

Title:

Calculating Your Body Mass Index; Is Your Health At Risk?

Word Count:

459

Summary:

Body Mass Index is an indicator of surplus body fat and has since replaced the height-weight c

Keywords:

health, overweight, body fat

Article Body:

Physical health can be measured (with certain exceptions) through the appropriateness of a per

Another example: a man standing 5 ft 8 in (1.72 m) tall, with a large body frame is healthy if

Body Mass Index is an indicator of surplus body fat and has since replaced the height-weight c

$$\text{BMI} = \frac{\text{Weight (in kg)}}{\text{Height (in m)}^2} \quad \text{or} \quad \text{BMI} = \frac{\text{Weight (in lbs)} \times 700}{\text{Height (in inches)}^2}$$

For example, the calculation for someone weighing 80 kg (176 lbs) and 1.60 m (63 in) tall is:

$$\text{BMI} = \frac{80}{1.60^2} = 31.2 \quad \text{or} \quad \text{BMI} = \frac{176 \times 700}{63^2} = 31.1$$

People with a BMI of 25.1 to 29.9 are considered overweight, and people with a BMI of 30 or ab

BMI	Weight Category
19 and under	Underweight
20-25	Normal (Healthy)
26-29	Overweight
30 and above	Obese

Body weight categories according to BMI

However, for some people, the BMI is not a reliable indication of health. A highly mus
If you are overweight or obese according to the calculations shown here it is imperative that

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