

Ask for a copy of “A Teenager’s Guide to Living a Healthier Lifestyle” for more information on ways to improve your health.



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TEEN HEALTH



What is the  
>RIGHT WEIGHT FOR YOU?<



## Weight

Weight – the topic that nobody really likes to talk about. Do I weigh too much? Do I weigh enough? How do I know what the right weight is for me?

As a teenager, your body is going through so many changes, including changes in height and weight.



## Body Mass Index

The body mass index (BMI) is a calculation that estimates how much body fat you have based on your height and weight.

**This is just one way to estimate how much body fat you have.** BMI does not measure body fat directly so sometimes it isn't always correct.

For example, if you have a very muscular build your BMI may be high, but this is because you have more muscle mass than body fat.

However, your overall BMI score is linked to the risk for diseases and conditions such as high blood pressure, high cholesterol, heart disease, liver disease and sleep apnea.

### Your BMI Score

Your BMI range is:

- underweight
- normal
- overweight
- obese.

Your BMI done on \_\_\_\_\_ (date).

Your BMI score is: \_\_\_\_\_.

## Lifestyle Changes

There are many things that can affect the shape and size of your body. Some of these things you can't change. Others you can!

One thing you can't change is genetics – you tend to look like your family members.

However, you can change what you eat and drink, and how often you are physically active! These two things can help you get to a healthier weight and reduce your risk for diseases related to being overweight or obese.

### Follow 5-2-1-0!

These goals can help lead to a healthier weight over time:

- 5 = 5 servings of fruits and vegetables every day
- 2 = No more than 2 hours of screen time each day
- 1 = At least 1 hour of physical activity each day
- 0 = No added sugar (soft drinks, fruit drinks, candy, cookies)