BMI and You!

Go to the following website to calculate your BMI:
http://nhlbiupport.com/bmi/

Have you ever wondered what BMI was?
BMI stands for body mass index and is a basic weight status. BMI correlates with body fat, but does not measure your body fat in anyway. There are other things that you have to consider when looking at your BMI. Men generally have higher BMIs than women, and older individuals normally have higher BMIs than younger people. Also, the BMI chart does not take into account the amount of lean tissue (muscle) and adipose tissue (fat) that you have. This means that people that are muscular will have the same BMI as a person of the same height and weight, even if they are not as fit.

What do I do with my BMI score?
There are different ranges that your score will fall within. Having a score of 18.5 or lower is considered under-weight. If your score falls between 18.5 and 24.9 you are considered having a normal weight. The overweight category is having a BMI score of 25 to 29.9, and the obese category is having a BMI score of over 30. Remember that the BMI score is basic weight status, and does not take into account many variables. This is used to give you an estimate of where you are in terms of your weight.

Does my BMI score relate to my health?
Your BMI score is only one factor used to predict your health status. The higher your BMI the more likely you are at risk for certain diseases. Diseases that you are more at risk if you are overweight or obese are diabetes and musculoskeletal conditions.

Where do I find out more information about BMI?
Here are some websites where you can find more information about BMI:
http://www.cdc.gov/nccdphp/dnpa/bmi/
Enjoy the Green Houses at Elizabeth Park
The Park and green houses are open daily from 10 am to 3 pm. You can take a walk around the park and warm up in the green houses. They also offer many free programs throughout the year.

Connecticut State Capitol Tours
Free tours are offered on weekdays year round from starting at 9:15. Learn about the State of Connecticut by following a guided tour, or pick up a self guided tour booklet and walk around the Capitol anytime during business hours.

Local Events
There are local events in your area. Look in your local newspaper for weekly recreational events that can be found in your hometown.

Cold weather is no excuse, use these suggestions to get out there and BE ACTIVE!

Team ConnectiFIT at ConnectiFIT Goes to the Grand Canyon Wrap-Up
Congratulations to all of the teams that participated in ConnectiFIT’s first Walking Program!

The Sisterhood of the Traveling Pedometers    Roadsters
It’s Better Over Here    Kaibab Strides    Fabulous Four
Ms. Fits    Foot Loose    Wacky Walkers
The Sole Survivors    Totalee Fit    Day Care Road Runners
Epi-Cureans    The Mean Deviates    Happy Campers
CTFIT1    TB Trackers    Day Care Divas    Faith Walkers
Legal Beagles    Sole Train    Capitol Go-Getters
Cool Walkers    The Leaded Feet    Fiscally Challenged
Hems & Haws    Central Registry Walkers

ConnectiFIT Goes to the Grand Canyon Report

- There were 121 participants in the walking program
- There were 26 teams in the walking program
- A total of 18,238,918 steps were taken during the program
- A total of 13,189 miles were walked during the program

Thank you to all the walkers that participated in ConnectiFIT Goes to the Grand Canyon!

We appreciate your enthusiasm in the ConnectiFIT Worksite Wellness Program and encourage you to continue attending ConnectiFIT Programs.