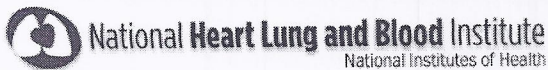


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Wednesday, January 04, 2012

Aim for a Healthy Weight » BMI Calculator



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.

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Español

BMI Categories:

STANDARD	METRIC
Your Height: 5 (feet)	9 (inches)
Your Weight: 178 (pounds)	
Compute BMI	

- 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](#)
- [Assessing Your Risk](#)
- [Controlling Your Weight](#)
- [Recipes](#)

[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](#).

Your BMI:
26.3

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