

## BMI Calculation

BMI	19	20	21	22	23	24	25	26	27	28	29	30	35	40
HEIGHT	WEIGHT (LB)													
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	167	191
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	173	198
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	191	218
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	230	262
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5'10"	132	139	146	153	160	167	174	181	188	195	202	207	243	278
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	250	286
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	258	294
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	265	302
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	272	311
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	279	319
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	287	328

BMI	RATING	WAIST SIZE	
		< or = to 40 in. (men) or 35 in (women)	> or = to 40 in. (men) or 35 in. (women)
18.5 or less	Underweight	—	N/A
18.5-24.9	Normal Weight	—	N/A
25.0-25.9	Obese	Increased	Very 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

### BMI is equal or less than 18.5 (Underweight)

A lean BMI can indicate that your weight maybe too low. You should consult your physician to determine if you should gain weight, as low body mass can decrease your body's immune system, which could lead to illness.

### BMI is between 18.5 and 24.9 (Normal)

People whose BMI is within 18.5 to 24.9 possess the ideal amount of body weight, associated with living longest, the lowest incidence of serious illness, as well as being perceived as more physically attractive people than persons with BMI in higher or lower ranges.

### BMI is between 25 and 29.9 (Overweight)

Persons falling in this BMI range are considered overweight and would benefit from finding healthy ways to lower their weight, such as diet and exercise. Individuals who fall in this range are at increased risk for a variety of illnesses.

### BMI is over 30 (Obese)

Individuals with a BMI over 30 are in a physically unhealthy condition, which puts them at risk for serious illnesses such as heart disease, diabetes, high blood pressure, gall bladder disease, and some cancers. These persons would benefit greatly by modifying their lifestyle.