

# Body Mass Index

- ✓ Body mass index (BMI) is a measure of body fat based on height and weight.

## Calculate

- ✓ There are a lot of BMI calculators online. Just go to Google and type in BMI calculator. They will do the math for you. We recommend using one of them.
- ✓ If you like math and want to figure your own out, here is the formula:  $[\text{weight (pounds)}/\text{height (in)}^2] \times 703$ . Do the division first, and then multiply. Remember to square your height first!

## What Does it Mean?

- ✓ The following chart comes from the Centers for Disease Control and Prevention. These numbers show what your BMI means. Your BMI number will correspond to a weight status: underweight, normal, overweight, or obese.

BMI	Weight Status
Below 18.5	Underweight
18.5 - 24.9	Normal or Healthy Weight
25.0 - 29.9	Overweight
30.0 and Above	Obese

## What Is Wrong With BMI?

- ✓ The problem with BMI is that it does not take into consideration muscle mass. Someone may weigh more because they have a lot of muscle, and the BMI will say they are overweight. Someone who has a lot of muscle is not actually considered overweight. A lot of fat mass is what is considered overweight. Why use BMI then? BMI is used because it is inexpensive and easy to do. More accurate measurements are skinfolds. You can see your doctor or a local gym to get a skinfold measurement done.