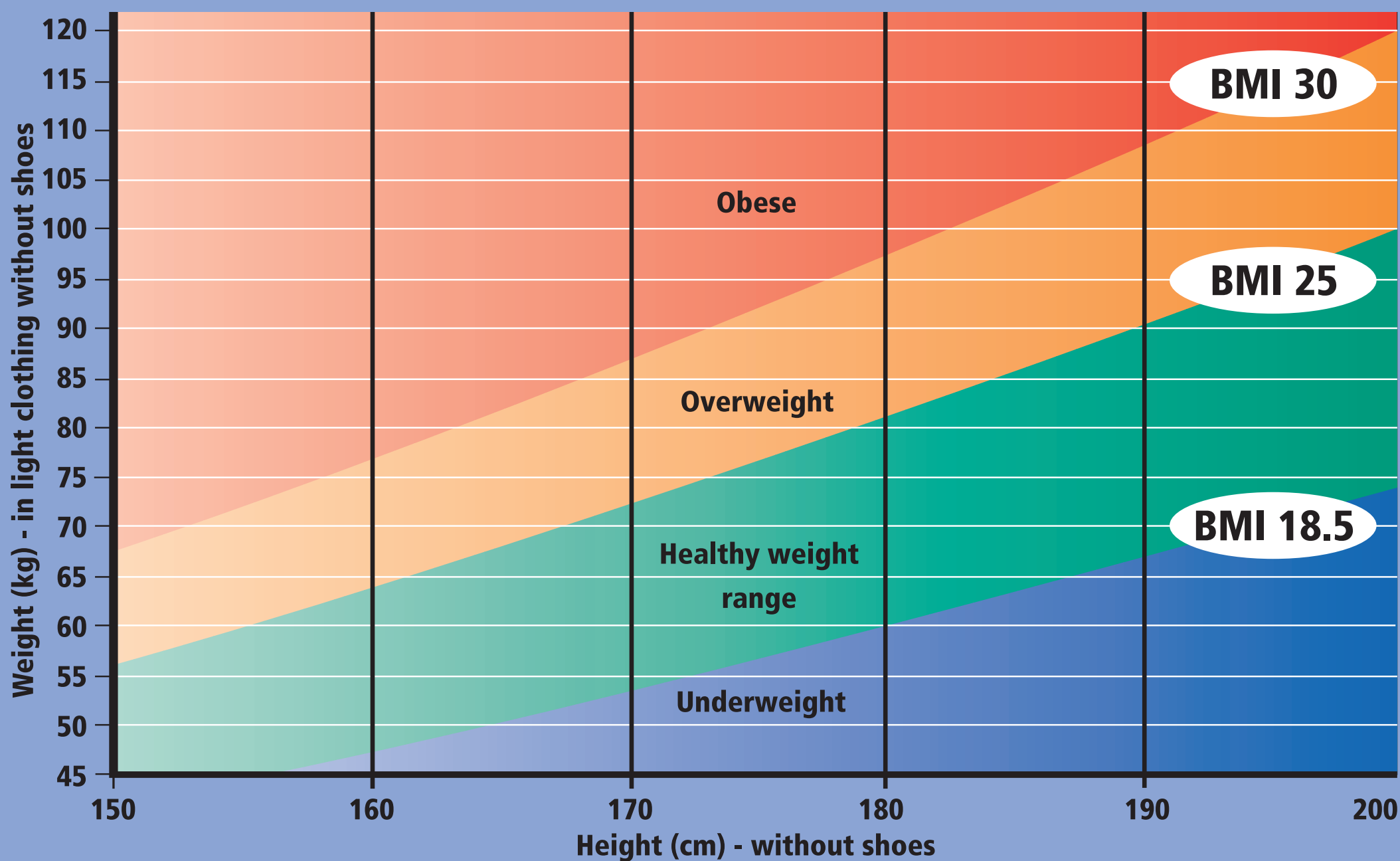


# Stay in Shape

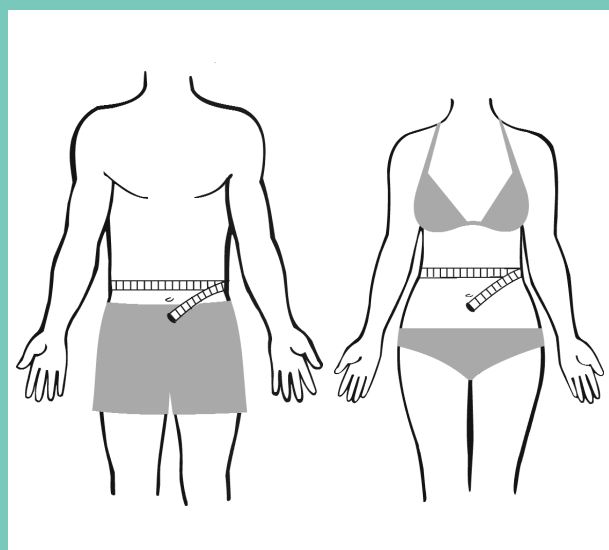


Aim for a healthy body weight

## Body Mass Index chart for men and women 18 years and older



## Health risk according to Body Mass Index and Waist circumference



waist circumference

Men 94-102 cm  
Women 80-88cm

Men > 102 cm  
Women > 88 cm

### BODY MASS INDEX

	Healthy Weight (BMI 18.5-25)	Overweight (BMI 25-30)	Obese - Class 1 (BMI 30-35)
Men 94-102 cm Women 80-88cm	Lowest risk of health problems	Increased risk of health problems	High risk of health problems
Men > 102 cm Women > 88 cm	Increased risk of health problems	High risk of health problems	Very high risk of health problems

Adapted from NHMRC, 2003. Clinical Practice Guidelines for the Management of Overweight and Obesity in Adults, Canberra, Commonwealth of Australia.

Maintain a healthy body weight to reduce your risk of cancer.

For more information on lifestyle choices contact:

[www.cancerwa.asn.au/lifestyle](http://www.cancerwa.asn.au/lifestyle)

Cancer Council Helpline on 13 11 20

