

Small Changes for Health 2006

Week 39



It's now fall and time to do your quarterly check of your weight and BMI again. Monitoring your weight and BMI regularly is a good way to keep yourself in check and on track to meet your personal goals. If the scale has not moved much since you checked it in the summer, think about what is keeping you from losing weight and how you might be able to make small changes to increase your weight loss. If the scale has continued to move in the right direction since summer, pat yourself on the back, and think about what you have been doing that has helped you continue to lose weight. Continue those things and you should stay on track.

Your Small Change: For this week, make sure that you check your weight and your Body Mass Index (BMI).

To check your own BMI use you can use a BMI calculator by the National Heart, Lung, and Blood Institute. <http://www.nhlbisupport.com/bmi/> (Use this link to access a BMI calculator)

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 in room 533. You can also contact Health Promotion at 314/612-5400.

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Follow-Up: Week 39

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

1. Did you check your weight and BMI? (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.

