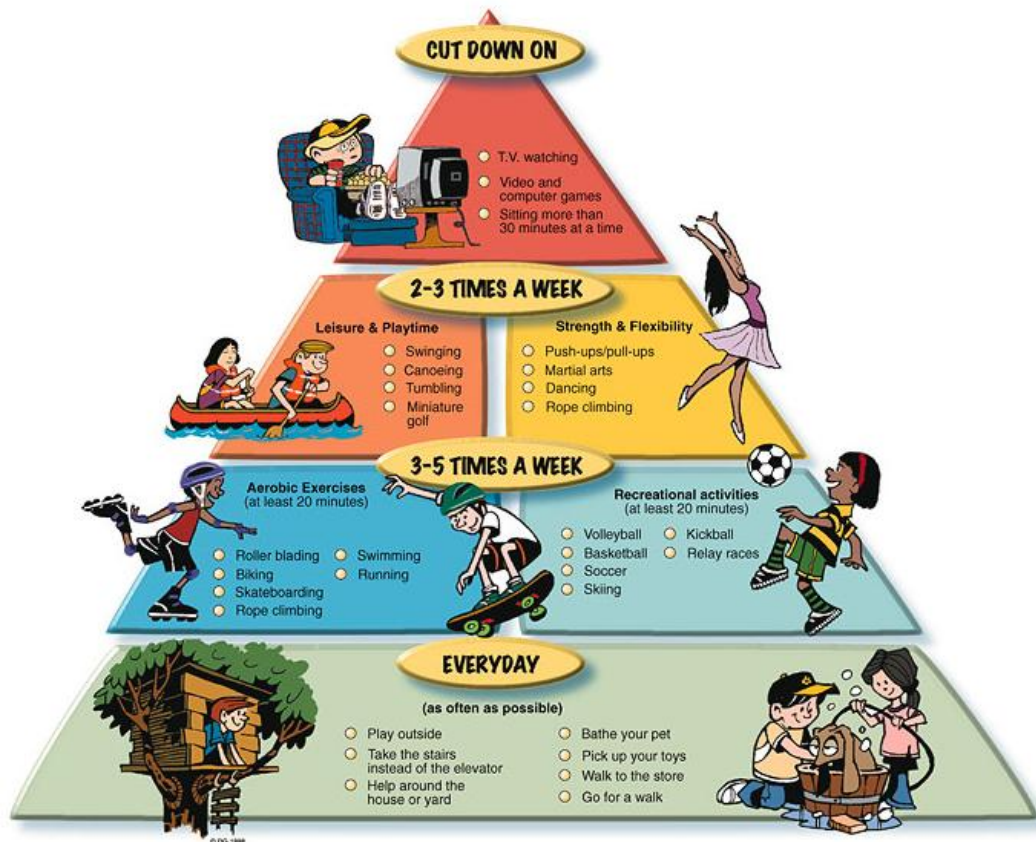
**HEALTHY PROTEIN**  
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

**STAY ACTIVE!**

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# BODY MASS INDEX AND HEALTHY LIFESTYLE

**EXERCISING:** Exercising is essential for a healthy life, especially when you are a kid. Take a look at the pyramid and analyse your habits.



## Physical activity for children and young people (5-18 Years)

BUILDS CONFIDENCE & SOCIAL SKILLS	STRENGTHENS MUSCLES & BONES	MAINTAINS HEALTHY WEIGHT
DEVELOPS CO-ORDINATION	IMPROVES HEALTH & FITNESS	IMPROVES SLEEP
IMPROVES CONCENTRATION & LEARNING	MAKES YOU FEEL GOOD	

### Be physically active

Spread activity throughout the day

Aim for at least **60 minutes everyday**

All activities should make you breathe faster & feel warmer

PLAY	RUN/WALK	BIKE	ACTIVE TRAVEL
SWIM	SKATE	SPORT	PE
SKIP	CLIMB	WORKOUT	DANCE

Include muscle and bone strengthening activities **3 TIMES PER WEEK**

**Sit less** LOUNGING **Move more**

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: [www.bit.ly/startactive](http://www.bit.ly/startactive)

# BODY MASS INDEX AND HEALTHY LIFESTYLE

STUDENT'S NAME: ..... GROUP: .....

**TASK:** Analyse the weight and height data in **3 adults** (at least one of them should be family), **and your own**. Complete the chart below and write some recommendations **in your own words** for each person.

PERSON	WEIGHT	HEIGHT	BMI	SCALE	ANALYSIS AND RECOMMENDATIONS
Example: <i>Marta(mom), 43 years old</i>	<i>54 kg</i>	<i>1.63m</i>	<i>20.3</i>	<i>Normal weight</i>	<i>Everything is OK, so you can keep your lifestyle habits, staying active exercising at least 2-3 times a week and eating healthy</i>
Example: <i>Me, 13 years old</i>	<i>52kg</i>	<i>1.55m</i>	<i>21.66</i>	<i>Normal weight, but close to overweight</i>	<i>I'm in normal weight so far, but really close to "overweight" range, so I need to start controlling my portions, because I normally eat big amounts of food. Also, be more active in the school break could be useful for me, for example playing basketball during the break.</i>