

# WHATS YOUR NUMBER????

Find out for free today. It can tell your future...

Body Mass Index=BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and Above	Obese

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that lead to health problems.

- **Obese people are more likely to have chronic conditions.**
- **Individuals who are obese (BMI > 30)\* have a 50 to 100% increased risk of premature death from all causes, compared to those with a healthy weight.**
- **If your BMI is over 30, your risk of heart disease is increased by 300%, colon cancer 200% and gall bladder disease by 400%.**
- **Your risk of diabetes is 3 times higher if your BMI is over 25, 10 times higher if over 35!**
- **If your number is over 25, your risk of heart disease, diabetes, arthritis, gall bladder disease, depression and sleep apnea goes up dramatically.**
- **Obesity is associated with increased all-cause mortality.**
- **Modest reduction in obesity are associated with reduced obesity related causes of death.**
- **For every 2-pound increase in weight, the risk of developing arthritis is increased by 9 to 13%.**
- **More than 6 in 10 American adults (63.1%) were either overweight (36.6%) or obese (26.5%)**

## **Lose Weight, Gain Your Health**

Maximized Living will help you discover how to lose more weight in less time through the advanced nutrition and fitness techniques that we deliver in our offices.

Dr Joe Accurso

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