



Are you at a healthy body weight?

- Your ideal body weight can be determined using several formulas:
- Body Mass Index (BMI) is most commonly used by health care professionals:
- Go to this site to calculate your BMI: <http://www.nhlbisupport.com/bmi/>
- Or do it yourself using this formula

$$\text{BMI} = \frac{\text{Weight in kg}}{\text{Height in m}^2}$$

- Weight in kg determined by dividing weight in pounds by 2.2
- Height in meters determined by multiplying height in inches by 2.54, then dividing result by 100

- BMI values less than 18.5 means you're underweight
- Values between 18.5 and 25 indicate healthy weight
- Values between 25 and 30 indicate overweight
- Values above 30 indicate obesity

-- If you don't feel comfortable using the metric system, here is another method for determining your ideal body weight using pounds and inches:

Males: 106lbs + 6 lbs/ every in. of your height that is over 60in.

-- For example if you're 6 feet tall, you're 72 in., or 12 in. over 60 and your IDW would be $106 + (6 \times 12) = 178\text{lbs}$

-- It is very unlikely for a person to be exactly their IDW so a range of +/- 10% is added to the formula.

-- For the above example, 10% of 178 is 17.8 pounds and the range for a healthy weight would be from $178 - 17.8$ to $178 + 17.8$, or from 160.2 lbs to 195.8 lbs.

Females: 100lbs + 4lbs/ every in. over 60 in. +/- 10%

Now that you know what a healthy weight for you would be, attaining that goal is accomplished through diet and exercise.