

Healthy Weight & BMI (Body Mass Index)

The easiest way to determine your ideal weight is to calculate your body mass index (BMI), a measurement of body composition based on height and weight. You can calculate your BMI by dividing your weight (in pounds) by your height in inches squared (in other words, height times height), and then multiplying the result by 705.

Example: Weight: **175 pounds** Height: **5 ft. 6 in.** (or 66 inches)

$$175 \div 66^2 (66 \times 66 = 4356) = 0.04 \times 705 = \mathbf{28 \text{ BMI}}$$

(This person would fall into the **overweight** category identified below)

18.5 - 24.9 ---- normal (associated with the fewest health risks)

(Ideally, for someone 5'6", weight should be between 115-160)

25 - 29.9 ---- overweight

(Again, someone 5'6", weight would be 161-185)

30 + ---- obese

(Someone 5'6" with weight greater than 186 pounds)