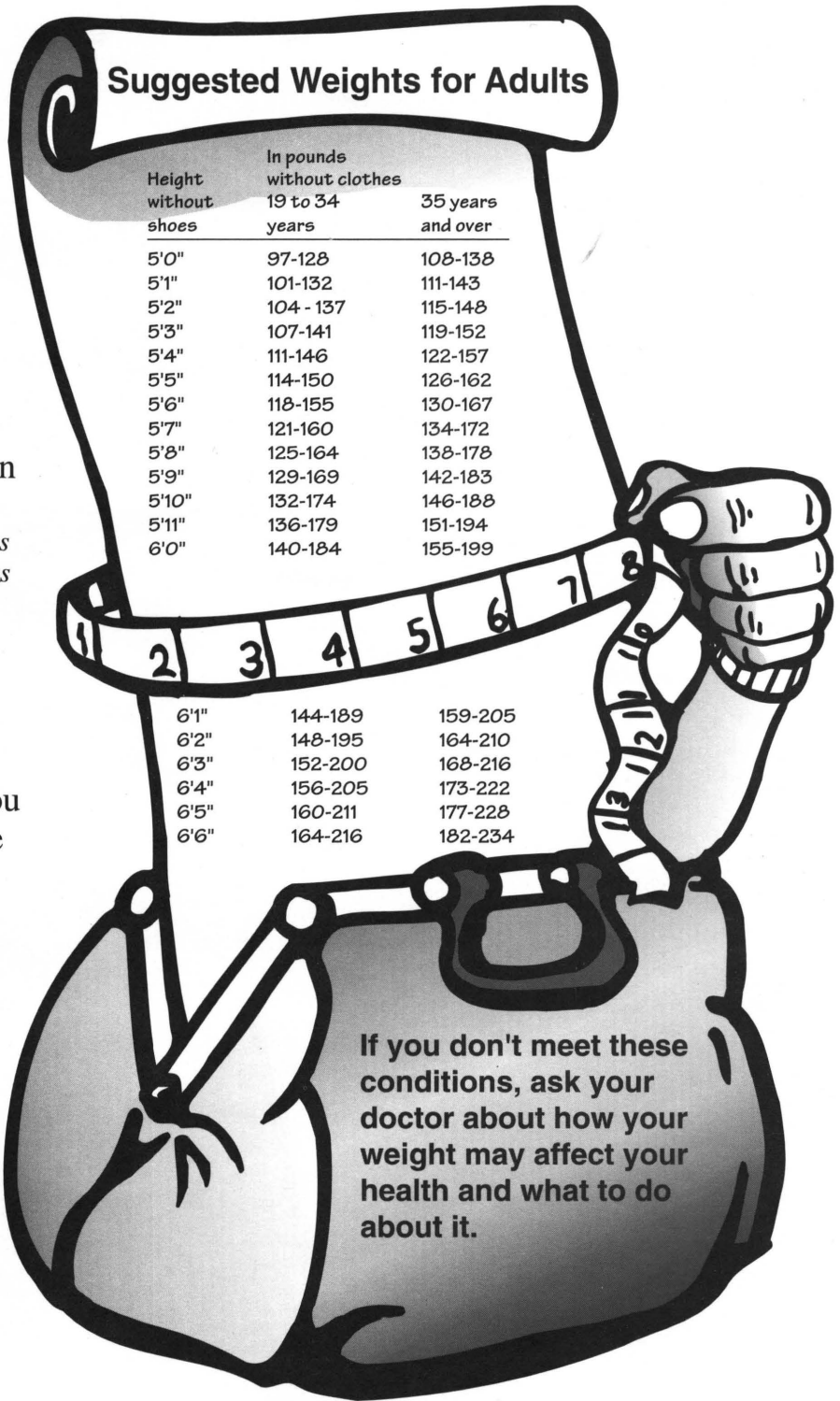


## What is a Healthy Weight for You?

**A healthy weight for adults meets these THREE conditions:**

- 1) Your weight falls within the range for your height and age in the table.  
*(Note: The lower weights in the ranges are best for most women, who have less muscle and bone than men.)*
- 2) Your waist measure is smaller than your hip measure.
- 3) Your doctor has not advised you to gain or lose weight for some health reason.

Source: Adapted from the U.S. Department of Agriculture & U.S. Department of Health and Human Service's 1990 "Dietary Guidelines for Americans"



**If you don't meet these conditions, ask your doctor about how your weight may affect your health and what to do about it.**

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VT/486/0302/5M/222656/348708



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