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Aim for a Healthy Weight > BMI Calculator

Friday, December 30, 2011



Calculate Your Body Mass Index

Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women.

- Enter your weight and height using standard or metric measures.
- Select "Compute BMI" and your BMI will appear below.

[Español](#)

STANDARD	METRIC
Your Height: <input type="text" value="5"/> (feet)	<input type="text" value="0"/> (inches)
Your Weight: <input type="text" value="135"/> (pounds)	
<input type="button" value="Compute BMI"/>	

Your BMI:
26.4

BMI Categories:

- Underweight = <18.5
- Normal weight = 18.5-24.9
- Overweight = 25-29.9
- Obesity = BMI of 30 or greater

The BMI Tables

Aim for a Healthy Weight:

- [Limitations of the BMI](#)
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[Download the BMI Calculator iPhone App](#)

Note: If this does not work with your browser or for a text alternative to this page, [go to our CGI-based BMI Calculator.](#)

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