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## Aspects of Retaining of Healthy Body Weight

**Narender**

Assistant Professor,  
Deptt. of Physical Education  
A.I. Jat H.M. College, Rohtak  
(Haryana)

### Abstract:

It has been rightly said that health is the greatest wealth of a human being. Keeping our body fit should be a routine task just like breathing, walking etc. Diet plays an important role in keeping oneself fit and healthy. Weight is usually a measure of how fit one is. Therefore a healthy weight means the weight at which an individual can accomplish his daily chores without being worried of any disease. An uncontrolled weight can lead to chronic diseases and is often considered as the key to diabetes. Often people ignore this fact and take food at frequent intervals and eat fried and oily food which harms our body in the longer term. This paper aims to highlight the importance of a healthy diet in controlling weight and making oneself fit and healthy.

**Keywords:** Fitness, Calories, Diet, BMI, Healthy Weight, Chronic Diseases, Lifestyle, Yoga.

**Introduction:** It is a well-known fact that a sound mind resides in a sound body and weight is a measure for a sound body. According to a study, an adult male needs 2,800 calories per day and an adult female needs 2400 calories per day to accomplish everyday chores. Consuming more calories than this starts accumulating in the body and is stored in the form of fat and increases weight. Now-a-days losing weight has become a trend among the people as more and more people are hitting the gym to get a well chiselled body. However, there is a large portion of people who are unaware of the diet and the way it is important for health. Often it has been observed that people are not armed with adequate knowledge to lose weight and this trend is prevalent amongst women who blindly participate in weight loss programs.

Moreover, the innocent people are misguided by the advertisement which claim to lose weight rapidly and in large amounts. There are many products in market today ranging from belts to creams to drinks which claim to lose weight magically. However people should be wary

about such products and remember there is no shortcut to success. A healthy body is an important aspect of one’s personality as it has been seen that fat people are often discriminated at workplace and other sectors of the society. Also, many articles on the internet are spreading rumours about fast weight loosing techniques and some even claim to lose 12 Kgs within two weeks. Believing these things will clearly harm one’s body and we should refrain from trying any such thing on our body. It is often advised to stay as natural as possible when it comes reducing weight. First we will have a look at the technique normally used to determine if one is overweight, underweight or normal.

**Methods to Calculate Body Weight:** Although, there are many ways to determine healthy weight but, two main such methods are:

1. **Body Mass Index (BMI):** Body Mass Index is a measure of one’s fitness according to the relation between one’s weight and height. In order to calculate your BMI then, divide your body weight in Kg by your height in metre square using the following formula:

$$\text{Body Mass Index} = \frac{\text{Weight in Kg}}{(\text{Height in m})^2} \quad \text{or} = \frac{\text{Weight}}{\text{Height} \times \text{Height}}$$

Given below is the World Health Organisation criteria for underweight, healthy or normal weight, overweight and obesity by BMI:

**Table1: Relation Between BMI and Weight Category**

Category	BMI
Underweight	< 18.5
Normal Weight	18.5-24.9
Overweight	25-29.9
Obesity Class 1	30-34.9
Obesity Class 2	35-39.9
Obesity Class 3	>40

(Source: www.who.int/)

Using the above given criteria, one can easily determine what category of weight one falls in and after recognising appropriate category, we should take necessary steps to return towards normal weight.

2. **Chart:** Another method to find out healthy weight is through the chart. Given below are the two charts, one for male and the other for female using which one find out if one has healthy weight or not.

**Table2: Chart of Height and Weight****Male:**

Height In cms.	Low Weight (kg)	Medium Weight (kg)	Maximum Weight (kg)
157.5	50.7-54.4	53.7-57.1	57.1-63.9
160	52.1-55.8	54.8-60.3	58.5-65.3
162.5	53.5-57.1	56.2-61.6	59.8-67.1
165	54.8-58.5	57.8-63.0	61.2-68.9
167.5	56.2-60.3	59.0-64.8	62.6-70.0
170	58.0-62.1	60.7-66.6	64.4-73.0
172.5	59.8-63.9	62.6-68.9	66.6-75.2
175	61.6-63.7	64.4-70.7	68.4-77.1
178	63.4-68.0	66.6-72.5	70.3-78.9
180	65.3-69.8	88.0-74.8	72.1-81.1
183	67.1-71.6	69.8-77.1	75.3-83.4
185.5	68.9-73.4	71.6-79.3	76.1-85.7
188	70.7-75.7	73.4-81.6	78.4-87.9
190.5	72.5-77.5	75.7-83.9	80.7-90.2
193	74.3-79.3	78.0-86.1	82.5-92.5

