

## What is a healthy weight for me?

Body mass index (BMI) is the amount of body fat based on height and weight. A healthy BMI for an adult is 18.5-24.9. Find your height and weight in the table below to learn your BMI.

- ◆ Underweight <18.5
- ◆ Normal Weight 18.5-24.9
- ◆ Overweight 25-29.9
- ◆ Obese ≥30

		Body Mass Index Table																																
		Normal								Overweight								Obese																
BMI		19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	
	Height (inches)	Body Weight																																
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	182	187	192	197	202	207	212	217	222	227	232	237	242	247	252
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	213	218	223	228	233	238	243	248	253	258
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	214	219	224	229	234	239	244	249	254	259	264
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265	270
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	201	206	211	216	221	226	231	236	241	246	251	256	261	266	271	276
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	213	218	223	228	233	238	243	248	253	258	263	268	273	278	283
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	214	220	225	230	235	240	245	250	255	260	265	270	275	280	285	290
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	221	227	232	237	242	247	252	257	262	267	272	277	282	287	292	297
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	222	227	232	237	242	247	252	257	262	267	272	277	282	287	292	297	302
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	235	240	245	250	255	260	265	270	275	280	285	290	295	300	305	310
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	241	247	252	257	262	267	272	277	282	287	292	297	302	307	312	317
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	248	254	260	265	270	275	280	285	290	295	300	305	310	315	320	325
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	255	261	266	271	276	281	286	291	296	301	306	311	316	321	326	331
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	262	267	272	277	282	287	292	297	302	307	312	317	322	327	332	337
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	270	275	280	285	290	295	300	305	310	315	320	325	330	335	340	345
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	277	282	287	292	297	302	307	312	317	322	327	332	337	342	347	352
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	285	290	295	300	305	310	315	320	325	330	335	340	345	350	355	360

If your BMI is 25 or more, you're at greater risk for heart disease, high blood pressure, type 2 diabetes and certain types of cancer. Focus on losing your pregnancy weight first. When you've achieved that goal, continue to work towards a healthy weight.

Ask a WIC nutritionist for help!

## Child Spacing

Having babies close together doesn't give your body the time it needs to recover and lose pregnancy weight. Try to space your children at least 2 years apart. Women who achieve a healthy weight before their next pregnancy deliver healthier babies and have fewer problems during pregnancy and delivery.

**Did You Know?** Babies conceived less than 18 months after your last birth are more likely to be premature and born at a low birth weight.

## Be Patient!

It took 9 months of pregnancy for you to gain the weight and it will take some time for you to lose it. The fastest weight loss occurs in the first 6 months after your baby's birth, but for most women it takes a full year to lose weight gained during pregnancy.

## References:

- Weight Loss after Pregnancy: Reclaiming your Body. [www.mayoclinic.com/health/weight-loss-after-pregnancy/PR00147](http://www.mayoclinic.com/health/weight-loss-after-pregnancy/PR00147)
- Exercise after pregnancy: How to get started. [www.mayoclinic.com/health/exercise-after-pregnancy/MY00477](http://www.mayoclinic.com/health/exercise-after-pregnancy/MY00477)
- [www.choosemyplate.gov/STEPS/stepstohealthierweight.html](http://www.choosemyplate.gov/STEPS/stepstohealthierweight.html)



Utah WIC Program | 1-877-WIC-KIDS | [www.health.utah.gov/wic](http://www.health.utah.gov/wic)

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# I want my body back!



## How can I lose my pregnancy weight?

Nutrition for Healthy Lives 



# The “How To’s” of Weight Loss after Delivery

## Breastfeed

Exclusive breastfeeding burns about 500 extra calories per day. Women who exclusively breastfeed for more than 3 months may have an easier time losing the weight gained in pregnancy. Breastfeeding helps baby’s waistline too. The longer you breastfeed, the less likely your baby will be overweight as an adult.

## Eat Healthy

As your baby grows, he’ll look to you for an example of healthy eating. Now is the time to form good eating habits! By making small changes in your diet, you can lose weight and improve the overall health and well being of your family. Fad or crash diets are not a good choice for your body or your baby. Gradual weight loss (1-2 pounds a week) is considered healthy. For more healthy eating and weight loss tips, visit [www.choosemyplate.gov](#)

### To lose your pregnancy weight

- ◆ Learn what to eat from each food group
- ◆ Focus on how much you eat.  
*Watch your portion sizes!*
- ◆ Choose nutrient rich forms of foods. These foods are packed with nutrients, but low in “extras” that just add calories.
- ◆ Weigh yourself weekly
- ◆ Follow your progress by tracking your food intake and physical activity



## Exercise

Physical activity can help you lose weight, boost your energy level, improve your mood and relieve stress! If you were active during pregnancy and had a vaginal delivery without problems, it’s usually ok to begin exercising a few days after delivery. Check with your healthcare provider to find out if this advice is appropriate for you.



### To help ease back into an active lifestyle

- ◆ Start with something simple – like walking or swimming
- ◆ Take time to warm up and cool down
- ◆ Drink plenty of water before, during and after each workout
- ◆ Breastfeed before you exercise and wear a supportive bra
- ◆ Stop exercising if you feel pain, become dizzy or notice an increase in vaginal bleeding

Set a positive example for your child by working physical activity into your daily routine. Take the stairs, walk the kids to school or run in place while watching TV. Exercise doesn’t have to be time away from baby! Include your baby by going for a walk together.

*If your health care provider gives you the ok, try these exercises. They’ll help to strengthen your stomach and pelvic muscles.*

**Bridge.** Lie on your back with your knees bent. Keep your back in a neutral place, not arched and not pressed into the floor. Tighten your stomach muscles. Raise your hips off the floor until your hips are lined up with your knees and shoulders. Hold for three deep breaths. Return to the starting position and repeat.

**Pelvic tilt.** Try the pelvic tilt a few times a day. Lie on your back on the floor with your knees bent. Flatten your back against the floor by tightening your stomach muscles and bending your pelvis up slightly. Hold for up to 10 seconds. Repeat five times and work up to 10 to 20 in a row.

**Kegel exercise.** Kegels can help control bladder leaks and heal your perineum. Tighten the muscle you use to stop your urine flow. Hold for up to 10 seconds and release. Repeat 10 times at least three times a day.

