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Bmi calculator kg cm free

This app does not track BMI over time, includes age in the calculation or shines your shoes. On the other hand, it also doesn't use sliders that won't stay put or include pop-up ads that obscure what you're trying to watch. It's just simple, easy to read, and by golly, it works. You can always keep an eye on your weight by regularly using a weighing machine. But how exactly would you know if your weight is within normal limits? How would you know if you're overweight or obese? Well, the Body Mass Index (BMI) is one of the globally accepted standard for defining obesity. Today we will know more about BMI. What is BMI? Body Mass Index or BMI is a measure calculated from a person's height and weight. Definition of BMI is:BMI is defined as body mass divided by the square of body height, and is universally expressed in units of kg/m2, derived from mass in kilograms and height in meters. BMI value is used to categorize a person as underweight, normal weight, overweight or obesity. WeCapable has developed a free online BMI calculator that takes your weight (in kilos or in pounds) and height (in centimeters or inches) as input and calculates BMI value for you. It also interprets the BMI according to WHO standards to inform you if you are underweight, normal weight, overweight or overweight. Formula to calculate BMIIf you use the measurement system, the formula for BMI calculation would be:BMI = Weight in kilograms / (Height in meters) x (Height in meter)And if you use the Imperial measurement system, the formula for BMI calculation would be:BMI = (Weight in pounds / (Height in inches) x (Height in inches)) x 703BMI value is universally calculated and expressed in metric measurement (kg/m^2). When pounds and inches are used, the value is multiplied by the conversion factor of 703.BMI ClassificationThe following table gives the classification of BMI value decided by WHO:Interpretation of Body Mass IndexCategoryBMI (kg/m2)fromtoVery severe underweight15Severely underweight1516Underweight1618.5Normal (healthy weight)18,525weightOver2530ese Class I (moderately obese)3035Obese Class II (Severely obese)3540Obese Class III (Very Severely Obese)4045Obese Class IV (Sjukbidly Obese)4550Obese Class V (Super Obese)5060Obese Class VI (Hyper Obese)60Why is BMI ImportantBMI value now considered as a benchmark for determining whether a person is overweight. It is very important to know the status of one's weight because a lot of other medical conditions have a relationship with obesity. A wave machine can tell us our weight – but we need BMI value to put the weight in the right category. If your BMI value is high, especially if it says you are overweight, you should be very careful with your health. You have to try to throw these extra kilos of asap. We have published articles on physical exercises suitable for wheelchair use You can always find some exercises that you can do regardless of your disability. Welcome to BMIcalculator.ie.The easy and hassle-free way to determine your body mass index. Body Mass Index can determine whether you are overweight or obese, underweight or normal. For those who are aware of their health,calculating BMI can lead to a change in lifestyle that might otherwise harm current or future health. Just enter your weight and height in the calculator and get your results in an instant. Take care of your health today! For more BMI information, tips on healthy eating and health related services please use the navigation bar located above. Link to BMI Calculator Add BMI Calculator to your website home/fitness & health / bmi calculator BMI = 20.1 kg/m2 (Normal)20.1Health-BMI range: 18.5 kg/m2 - 25 kg/m2Health yvikt for height: 59.9 kg - 81.0 kgsPonderal Index: 11.1 kg/m3 Body Mass Index (BMI) Calculator can be used to calculate BMI value and corresponding weight status while taking age into account. Use the Metric Units tab for the International System of Devices or the Other Units tab to convert units to either u.s. or metric units. Note that the calculator also calculates the Ponderal Index in addition to BMI, both of which are discussed below in detail. BMI introduction BMI is a measure of a person's leanness or corpulence based on their height and weight, and is intended to quantify tissue mass. It is widely used as a general indicator of whether a person has a healthy body weight for their height. Specifically, the value obtained from the calculation of BMI is used to categorize whether a person is underweight, normal weight, overweight, or obese depending on what range the value falls between. These ranges of BMI vary depending on factors such as region and age, and are sometimes further subdivided into subcategories such as severely underweight or very severely obese. Being overweight or underweight can have significant health effects, so while BMI is an incomplete measure of healthy body weight, it's a useful indicator of whether any additional testing or action is required. See the table below to see the different categories based on the BMI used by the calculator. BMI table for adults This is the recommended body weight of the World Health Organisation (WHO) based on BMI values for adults. It is used for both men and women, age 18 or older. BMI chart for adults This is a chart of BMI categories based on World Health Organization data. The dashed lines represent subdivisions within a larger categorization. BMI table for children and teens, age 2-20 Centers for Disease Control and Prevention (CDC) recommends BMI categorization for children and teens between 2 and 20 years of age. BMI chart for children and teens, age 