

Small changes add up over time: adding just 10 minutes of brisk walking daily, eating more fresh fruits and vegetables, and reducing or eliminating high sugar snacks and sodas can result in weight loss of up to 24 pounds in the course of a year. And for many people, that amount of weight loss can have a significant impact on waist circumference, body mass index, blood glucose levels and blood pressure. Making even bigger changes in exercise and eating habits will produce change at a faster rate. You will feel better, look better and, most importantly, increase your chances of living a long and healthy life.

Commit to taking charge of your health today!

Move to Improve

The human body is meant to move, often and vigorously! What are the benefits of regular physical activity?

Improvements in all of the following:

- ♥ Mobility
- ♥ Muscle mass
- ♥ Mood
- ♥ Stamina
- ♥ Strength
- ♥ Waist circumference
- ♥ BMI (Body Mass Index)
- ♥ Blood glucose levels and blood pressure
- ♥ The odds of living a long and independent life...

What can you do to improve your health?

Walk at least 10,000 steps per day, or do another physical activity that raises your heart rate for at least 30 minutes daily



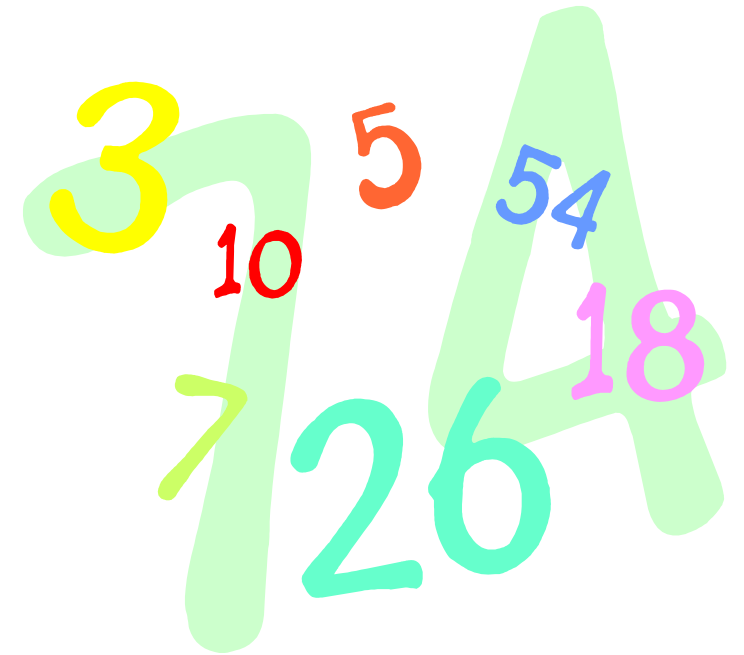
Strength training exercises, 20 minutes at least two times weekly



What else counts as movement?

- ♥ Dancing
- ♥ Housework
- ♥ Gardening
- ♥ Biking
- ♥ Swimming
- ♥ Anything that uses your muscles and gets your heart going!

*Know Your Numbers,
Change Your Numbers,
Change Your Life!*



New Mexico
Aging and Long-Term Services
Department
**Healthy Aging
Campaign**
www.nmaging.state.nm.us

Knowing four numbers:

waist circumference

body mass index

blood pressure and

blood glucose levels

provides a wealth of information about a person's health status, and the risk of developing type II diabetes, heart disease, cancer, Alzheimer's, arthritis and a host of other conditions that shorten or diminish quality of life.

But it's not enough just to know your numbers: taking **action** to change your numbers can significantly improve health and reduce the chances of dying early or having a poor quality for many years at the end of life.



Here's the good news: Reducing waist circumference and Body Mass Index through healthy eating and exercise almost always decreases glucose and blood pressure, frequently reducing or eliminating the need for medication.

What numbers are we aiming for?

The goal is a **waist circumference** of less than 40 inches for men, and less than 35 for women. Current research shows that insulin resistance and a high risk of heart disease and stroke start when men's waistlines reach 40 inches and women's reach 34.65 inches.

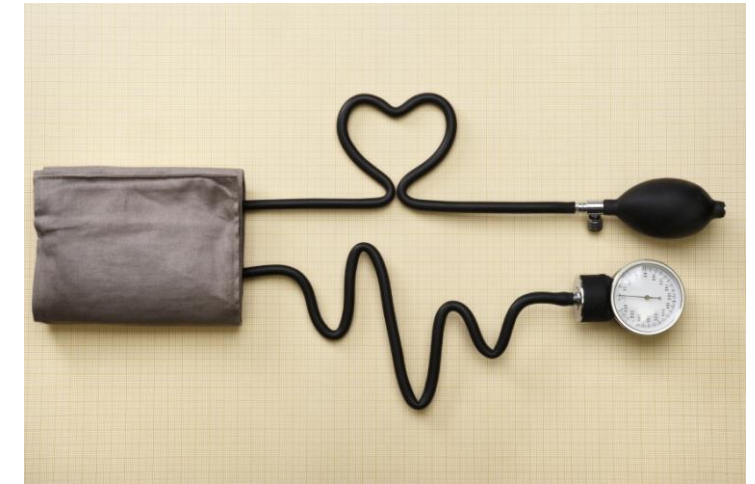


Body Mass Index (BMI), a simple method used to measure body fat based on a person's height and weight, provides a way to estimate the effect of weight on health. The risk of hypertension (high blood pressure), heart disease, stroke, arthritis, cancer and type II diabetes increases as body mass increases. A BMI of 18.5-24.9 is considered normal, 25-29.9 is considered overweight, and 30 or higher is considered obese. Sixty-one million American adults are obese, according to current statistics.

To calculate your BMI, square your height in inches (ex: $67 \times 67 = 4489$). Multiply your weight in pounds by 703 (ex: $150 \times 703 = 105,450$). Divide your multiplied weight by your squared height (ex: $105,450/4489 = 23.49$ BMI).

What numbers are we aiming for?

Normal blood pressure is systolic pressure less than 120 and diastolic pressure less than 80 mmHg (systolic: pressure of blood against the artery walls as your heart beats; diastolic: blood pressure between heartbeats). Long-term high blood pressure damages veins and arteries and is associated with many serious health conditions, including heart disease, stroke, kidney disease and eye disease.



Normal blood glucose levels range from 64.8 to 104.4 mg/dL, with fluctuations throughout the day. Consistently higher levels of glucose (above 104.4 mg/dL) are evidence of insulin resistance and possible type II diabetes. Diabetes greatly increases the risk of cardiovascular disease, kidney disease, Alzheimer's, nerve damage and eye disease (including blindness). The leading risk factor for type II diabetes is obesity.