



WORK RIGHT R E V I E W

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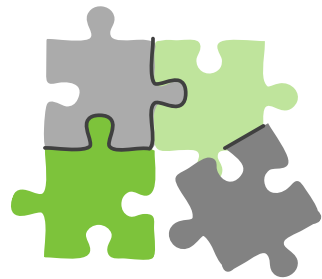


WHAT IS A HEALTHY WEIGHT?

BY MARTA BORKOVA

At the beginning of the year, many people will make New Year's resolutions - and they often center around the idea of losing weight in an effort to become more healthy. But what exactly is a healthy weight? And should your weight really be your focus on your journey towards better health?

A Piece of the Puzzle



When we think about weight impacting health, we often focus on two things: diet, and exercise. In the holistic model of health however, your health is comprised of physical, emotional, mental, social, and spiritual factors. Each of these influence the other, and fit together like a puzzle to result in an optimal state of health, or well-being.

A Healthy Gauge



Your ideal weight range is determined by your height, weight, body type, age, and physical goals. The body mass index, or BMI, is often used as a general gauge of weight and health. Body fat, which makes up a part of your body weight, can be a better way to determine if you are in a healthy range than body weight or BMI alone.

Where to Start?

With roughly 40% of Americans affected by obesity, there's no denying that many of us should consider weight loss as part of our journey to better overall health. Take a step back and try to look at a holistic view of your health. What do you think is driving your weight issues? Reach out to your injury prevention specialist, or another trusted healthcare professional, who will help you make specific, measurable goals.



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Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

