

# Healthy Weight Worksheet

To be filled out while reading *Healthy Weight for a Post-Sport Athlete* article on [athleteafterword.com](http://athleteafterword.com).

## Weight-Height

Weight \_\_\_\_\_ Height \_\_\_\_\_

Range (Jillian Michaels Table) \_\_\_\_\_

Range (National Institutes of Health Table) \_\_\_\_\_

## Body Mass Index (BMI)

BMI is calculated using your weight (kilograms) divided by the square of your height (meters) or your weight (pounds) times 703, divided by the square of your height in inches. You can use an online calculator to do the math for you.

### Basic BMI Categories:

Underweight =  $<18.5$  (in some countries, health authorities say anything below 20 is underweight)

Normal weight = 18.5–24.9

Overweight = 25–29.9

Obesity = BMI of 30 or greater BMI \_\_\_\_\_

## Waist-to-Hip Ratio (WHR)

Ratio of the circumference of your waist to that of your hips. To measure your ratio, use a measuring tape to measure your waist at the smaller circumference of your natural waist, usually just above the belly button. Then measure the circumference of your hips at the widest part of your buttocks. You can then enter that information into an online calculator to do the math for you.

### Female

Less than 0.8 – low risk of cardiovascular health problems

0.8 to 0.89 – moderate risk of cardiovascular health problems

0.9 or over – high risk of cardiovascular problems

### Male

Less than 0.9 – low risk of cardiovascular health problems

0.9 to 0.99 – moderate risk of cardiovascular health problems

1 or over – high risk of cardiovascular problems

Waist size at narrowest point \_\_\_\_\_ Hip size at widest point \_\_\_\_\_

Waist-to-Hip Ratio \_\_\_\_\_

## Weight-to-Height Ratio (WHtR)

Dr. Margaret Ashwell, former science director of the British Nutrition Foundation, believes that keeping your waist circumference to less than half your height can help increase life expectancy.

Height (in/cm) \_\_\_\_\_ Half Height (in/cm) \_\_\_\_\_

Waist Circumference (in/cm) \_\_\_\_\_

## Body Fat Percentage

Weight of your fat divided by your total weight. Your gym and doctor most likely have devices that can tell you what your body fat percentage is.

The American Council on Exercise recommend the following percentages for total fat:

Athletes	Non-Athletes, but fit	Acceptable	Overweight	Obese	Essential Fat
Women 14-20%	Women 21-24%	Women 25-31%	Women 32-41%	Women 42% +	Women 10-12%
Men 6-13%	Men 14-17%	Men 18-25%	Men 26-37%	Men 38% +	Men 2-4%

Essential Fat Percentage \_\_\_\_\_ Storage Fat Percentage \_\_\_\_\_

Total Body Fat Percentage \_\_\_\_\_