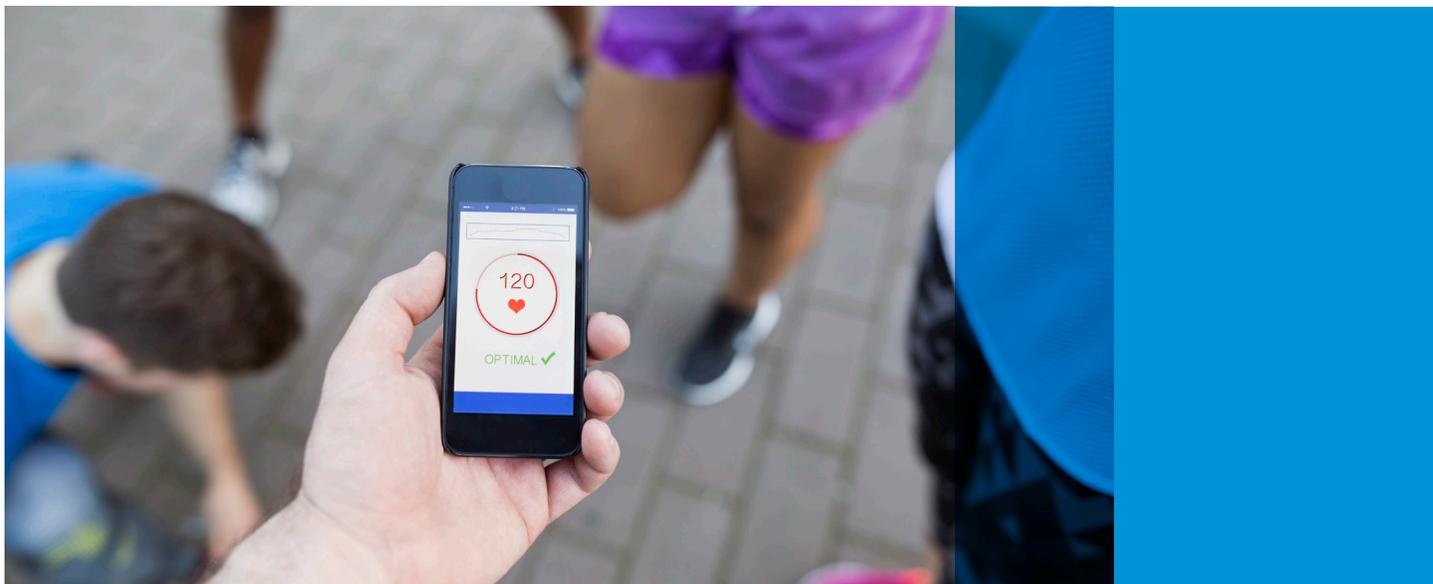


Don't Weigh Down Your Heart



Understanding the Relationship between Your Weight and Heart Disease

If you think that what you weigh is your own concern, you're absolutely right. If you think that what you weigh only impacts the way you look on the outside, however, you're wrong. There is a relationship between weight and heart disease that's very important to be aware of. Studies have shown that being overweight can lead to heart disease. In fact, if you tend to carry extra weight around your waist, it puts you at an even higher risk.¹

People with weight problems are often eating too much of the foods that are specifically bad for your heart: foods high in fat, sugar or salt. Sometimes people with weight problems are overeating because of stress. Too much stress and too much heart-unfriendly foods can lead to heart problems.

Just carrying around too much weight can cause your heart to work harder. Maybe you have noticed that you have less stamina than you'd like. Or perhaps you have found yourself short of breath when you exert yourself (like climbing a flight of stairs). If this is related to too much weight, then you may be weighing down your heart.

There is no "ideal weight" for anyone. Your heart doesn't really care how you look. It only wants to work efficiently and tirelessly on your behalf. So, if what you eat or how much you weigh is hurting your heart, maybe it's time to seriously consider making lifestyle changes in your diet.

The following chart provides guidelines on what a "healthy weight" range might be based on your height. Making small changes can have a big impact. Losing just 3 to 5% of excess body weight can help you keep your heart stronger! You may be surprised at the simple changes you can make in everyday life that can keep your heart beating with gratitude.

BMI Value	Normal Weight						Overweight					Obese					
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height cms (meters)	Body Weight (kilograms/kg)																
147 cm (1.47 m)	41	44	45	48	50	52	54	56	59	61	63	65	67	69	72	73	76
150 cm (1.50 m)	43	45	47	49	52	54	56	58	60	63	65	67	69	72	74	76	78
152 cm (1.52 m)	44	46	49	51	54	56	58	60	63	65	67	69	72	74	76	79	81
155 cm (1.55 m)	45	48	50	53	55	57	60	62	65	67	69	72	74	77	79	82	84
157 cm (1.58 m)	47	49	52	54	57	59	62	64	67	69	72	74	77	79	82	84	87
160 cm (1.60 m)	49	51	54	56	59	61	64	66	69	72	74	77	79	82	84	87	88
163 cm (1.63 m)	50	53	55	58	61	64	66	68	71	74	77	79	82	84	87	89	93
165 cm (1.65 m)	52	54	57	60	63	65	68	71	73	76	79	82	84	87	90	93	95
168 cm (1.68 m)	54	56	59	62	64	67	70	73	76	78	81	84	87	90	93	95	98
170 cm (1.70 m)	55	57	61	64	66	69	72	75	78	81	84	87	90	93	96	98	101
172 cm (1.72 m)	57	59	63	65	68	72	74	78	80	83	86	89	92	95	98	101	104
175 cm (1.75 m)	58	61	64	68	70	73	77	80	83	86	89	92	95	98	101	104	107
178 cm (1.78 m)	60	63	66	69	73	76	79	82	85	88	92	95	98	101	104	107	110
180 cm (1.80 m)	62	65	68	71	75	78	81	84	88	91	94	98	101	104	107	110	113
183 cm (1.83m)	64	67	70	73	77	80	83	87	90	93	97	100	103	107	110	113	117
185 cm (1.85 m)	65	68	72	75	79	83	86	89	93	96	99	103	107	110	113	117	120
188 cm (1.88 m)	67	70	74	78	81	84	88	92	95	99	102	106	109	113	116	120	123
191 cm (1.91 m)	69	73	76	80	83	87	91	94	98	102	105	109	112	116	120	123	127
193 cm (1.93 m)	71	74	78	82	86	89	93	97	100	104	108	112	115	119	123	127	130

Sources:

¹ World Health Organization, "Global Strategy on Diet, Physical Activity and Health," June 2015

Chart: National Heart, Lung, and Blood Institute, "Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report," September 1998

This information is intended to provide general guidance on health and wellness matters and is not medical advice. MetLife is not responsible for the accuracy of this information, which may not apply to your particular circumstances, so you rely on it at your own risk. You should always consult a licensed health care professional for the diagnosis and treatment of any medical condition and before starting or changing your health regimen, including seeking advice regarding what drugs, diet, exercise routines, physical activities or procedures are appropriate for your particular condition and circumstances.