

CALCULATING YOUR BODY MASS INDEX (BMI)

What's it all about?

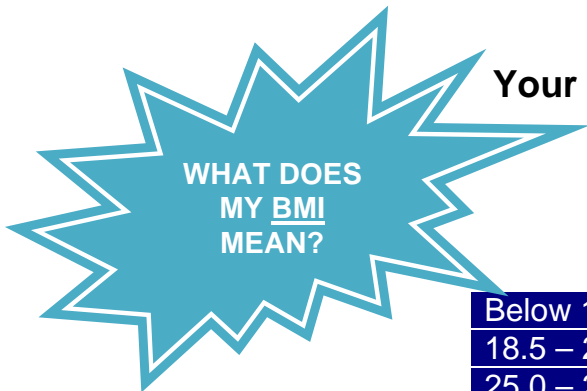
BMI describes your weight relative to your height. Keep in mind that if you work out a lot, or are muscular, your BMI may not be accurate. Because muscle weighs more than fat, you will weigh more than what someone of your height normally would, and therefore your BMI may indicate that you are overweight or obese.

The formula for calculating BMI is as follows:

$$\text{BMI} = \frac{\text{Weight in pounds} \times 703}{\text{Height in inches}^2}$$

OR

$$\text{BMI} = \frac{\text{Weight in kilograms}}{\text{Height in meters}^2}$$



Your Body Mass Index: _____

Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and above	Obese

Health Tip...

If your BMI is 25.0 or above, and you are not heavily muscled, the guidelines recommend weight loss to decrease your risk of heart problems and other diseases. If your BMI is below 18.5, you are below the recommended healthy weight. If your BMI does not fall within the normal limits it is a good idea to talk with your health care professional. Eating properly and exercising regularly is beneficial to achieving your optimal weight and health status.

