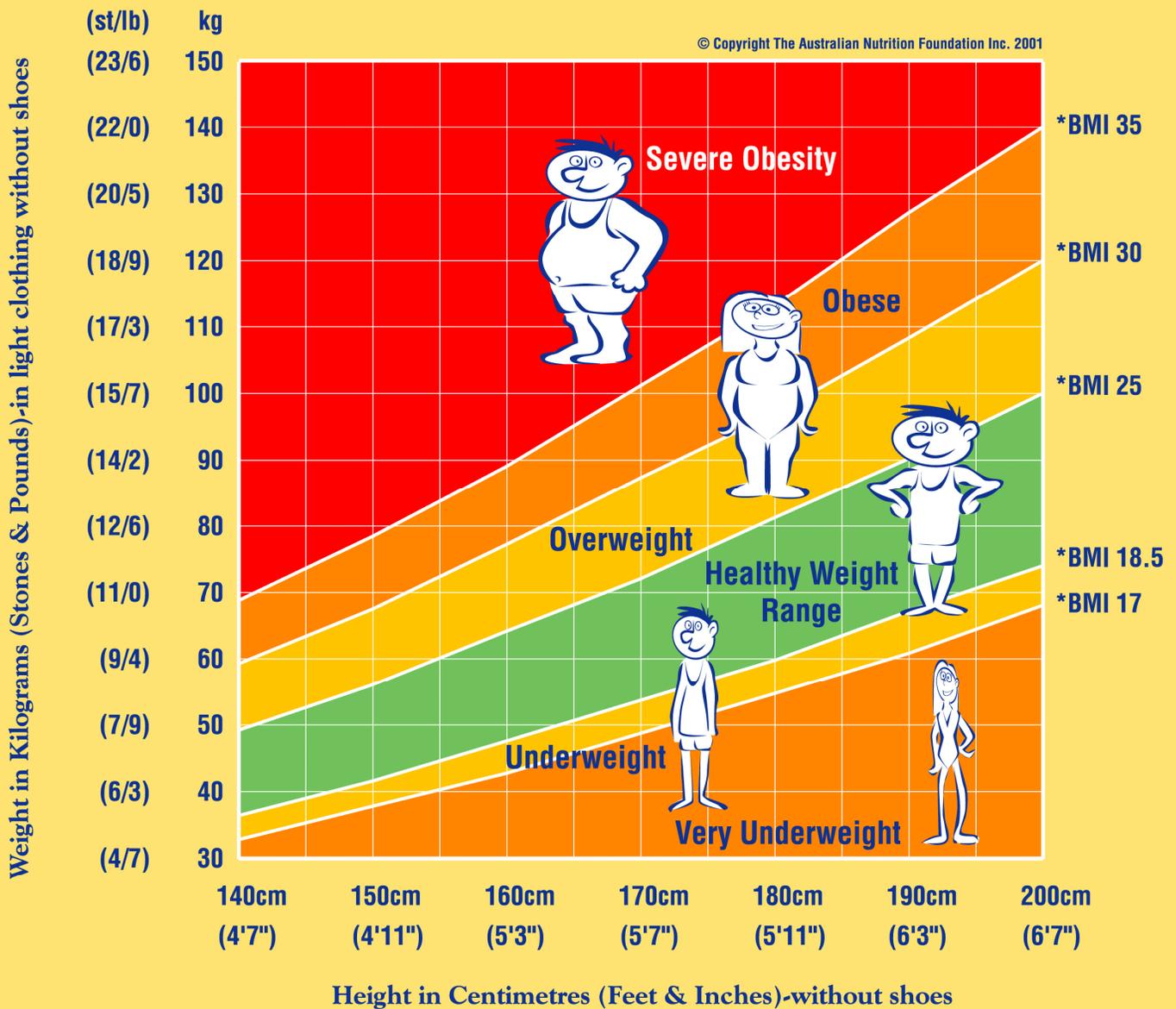


Aim for the Healthy Weight Range

Weight for Height Chart for Men and Women Aged 18-64



* Body Mass Index (BMI) = $\frac{\text{Weight (kg)}}{\text{Height}^2 \text{ (metres)}}$

Optimal health through food variety and physical activity