

## Body Mass Index

The body mass index is an estimate of body fat. It is a calculation based on a ratio of a person's height to his or her weight. If the BMI is less than 18.5, that person is considered to be underweight. Normal runs between 18.5 – 24.9; overweight runs from 25 – 29.9; and a person is considered to be obese if his or her BMI is 30 or more.

To calculate your BMI, simply take your weight divided by your height divided by your height again times 703. For example, a person who weighs 159 lbs and is 5'8" (68 inches) tall would have a BMI of  $159/68/68 * 703 = 24.17$

How does the math work for you?

Your Weight \_\_\_\_\_

Your Height in inches \_\_\_\_\_

W\_\_\_\_\_/H\_\_\_\_\_/H\_\_\_\_\_ X 703 = \_\_\_\_\_