**Body Mass Index (BMI)**

How to figure out your BMI: Use the following formula to figure out your Body Mass Index

(Please record information at the bottom of this sheet).

Weight x 703/height (in) x height (in)

*Example:* a girl who weighs 125lbs and is 5’6 (66in)

125 x 703/66 x66=87,875/4,356

87,875/4,356=20.17

So this girls BMI is 20

This girl is considered to have a normal BMI

*BMI Classifications*

< 18 is underweight

18.5-24.9 is normal

25-29.9 is overweight

>30 is obese

***Note:*** We use BMI in this class because that is how doctors determine if you are at a normal weight. There are other ways to figure out your body composition which we will discuss when we get into the health classroom. Sometimes based on a BMI chart some people are considered overweight when in fact they are not. An example is a very muscular man who weighs 200lbs and is only 5’5. According to the BMI chart this man would be considered obese. Visually seeing this man, we would know that the BMI chart is false, and for this man to obtain an accurate body fat percentage he would need to do another form of body fat testing (again we will discuss this in Health class).