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BLOG

3 Questions to Ask About Your BMI

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What Is My BMI Telling Me?

- Ask which CDC category you are in
- Ask what it means for your health

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What Else Should We Check?

- Your waist size
- Your blood pressure and blood sugar
- Your health history

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What Is a Good Next Step?

- Ask whether a 5% goal fits you
- Ask about nutrition and weight-loss counseling
- Ask about activity that suits you

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Read the full article

BMI: What It Is, What the Numbers Mean and Why It Matters

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General information, not medical advice. Talk with your own provider about what your BMI means for you.