

Published based on [What Is The Right Weight](#)

What Is The Right Weight

Your first step to find out if you are at a healthy weight is to find out what your BMI is and what your waist size is. This is one of the easiest ways for someone to gauge if they are overweight or underweight or just right. If your weight is not healthy, your risk for weight-related problems is higher.

The body mass indicator takes in to account how tall a person is. You are able to figure out the ratio and see where it puts your body at. If your BMI is less than 18.5, you are in the underweight category. If your BMI is between 19 and 24.9, you are in the recommended weight range for your height. But your health may still be at risk if you are not getting regular physical activity and practicing healthy eating. For someone who has a body mass indicator higher than 25 but less than 30 they are said to be overweight. Just because you are in this category does not mean you are in danger, there are other factors involved. The last designation for people using the body mass indicator is for someone who is over a thirty and is dealing with the problems of obesity. You may need to lose weight and change your eating and activity habits to get healthy and stay healthy. To help control your weight a person can find websites such as the one at <http://www.fatlossfactor.com> to help them develop a program that will get them to a healthy weight and keep them there.

Using the body mass indicator is not the only way to judge a person's body. The amount of exercise a person gets and the food that they consume also play a role in how well the body works. If you don't eat right and workout regularly you may still be unhealthy despite the fact that the BMI says you are at the right weight. Your waistline is a second indicator of the shape that a person's body is in. A bulging midsection is a clue that a person is not as healthy as they should be. There are many physical ailments that are associated with having too much fat on your body. Measure your waist with a tape measure. Since people's size varies the size of a healthy midsection varies also.

If you are in the overweight or obese category and your waist size is too high, you can learn about all of the health issues that you might face on the future on forums like the [biggest loser weight loss forum](#) where there are many topics about all of the dangers of being overweight. If you have two or more health problems, you may need to make some lifestyle changes and lose weight.

There are some of us who are not happy with the shape of our body even though the numbers say we are at the correct size. It is a common thing for someone to feel this way.

It can be hard to be satisfied with how you look when TV and magazines show unrealistic images of what it means to be thin or have a [six pack ab exercise program](#) that they promise will help you keep the ideal body no matter what you look like now. A person needs to remember some key things. What is a healthy body for one person is not a healthy body for another. We let society tell us what ideal means. Average people do not have the bodies that are portrayed in air brushed pictures to sell products. Can you do the activities you want to do? That's what healthy living is all about, no matter what your weight is. Many people have died because they are so unhappy with the way they look that they try to drop more pounds than is healthy. Most people who diet end up gaining back the pounds they lost and more. You shouldn't get lost in the numbers. Make sure you keep your body in the best shape you can.

You can also find this article published on [What Is The Right Weight](#), and on the tag pages [biggest loser weight loss forum](#), <http://www.fatlossfactor.com>, [six pack ab exercise program](#).