

# Tips that Count

Wellness information for your journey to a healthier you!

## Should You Gain a Little Weight?

### You are considered underweight if you

- have a body mass index (BMI) below 18.5\* (BMI <18.5)
- are 15 percent or more below normal weight for your height

### See your physician first

If your weight is below the normal range, the first thing you need to do is consult a doctor to make sure that no underlying disease or medical condition is causing your low weight.

### Do you want to gain weight?

If your doctor pronounces you healthy, then there is no medical reason why you must gain weight—so you'll need to ask yourself why you might want to gain weight. Is it because, for example, you want to become a better football player or to look more attractive (in your opinion)?

### How to gain weight with your doctor's help

Your doctor might recommend

- eating regularly scheduled meals
- adding 500 to 1,000 extra calories a day by eating a weight-gain diet
- snacking between meals
- drinking a liquid supplement with or between meals
- allowing enough time for relaxed eating
- cutting down on the amount you exercise (if the doctor thinks you work out too much)



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.

\*National Heart Lung and Blood Institute. [http:// www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/risk.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/risk.htm)