

## Body Mass Index (BMI)

**Directions:** Find your weight in pounds or kilograms at along the top. Find your height along the left. Your BMI is where they intersect. This chart does not apply athletes, children and pregnant or lactating women

WEIGHT lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	
kgs	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7	
HEIGHT in/cm																									
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40	
5'2" - 157.4	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39	
5'3" - 160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38	
5'4" - 162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37	
5'5" - 165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35	
5'6" - 167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34	
5'7" - 170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33	
5'8" - 172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32	
5'9" - 175.2	14	15	16	17	17	18	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31	31	
5'10" - 177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30	
5'11" - 180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30	
6'0" - 182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29	
6'1" - 185.4	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	
6'2" - 187.9	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	
6'3" - 190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26	
6'4" - 193.0	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26	

BASED ON [CLINICAL GUIDELINES ON THE IDENTIFICATION, EVALUATION, AND TREATMENT OF OVERWEIGHT AND OBESITY IN ADULTS](#). NHLBI OBESITY EDUCATION INITIATIVE. NATIONAL INSTITUTES OF HEALTH, 1998.

- Underweight (BMI less than 18.5)
- Healthy weight (BMI 18.5 to 24.9)
- Overweight (BMI 25 to 29.9)
- Obese (BMI 30 to 39.9)
- Extremely obese (BMI 40 and above)

Table courtesy of

**International Fitness Association**  
**www.ifafitness.com**  
**800-227-1976**

## Calculating the BMI

You can also use the following formula if you are outside the range of the table.

Example: for a person who is 65 inches (165 cm) tall weighing 150 lbs (68 kg).

### English

- |   |   |
|---|---|
| 1) Multiply weight by 704   | $150 \times 704 = 105,600$                  |
| 2) Multiply height by itself                                      | $65 \times 65 = 4,225$                      |
| 3) Divide the answer in step 1 by the answer in step 2 to get BMI | $105,600 \text{ divided by } 4,225 = 24.99$ |
|   | BMI = 25 (rounded)                          |

### Metric

- |   |  |
|---|--|
| 1) Multiply weight by 10,000                                      | $68 \times 10,000 = 680,000$                 |
| 2) Multiply height by itself                                      | $165 \times 165 = 27,225$                    |
| 3) Divide the answer in step 1 by the answer in step 2 to get BMI | $680,000 \text{ divided by } 27,225 = 24.98$ |
|   | BMI = 25 (rounded)                           |

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