

Maintaining a **HEALTHY WEIGHT** will help you live longer and better

Did you
know
that...?

If you are **OBESE** and
lose weight you can
add **years to your life**:



WOMEN
up to
3.5

MEN
up to
4.2

BMI



BODY MASS INDEX



YEARS OF LIFE LOST



WOMEN



MEN

Less than 18.5

4.5

4.3

18.5-24.9

0

0

25-29

0.8

1

30-34.9

2.4

3.4

35-39.9

4.7

5.9

More than 40

7.7

9.1

Average of 30-40

3.5

4.2