

# Beyond Weight Loss

LEARNING WHAT TRULY MATTERS

Retraining our minds on what is important

## THE NUMBERS

Height	5'8
Weight	<b>187</b>
Body Mass Index (BMI)	<b>28</b>
Heart Rate	67
Blood Pressure	112/72
Blood Sugar	110
HDL	52
LDL	95



Healthy  
Lifestyles

MAY 2022 HEALTH HUB

# What is Health?

The World Health Organization (WHO) defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. That means health is so much more than the number on the scale. So, to redefine our definition of physical health, we should understand ALL the numbers--not just weight or BMI--that help to define that portion of health.

## Body Mass Index

BMI is the number you get when you divide your weight by your height. Physicians use this number to decide if one is "healthy," "overweight," or "obese." The system was developed in the early 1800s by a mathematician in Belgium. It was then used to help his government know how to allocate funds due to the population's general obesity level. It only became a means to recognize health risks in the United States in the 1970s. Still, despite a history untethered to accurate health monitoring, BMI has developed a reputation for determining healthiness. Part of taking control of our health is changing this perspective.



### Why BMI should only be a starting point

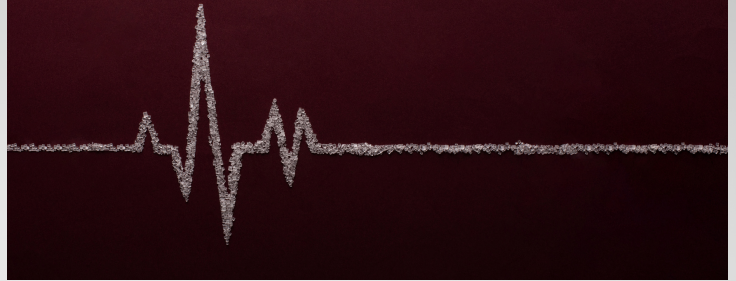
1. It does not consider ethnic or racial differences.
  - BMI was originally created for a caucasian cohort; it does not take racial differences into account. These differences are large enough that WHO recommends changing this by using different numerical standards for those of Asian decent.
2. It is only ONE measure of health.
  - There are many other factors of health than weight to height ratios. Just as one sentence in a book does not tell the whole story, neither does one number in your health diary tell your whole health story.
3. It does not take into account stages of life or current health issues.
  - a. The BMI chart does not change for those who are pregnant, elderly, athletic, have kidney disease, etc. Such people often have increased or decreased weight, for healthy reasons, and BMI doesn't account for appropriate ratios in these life stages.



# Other Health-Significant Numbers

## Heart Rate

A normal resting heart rate is between 60 and 100 beats per minute. This number may increase if you are exercising, pregnant, or experiencing an extreme emotion. It may decrease during rest or when taking medications. But when our heart rate continually falls out of a healthy range, it may indicate a host of issues, including heart disease, asthma, thyroid issues, anemia and more. It is important to know your normal heart rate and be in tune with how you are feeling, in case you need to alert your physician.



## Blood Glucose

Your blood glucose level is the amount of sugar in your blood that is being carried to all the cells and organs in your body, which they then use for energy. Blood sugar that is too high can cause diabetes and heart disease, and even ultimately kidney failure. If blood sugar is too low, it can result in confusion, mood swings and difficulty concentrating. Our brain needs sugar to function properly. The American Diabetes Association recommends a target of 70-130mg/dL before eating and less than 180mg/Dl after 2 hours of eating (these recommendations change if pregnant).

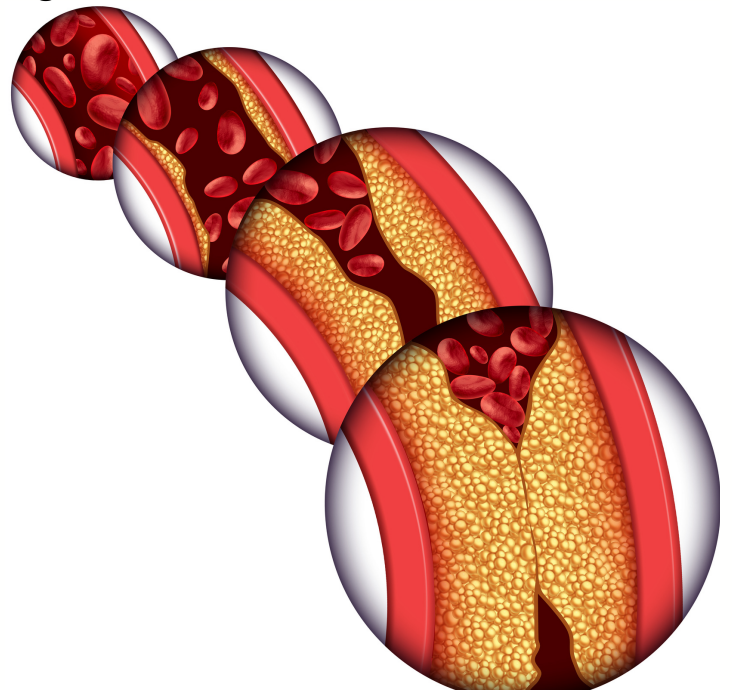


## Blood Pressure:

Blood pressure is represented by 2 numbers. The first number is called systolic pressure. It is the amount of pressure in your blood vessels as your heart beats. The second number is diastolic pressure. It is the amount of pressure as your heart relaxes and fills with blood. Generally, those with a blood pressure below 120/80 is considered healthy. High blood pressure (hypertension) is sometimes referred to as the silent killer. Why? Because you may never know you struggle with it until one day you have a stroke or heart attack (the major risks to high blood pressure). Hypertension can also put extreme strain on your brain, liver and eyes on top of your heart and can cause permanent damage if left untreated. For these reasons, you should check your blood pressure regularly.

## Cholesterol

Cholesterol is a waxy substance that you create in your liver and also that you consume from animal products. We need cholesterol to make cells, vitamins, and hormones. But there are 2 types of cholesterol: HDL, or the "good stuff;" and LDL, the "bad stuff." Too much LDL or not enough HDL can cause fat to build up in our arteries and create lasting damage that leads to heart disease or stroke. To avoid these diseases, try to eat foods that promote healthy cholesterol such as fish, nuts, olive oil, beans and legumes.



# The Take Away

Eight sets of numbers are on this first page, and society has claimed that only two determine the health of a person. The health industry has made millions off of the insecurities and inaccurate standards of BMI and weight. By lumping all human beings into the same antiquated system, we have eliminated the importance of the other 6 numbers and all other dimensions of wellness. Today, we take back the power to define our health with an understanding that all of the numbers matter not just weight and BMI. We also recognize that the numbers are only a part of the story and aspects like mental and emotional stability, social determinants and the environment all contribute to our health.

Throughout the next 6 weeks, we have developed a new workshop series. This series was developed to break stigma and uncover the truth behind weight loss. Throughout the series, we will expose the fraud in diet culture, discussing the facts and stats of weight loss, media literacy, body dysmorphia, myths, and lifestyle changes you can implement. Our goal is to help you cut through the false narratives and find the truth about what health is and how you can achieve it through a sustainable lifestyle. If you are interested, you can [register for the upcoming classes](#) and watch our first one below.

