YOUR BMI IS IMPORTANT
HERE’S WHY...

• For Optimal Health, your BMI (body mass index) should be 19-24.

• Being overweight is now the No. 1 cause of preventable disease in America.*

• Your health matters to us. We can help you reach your optimal weight and achieve Optimal Health, and it’s simpler than you might think. Just ask us how.

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. A reading between 30–39 is an indication of obesity, placing the individual at high risk of developing heart disease, high blood pressure, diabetes, and other ailments. A reading of 40+ is an indication of extreme obesity, placing a person at highest risk of health problems.

### Body Mass Index (BMI) Table

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<tbody>
<tr>
<td>Healthy Weight</td>
<td>Overweight</td>
<td>Obese</td>
<td>Extremely Obese</td>
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</table>

**Where do you fit in?**

Potential candidate for the OPTAVIA lifestyle with Fuelings and Snacks to support Optimal Health | At high risk to develop cardiovascular disease, diabetes, etc. | 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™ | At highest risk to develop cardiovascular disease, heart disease, diabetes, etc., without intervention. |