2-20 Centers for Disease Control and Prevention (CDC) BMI-for-age percentiles diagram. diagram. for boys Chart for girls Risks associated with being overweight Excess weight increases the risk of a number of serious diseases and health conditions. Below is a list of mentioned risks, according to the Centers for Disease Control and Prevention (CDC): High Blood Pressure Higher levels of LDL cholesterol, which are generally considered to be bad cholesterol, lower levels of HDL cholesterol, considered to be good cholesterol in moderation, and high levels of triglycerides Type II diabetes Coronal heart disease Stroke Gallbladder disease Osteoarthritis, a type of joint disease caused by the breakdown of articular cartilage Sleep apnea and breathing problems Some cancers (endometrial, breast, colon, kidney, gallbladder, liver) Low quality of life Mental disorders such as clinical depression, anxiety, and other body pain and difficulties with certain physical functions generally, an increased risk of mortality compared to those with a healthy BMI as seen from the list above, there are many negative, in some cases fatal, outcomes that may result from obesity. Generally, a person should try to maintain a BMI below 25 kg/m2, but ideally should consult their doctor to determine if they need to make any changes to their lifestyle to be healthier. Risks associated with being underweight To be underweight have their own associated risks, as stated below: Malnutrition, vitamin deficiencies, anemia (decreased ability to carry blood vessels) Osteoporosis, a disease that causes bone weakness, which increases the risk of breaking a bone A decrease in immune system Growth and development issues, especially in children and teenagers Possible reproductive issues for women due to hormonal imbalance that can interfere with the menstrual cycle. Underweight women also have a higher risk of miscarriage during the first trimester Potential complications resulting from surgery Generally, an increased risk of mortality compared to those with a healthy BMI In some cases, being underweight may be a sign of some underlying condition or disease such as anorexia nervosa, which has its own risks. Consult your doctor if you think you or someone you know is underweight, especially if the reason for being underweight doesn't seem obvious. Limitations of BMI Although BMI is a widely used and useful indicator of healthy body weight, it has its limitations. BMI is only an estimate that cannot take into account body composition. Due to a wide variety of body types as well as distribution of muscle, bone mass, and fat, BMI should be considered along with other measurements rather than being used as the only method to determine a person's healthy body weight. In adults: BMI may not be entirely accurate because it is a measure of excess weight, rather than excess body fat. BMI is further affected by factors such as age, gender, ethnicity, muscle mass, and body fat, activity level, among other things. For example, an elderly person who is considered a healthy weight, but is completely inactive in their daily lives can have significant amounts of excess body fat even though they are not heavy. This would be considered unhealthy, while a younger person with higher muscle composition of the same BMI would be considered healthy. In athletes, especially bodybuilders who would be considered overweight because muscle is heavier than fat, it is quite possible that they are actually at a healthy weight for their body composition. Generally, according to the CDC: Older adults tend to have more body fat than younger adults with the same BMI. Women tend to have more body fat than men for a corresponding BMI. Muscular individuals and highly trained athletes may have higher BMIs due to large muscle mass. In children and adolescents: The same factors that limit the effect of BMI for adults may also apply to children and adolescents. In addition, height and level of sexual maturity can affect BMI and body fat among children. BMI is a better indicator of excess body fat for obese children than it is for obese children, whose BMI may be a result of increased levels of either fat or fat-free mass (all body components except fat, which include water, organs, muscles, etc.). In thin children, the difference in BMI may also be due to fat-free mass. That said, BMI is quite indicative of body fat for 90-95% of the population, and can be effectively used in conjunction with other measures to determine an individual's healthy body weight. BMI formula Below are the equations used for the calculation of BMI in the International System of Units (SI) and the Us Customary System (USC) using a 5'10, 160-pound individual as an example: USC Units: BMI = 703 × = 703 × = 22.96 SI, Metric units: BMI = = = 22.90 Ponderal Index Ponderal Index (PI) is similar to BMI in that it measures the leanness or corpulence of a person based on their height and weight. The main difference between PI and BMI is cubic rather than squaring the height of the formula (below). While BMI can be a useful tool when considering large populations, it is not reliable for determining leanness or corpulence in individuals. Although PI suffers from similar considerations, pi is more reliable for use with very high or short individuals, while BMI tends to record uncharacteristically high or low body fat levels for those on the extreme ends of the height and weight spectrum. Below is the equation for computing PI of an individual using USC, again using a 5'10, 160-pound individual as an example: USC Devices: PI====12.89 SI, Metric Units: PI===12.87 12.87

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