

For those with a high BMI:

To calculate your BMI, divide your weight (in kilograms) by your height squared (in meters). Obesity is generally defined as the accumulation of excess visceral fat. It may increase your risk for diabetes, high cholesterol, high blood pressure, cardiovascular disease, and stroke. Eating healthily and exercising regularly are effective ways to manage your weight.

肥満の判定基準	
BMI	肥満度判定
<18.5	低体重
18.5 ≦ ~ <25	普通体重
25 ≦ ~ <30	肥満 (1度)
30 ≦ ~ <35	肥満 (2度)
35 ≦ ~ <40	肥満 (3度)
40 ≦ ~	肥満 (4度)

※ BMI = 体重 (kg) ÷ 身長 (m) ²

Obesity Criteria	
BMI	
<18.5	Underweight
18.5 ≦ ~ <25	Normal weight
25 ≦ ~ <30	Obese class 1
30 ≦ ~ <35	Obese class 2
35 ≦ ~ <40	Obese class 3
40 ≦ ~	Obese class 4

※ BMI = Body weight (kg) ÷ Body Height (m) ²

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In Japan, a BMI of 25 (kg/m²) or higher indicates overweight. A BMI of 30 (kg/m²) or higher indicates obesity. People from other countries should refer to the standards issued by their country's medical authorities.

For improvement

Weight can be reduced by burning the body's stored fat, i.e. decreasing calorie intake and increasing calorie usage.

So, healthy eating and exercise are fundamental to treating obesity. However, consulting a medical professional is advised, as extreme weight-loss measures can damage your health.

Exercise



Exercising increases muscle mass, raises your resting metabolic rate, and decreases fat accumulation. Walking, jogging, swimming, and cycling are all good options. The important thing is to maintain your exercise regimen over the long term. It is advisable to start off gradually to avoid burning out.

☆ Try to walk 8,000 to 10,000 steps per day.

☆ Adding some strength training, such as sit-ups or push-ups, will further increase calorie usage.



Meals



- Eat three meals a day
- Eat simple foods and exercise portion control
- Eat slowly and chew your food thoroughly
- Avoid snacks and alcohol
- Eat vegetables/soups, proteins (meat, fish, etc.), and carbohydrates (rice) in that order