**Female:**

Height in cms.	Low Weight (kg)	Medium Weight (kg)	Maximum Weight (kg)
147.5	41.7-44.4	43.5-48.5	47.1-53.9
150	42.6-45.8	44.4-49.9	48.0-55.3
152.5	43.5-47.1	45.8-51.2	49.4-58.7
155	44.9-48.5	47.1-52.6	50.8-58.0
157.5	46.2-49.9	48.5-53.9	52.1-59.4
160	47.6-51.2	49.9-55.3	53.5-60.7
162.5	49.0-52.6	51.2-57.1	54.9-62.6
165	50.3-53.9	52.6-58.9	56.7-64.4
167.5	51.6-55.8	54.4-61.2	58.5-66.2
170	53.5-57.6	56.2-63.0	60.3-68.0
172.5	54.8-59.4	58.0-64.8	62.1-69.8
175	57.1-61.2	59.8-66.6	63.9-71.6
178	58.9-63.5	61.6-68.4	65.7-73.9
180	60.7-65.3	63.5-70.3	67.5-76.2
183	62.6-67.1	65.3-72.1	69.4-78.4

(Source: <https://www.rush.edu/health-wellness/quick.../what-is-a-healthy-weight>)

Using the above given table, we can directly find out the normal weight according to our age and see if we are in underweight or overweight category. Now that we have determined that

which weight category we fall in, we will try to give ways through which one can obtain a healthy weight. Using these methods, one can live a healthy and disease free lifestyle.

**Measure to be taken to Obtain Healthy Body Weight:** The first and the most important step towards accomplishing anything is to set a goal. Before anything else, we should first set a goal for ourselves that how much weight we need to gain or lose in order to obtain a healthy body weight. The above given BMI and Height and Weight chart can help us in planning as to how much we should set our goal. Also, one should keep in mind our capacity while setting the goal so that it is achievable. And once everything is planned and set, follow your routine rigorously. No compromises with the routine you have set up for yourself. Try to lose weight for health purposes and not just to improve your looks. Remember looks won't stay forever but if you maintain health, it will certainly help you in the long run. To obtain a healthy body weight, one should try to look upon the following points:

- **Diet and Lifestyle:** Diet is often the most underestimated aspect by people who try to achieve healthy body weight. They try to take the shorter path know as 'Dieting' but remember there is no shortcut to success. This short cut sometime gives a negative reaction on our body. It may make oneself weak and prone to seasonal cough and cold and various other diseases. Sometime it has also been observed that people on a dieting tend to eat more after dieting and gain instead of loosing. Therefore, instead of dieting one should try taking limited calories and burning them through exercises. But don't cut on calories in a single day. Take a target for example say 100 calories per day. Keep cutting 100 calories per day till you reach your specified target. Include lots of vegetables and fruits in your diet and avoid saturated fats, salty foods, fried, oily and fast foods. Drink lots of water every day as it boosts metabolism and stay away from alcohol and drugs. Alcohol is followed directly from the blood stream and is stored as fats. Also, take food at proper intervals instead of eating whenever you feel like eating. Avoid foods with high carbohydrates. Follow an active lifestyle everyday for instance take stairs instead of lifts or elevators. Follow the age old saying early to bed early to rise makes a person healthy wealthy and wise. Play cricket on ground instead of watching it or playing video games. Hit the gym regularly and always stay motivated to lose and work hard. Inspire more people to follow and support you in your journey towards a healthy lifestyle.
- **Exercise and Yoga:** Exercise is the most crucial part in obtaining a healthy body weight as it will help you burn out the extra fats and calories. One must also remember that there is no magic exercise to give to healthy weight within few weeks. It can only be accomplished by staying regular. Research has also proved that exercise can boost the brain functioning of an individual too. Also, sweating while exercising will throw away the toxins from your body. Joining a gym is not necessary as running has proved to be the best exercise. A daily run of 30 minutes can help you reduce significantly given the fact that you keep a check on your diet. Yoga is the best remedy to cope up with the stress and relaxing oneself. Also, various yogic exercises can help in burning fats significantly while relaxing you simultaneously. Yoga is the key to a healthy life so adopt it into your lifestyle as soon as possible.

**Conclusion:** To conclude, it can be said that there is no pill or device to help you get a healthy body weight. Through a balance between how much you eat and how much you burn, you can obtain a healthy body weight. A healthy body is not a destination but a journey which means one should be consistent with the healthy practices adopted to obtain a healthy body weight. Yoga can certainly give new dimensions to our life and help us in living a stress free life. Also, one should refrain from using any weight loss or gain pills or devices. Create your own roadmap towards a healthy life and adhere strictly to it. Last and most important thing is stay natural, stay healthy.

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