

# 2017 CHS LiveWELL Healthy Weight Reward Goals

## 1

START HERE:	HEALTHY WEIGHT REWARD
Find your HEIGHT* then follow across to find weight and waist goals	<b>WEIGHT** IN LIGHTWEIGHT CLOTHES WITHOUT SHOES</b> Reward weight (pounds) is between values below: (If weight is less than lowest weight see Exception below)
58" (4ft 10in)	89 – 119
59" (4ft 11in)	92 – 124
60" (5ft)	95 – 128
61" (5ft 1in)	98 – 132
62" (5ft 2in)	101 – 136
63" (5ft 3in)	105 – 141
64" (5ft 4in)	108 – 145
65" (5ft 5in)	112 – 150
66" (5ft 6in)	115 – 156
67" (5ft 7in)	119 – 159
68" (5ft 8in)	122 – 164
69" (5ft 9in)	125 – 169
70" (5ft 10in)	129 – 174
71" (5ft 11in)	133 – 179
72" (6ft)	137 – 184
73" (6ft 1in)	140 – 189
74" (6ft 2in)	144 – 194
75" (6ft 3in)	148 – 200
76" (6ft 4in)	152 – 205
77" (6ft 5in)	156 – 211
78" (6ft 6in)	160 – 216

OR

## 2

WEIGHT/HEALTHY WAIST REWARD
<b>WAIST*** REWARD</b> 1. Weight must be equal to or less than the weight listed AND 2. Waist must be equal to or less than 35" for women, 40" for men
143
148
153
159
164
169
175
180
186
191
197
203
209
215
221
227
234
240
246
253
260

OR

## 3

WEIGHT LOSS REWARD
Document both start and end weight for weight loss.
<b>LOSE 15 LBS FOR \$300</b>

<b>WEIGHT LOSS REWARD ONLY:</b> your last weight for the 2016 Healthy Weight Reward Program can be the 2017 start weight or get a new start weight in 2017.

**EXCEPTIONS:** Low weight (below Healthy Weight zone), pregnant, breastfeeding, medical issues or athletes (if overweight due to high muscle mass): Complete a HWR Exception form available on the LiveWELL website or email CHSHealthyWeight@CarolinasHealthCare.org or call 704-355-8136.

**Weight, height and waist (if applicable) must be measured by an acceptable professional.**

**\*HEIGHT** is measured without shoes and to the nearest quarter inch.

**\*\*WEIGHT:** Measured without shoes.

**\*\*\*WAIST:** Tape measure is placed around bare or lightly clothed abdomen just above hip bone. Exhale and measure waist when relaxed. The tape should be snug but not compress skin and should be parallel to the floor.

Note: Pant size is not a waist measurement.