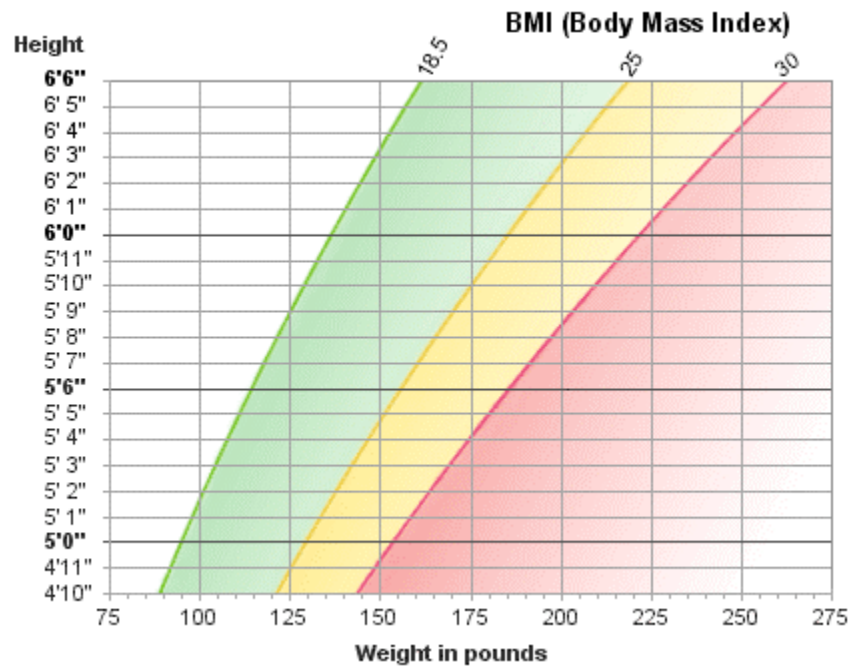


Body Mass Index chart

you can also obtain a simple measurement of BMI using following chart. Find your height in the left-hand column, then follow the bottom row to the right until you reach your weight. From left to right, the four chart areas show the ranges of low, normal, high, and very-high BMI.



Body Mass Index values

The Body Mass Index is only one tool for assessing health risks associated with weight. To learn more, read this full article and see a health professional for a more precise assessment.

BMI Values:

- 18.5 or less: Low BMI (underweight)
- 18.5 to 24.9: Medium BMI (normal weight)
- 25 to 29.9: High BMI (overweight)
- 30 and above: Very-High BMI (obese)

Note: For a very muscular person, a high BMI does not necessarily indicate overweight, since the extra weight might be muscle, rather than fat.