

Exercise to better BMI

Keep stress to a minimum by relaxing, and quit smoking if you smoke.

4



BMI < 25



Take your medications as directed by your healthcare provider.

Get at least 30 minutes of brisk physical activity into your day, 5 days per week.

2



3



BMI > 30

1



Eat a healthy, nutritious diet every day.

People with a BMI of 25 to 29.9 are considered overweight. A BMI over 30 is considered obese.