

Message of Physical Activity

Physical activity can help you lose weight faster by burning calories and building muscles. As with changes in diet, it can take some time to see the results from increasing your physical activity level; but don't despair. Exercise can boost your outlook on life, and also help you handle stress. Regular physical activity can reduce your risk for high blood pressure, high cholesterol, and heart disease. So, dance at the pow wows, walk or run a 5K. It all counts towards 30 minutes of physical activity you need 5 days a week.



Indian Walk-In Center

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Indian Walk-In Center

Helping "The People"

IWIC Health Promotion/ Disease Prevention

*Diabetes Wellness Program
Promoting a healthier Lifestyle*

www.iwic.org

Message of Hope – We can Prevent Chronic Disease in American Indian Communities



Workshops and Classes offered at IWIC Youth:

Youth

PHYSICAL ACTIVITY CLASSES:
Healthy Native Youth
- 12 week program

Adults

PHYSICAL ACTIVITY CLASSES:
Strength & flexibility, aerobic/
anaerobic, and recreational activities.

Learn how to use the FIT formula
FIT = Frequency, Intensity, and Time.
Target Heart Rate calculation.



Services Offered at IWIC for all ages:

- ◆ Fitness Evaluation & Screening
- ◆ Healthy Lifestyle change
- ◆ Blood Pressure Screenings
- ◆ Weight Management
- ◆ Activity/Nutrition Tracker
- ◆ BMI (Body Mass Index)
- ◆ Sacred vs. Commercial Tobacco Education
- ◆ Chronic Disease Education
- ◆ Cholesterol checks LDL & HDL

What can you do?

Decide if you are overweight. Use the BMI chart to find out.

- Chart your progress. Current weight_____.
- If you are overweight or obese, calculate 5% of your _____ body weight.
For example:
If you weigh 150 lbs. 5% is 7.5.
If you weigh 200, 5% is 10 lbs.
- Set a goal to lose 5% of your current body weight.
- Desired weight_____.
- Make a plan. Use Activity & Nutrition tracker given out at IWIC.

Body Mass Index (BMI)

Height in Feet and Inches	Weight in Pounds																			
	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300			
4'6"	34	36	39	41	43	46	48	51	53	56	58	60	63	65	68	70	72			
4'8"	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	67			
4'10"	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63			
5'0"	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59			
5'2"	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55			
5'4"	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52			
5'6"	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49			
5'8"	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46			
5'10"	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43			
6'0"	19	20	22	23	24	26	27	28	30	31	33	34	36	37	38	39	41			
6'2"	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39			
6'4"	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37			
6'6"	16	17	19	20	21	22	23	24	25	27	28	29	30	31	32	34	35			
6'8"	15	17	18	19	20	21	22	23	24	25	26	28	29	30	31	32	33			

Underweight Healthy Weight Overweight Obese

This chart is for adults (20 years and older).

