Body Mass Index (BMI)

Body mass index, or BMI, is a new term to most people. However, it is the measurement of choice for many physicians and researchers studying obesity. BMI uses a mathematical formula that takes into account both a person's height and weight. BMI equals a person's weight in kilograms divided by height in meters squared. (BMI=kg/m^2).

Today your BMI measures: _____

Risk of Associated Disease According to BMI and Waist Size

BMI		Waist less than or equal to 40 in. (men) or 35 in. (women)	Waist greater than 40 in. (men) or 35 in. (women)
18.5 or less	Underweight	--	N/A
18.5 - 24.9	Normal	--	N/A
25.0 - 29.9	Overweight	Increased	High
30.0 - 34.9	Obese	High	Very High
35.0 - 39.9	Obese	Very High	Very High
40 or greater	Extremely Obese	Extremely High	Extremely High

Personal Fitness Record

Date	Weight	Body Fat/BMI	Resting Heart Rate	Blood Pressure	Cholesterol	Glucose/Blood Sugar

How to calculate BMI: BMI = Weight (lbs) /[(Height (inches) x Height (inches)] x 703

Example: a person weighting 220 pounds and 5 feet 8 inches tall would have a BMI of 33.45.

220 divided by (68 times 68 or 4624) times 703

220/4624x703 = 33.447 or rounded 33.45