OPTAVIA can work for you because:

- You get **FREE** OPTAVIA Coaching, support and advice.
- You follow a clinically proven, safe, effective program.
- You enjoy 6 healthy, portion-controlled, nutrient-rich meals a day.
- The **OPTAVIA Program** doesn’t require drugs or surgery - just healthy habits and delicious food!

Many of our **OPTAVIA Clients**:

- Have more energy
- Feel, look and sleep better
- Enjoy a lasting transformation
- Wish they had started sooner!

**START YOUR OWN TRANSFORMATION TODAY!**
JUST ASK US HOW.
### Body Mass Index (BMI) Table

<table>
<thead>
<tr>
<th>Height (in feet)</th>
<th>Weight (in pounds)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BMI Below 25</strong></td>
<td>Healthy Weight</td>
</tr>
<tr>
<td><strong>BMI 25–29</strong></td>
<td>Overweight</td>
</tr>
<tr>
<td><strong>BMI 30–39</strong></td>
<td>Obese</td>
</tr>
<tr>
<td><strong>BMI 40+</strong></td>
<td>Extremely Obese</td>
</tr>
</tbody>
</table>

**WHERE DO YOU FIT IN?**

Body Mass Index (BMI) is the measure of health and fitness endorsed by the Surgeon General of the United States. It takes into consideration the height and weight of a person to give an accurate index of what his/her weight should be. A BMI of up to 25 is considered healthy. Any number between 25–29 means the person is overweight. At higher risk to develop cardiovascular disease, heart disease, diabetes, etc. Potential Candidate for one of the Optimal Weight Plans & OPTAVIA lifestyle.

BMI 30–39: Obese

At higher risk to develop cardiovascular disease, heart disease, diabetes, etc., without intervention. By choosing the OPTAVIA lifestyle you can return to a healthy weight and achieve lifelong transformation, one healthy habit at a time™.

BMI 40+: Extremely Obese

At highest risk to develop cardiovascular disease, heart disease, diabetes, etc., without intervention.

BMI 25–29: Overweight

At risk high to develop cardiovascular disease, diabetes, etc., potential candidate for one of the Optimal Weight Plans & OPTAVIA lifestyle.

BMI Below 25: Healthy Weight

Potential Candidate for the OPTAVIA lifestyle with Fuelings and Snacks to support Optimal Health.

Contact me today for your FREE consultation!