

What's your B.M.I.???

Why is it important???

Your Body Mass Index (BMI) is a measurement calculated from your height and weight. If you have high blood pressure, diabetes, or elevated cholesterol and a BMI of 27 or greater, you are at risk for developing serious cardiovascular problems. If your BMI is 30 or greater, even without these risk factors you are at significant risk. Check the chart below to find your BMI.

| <u>BMI</u> | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
|-------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 5' | 128 | 133 | 138 | 143 | 148 | 153 | 159 | 164 | 169 | 175 | 179 | 184 |
| 5'1 | 132 | 137 | 143 | 148 | 153 | 158 | 165 | 169 | 175 | 180 | 185 | 190 |
| 5'2 | 136 | 142 | 147 | 153 | 158 | 164 | 170 | 175 | 181 | 186 | 191 | 196 |
| 5'3 | 141 | 146 | 152 | 158 | 163 | 169 | 175 | 181 | 187 | 192 | 197 | 203 |
| 5'4 | 145 | 151 | 157 | 163 | 169 | 174 | 181 | 187 | 193 | 199 | 204 | 209 |
| 5'5 | 150 | 156 | 162 | 168 | 174 | 180 | 187 | 193 | 199 | 205 | 210 | 216 |
| 5'6 | 155 | 161 | 167 | 173 | 179 | 186 | 192 | 199 | 205 | 211 | 216 | 223 |
| 5'7 | 159 | 166 | 172 | 178 | 185 | 191 | 198 | 205 | 211 | 218 | 223 | 229 |
| 5'8 | 164 | 171 | 177 | 184 | 190 | 197 | 204 | 211 | 218 | 224 | 230 | 236 |
| 5'9 | 169 | 176 | 182 | 189 | 196 | 203 | 210 | 217 | 224 | 231 | 236 | 243 |
| 5'10 | 174 | 181 | 188 | 195 | 202 | 207 | 216 | 223 | 230 | 237 | 243 | 250 |

| <u>BMI</u> | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
|-------------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 5'11 | 179 | 186 | 193 | 200 | 208 | 215 | 222 | 230 | 237 | 244 | 250 | 258 |
| 6' | 184 | 191 | 199 | 206 | 213 | 221 | 228 | 236 | 244 | 251 | 258 | 265 |
| 6'1 | 189 | 197 | 204 | 212 | 219 | 227 | 236 | 243 | 251 | 258 | 265 | 272 |
| 6'2 | 194 | 202 | 210 | 218 | 225 | 233 | 241 | 250 | 258 | 265 | 272 | 280 |
| 6'3 | 200 | 208 | 216 | 224 | 232 | 240 | 248 | 256 | 264 | 272 | 279 | 287 |