

## Fit or Fat?

Fat is the form in which energy is stored. If you consume too many calories, your body stores the excess as fat. To lose 1 pound, you must use up 3,500 of these stored calories.

Body weight alone isn't a good measure of fat. Exercise burns fat and builds muscle—and muscle is heavier than fat. So a fit woman can have an above-normal body weight, but a below-normal amount of fat. A woman who is not very active, by contrast, may weigh just as much as a fit woman but have more fat and less muscle.

A method for evaluating your weight is "body mass index" (BMI), which compares height to weight. To find out your BMI, find your height on the left-hand column of the chart below. Next, read across the column until you find the weight that's closest to yours. Then look at the bold-faced number at the top of the column. That number is your BMI. Having a BMI above 25 means that you need to shed some pounds. Any amount above 29 is thought to be obese.

### *Body Mass Index Chart*

	19	20	21	22	23	24	25	26	27	28	29	30	31	32
Height (inches)	Weight (pounds)													
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249

1 pound = 0.4545 kg

1 kg = 2.2 pounds

Example: 110 kg = 110 x 2.2 = 242 pounds