

What's your BMI?

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Body Mass Index (BMI) is a measure of body fat based on weight and height. It is frequently used by physicians and health experts to determine weight status

(i.e. underweight, overweight or within a healthy weight range) that may lead to health problems. Enter your information below to calculate your BMI:

Calculate your BMI by entering your Height and Weight:

What BMI ranges mean:

BMI Weight Status Below 18.5 Underweight 18.5 – 24.9 Normal 25.0 – 29.9 Overweight 30.0 and Above Obese