



# The Health Benefits of Maintaining Balance

*A Your Elements of Balance*  
Presentation

Beth Bazevage, RN, MSN  
Certified Health Educator

# Statistics in the US

- **68%** of US adults are overweight
  - BMI >25)
- A **third** of those have a BMI of 30 or more
- 17% of *children* 2 to 17 are have a BMI of >30

# Calculating BMI

- Body Mass Index or BMI is a number based on your height and weight.
- An example is a person who is 5'5" and 150 pounds is overweight has a BMI of 25.
- The same person weighing 175 has a BMI of 30.

# What are the risks?

- So who cares if I'm a little pudgy or soft? There's just more of me to love right?
- Well, yes and no. Unfortunately, those who have excess tissue (aka 'fat') are at a much higher risk for early mortality (death) as those who are 'trim'.

# Statistically speaking...

- A primary concern is the development of type II diabetes which leads to the development of other problems such as heart disease or stroke.
- The risk of developing chronic disease sharply increases with a BMI of 27.
- There is a **90 fold increase in risk** with a BMI of 35.
- These are *preventable* causes of death!

# Lower Your Risk Factors

- The good news is that you can do something now to lower your risk factors for developing metabolic syndrome or even if you already have diabetes – you can begin now to lower your risk of early mortality (death).

# Does this sound familiar?

- You struggle out of bed, grab a quick caffeine fix as you head out the door for the early shift.
- Work is as busy as usual and before you know it, it's lunch time.
- You head to the café to pick up a meal, to be faced with endless choices of sweet, salty, greasy delicacies.
- As you make your purchase you remind yourself tomorrow will be different and you will pack your own lunch....

# Tips to Break the Cycle

- Put yourself first, remember you are important enough to take care of
- Think about it the day before, plan ahead
- Eat breakfast, everyday, start by quick on the run breakfasts like a smoothie if you don't think you have time to sit down
- Take fruit and a handful of almonds for a healthier snack option
- Batch cook so that you have a freezer full of delectable, healthy quick meals
- Stay hydrated by keeping water close by the drink throughout your day

# An Amazing Journey

- **Join me on an amazing journey into self care and turn your life from fair to fabulous!**
- Make today a "fresh start" - a time when you set goals for the months ahead.
- For some this leads to wonderful change and success.
- Most of us require a little help! How will *you* go about taking action on your goals?
- To learn more about metabolic syndrome risks and begin your path to a healthier life, contact Beth at (928)771-9190 or email [Beth@yourelementsofbalance.com](mailto:Beth@yourelementsofbalance.com)