

**Small Changes for Health 2006**

Week   1  



**Welcome to Small Changes for Health 2006!** We want to start this year off right making healthy changes that we can maintain throughout the year. In order to do that, we must first know where we are starting from. One of the first things you need to know before you start any health improvement program is your weight and BMI. Knowing this information will provide you some idea of what health risks you face and help you in setting appropriate goals. Week one's change is based on that idea.

**Your Small Change: For this week, make sure that you get your weight and your Body Mass Index (BMI) checked.** You can get your weight and BMI checked by visiting the Resource Center on Mondays, Wednesdays and Thursdays from 1-3 p.m. or Tuesdays from 3-5 p.m. You can also calculate your BMI online at <http://nhlbisupport.com/bmi/>.

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit the Resource Center located on the first floor of the Health Department across from the elevators. You can also contact Health Promotion at 314/612-5400.

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Follow-Up: Week   1  

**Your Small Change: For this week, make sure that you get your weight and your Body Mass Index checked.**

1. Did you get your weight and BMI checked? (check one)

Yes                       No

2. What was your BMI? (check one)

Underweight     Normal             Overweight     Obese

3. Does knowing your BMI make you want to make some changes in your lifestyle? (check one)

Yes                       No

4. Other Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please return the bottom half of this form to the Resource Center or to Health Promotion, Room 910, at the end of this week.**