



# What is Your Body Mass Index?

**Instructions:** Find your height in the left column. Run your finger along the row to find your weight or closest weight. Then run your finger up the column to the top of the page to find your BMI.

| BMI         | 19                        | 20  | 21  | 22  | 23  | 24  | 25              | 26  | 27  | 28  | 29  | 30         | 31  | 32  | 33  | 34  | 35  |
|-------------|---------------------------|-----|-----|-----|-----|-----|-----------------|-----|-----|-----|-----|------------|-----|-----|-----|-----|-----|
| Height (in) | Healthy weight range (lb) |     |     |     |     |     | Overweight (lb) |     |     |     |     | Obese (lb) |     |     |     |     |     |
| <b>58</b>   | 91                        | 96  | 100 | 105 | 110 | 115 | 119             | 124 | 129 | 134 | 138 | 143        | 148 | 153 | 158 | 162 | 167 |
| <b>59</b>   | 94                        | 99  | 104 | 109 | 114 | 119 | 124             | 128 | 133 | 138 | 143 | 148        | 153 | 158 | 163 | 168 | 173 |
| <b>60</b>   | 97                        | 102 | 107 | 112 | 118 | 123 | 128             | 133 | 138 | 143 | 148 | 153        | 158 | 163 | 168 | 174 | 179 |
| <b>61</b>   | 100                       | 106 | 111 | 116 | 122 | 127 | 132             | 137 | 143 | 148 | 153 | 158        | 164 | 169 | 174 | 180 | 185 |
| <b>62</b>   | 104                       | 109 | 115 | 120 | 126 | 131 | 136             | 142 | 147 | 153 | 158 | 164        | 169 | 175 | 180 | 186 | 191 |
| <b>63</b>   | 107                       | 113 | 118 | 124 | 130 | 135 | 141             | 146 | 152 | 158 | 163 | 169        | 175 | 180 | 186 | 191 | 197 |
| <b>64</b>   | 110                       | 116 | 122 | 128 | 134 | 140 | 145             | 151 | 157 | 163 | 169 | 174        | 180 | 186 | 192 | 197 | 204 |
| <b>65</b>   | 114                       | 120 | 126 | 132 | 138 | 144 | 150             | 156 | 162 | 168 | 174 | 180        | 186 | 192 | 198 | 204 | 210 |
| <b>66</b>   | 118                       | 124 | 130 | 136 | 142 | 148 | 155             | 161 | 167 | 173 | 179 | 186        | 192 | 198 | 204 | 210 | 216 |
| <b>67</b>   | 121                       | 127 | 134 | 140 | 146 | 153 | 159             | 166 | 172 | 178 | 185 | 191        | 198 | 204 | 211 | 217 | 223 |
| <b>68</b>   | 125                       | 131 | 138 | 144 | 151 | 158 | 164             | 171 | 177 | 184 | 190 | 197        | 203 | 210 | 216 | 223 | 230 |
| <b>69</b>   | 128                       | 135 | 142 | 149 | 155 | 162 | 169             | 176 | 182 | 189 | 196 | 203        | 209 | 216 | 223 | 230 | 236 |
| <b>70</b>   | 132                       | 139 | 146 | 153 | 160 | 167 | 174             | 181 | 188 | 195 | 202 | 209        | 216 | 222 | 229 | 236 | 243 |
| <b>71</b>   | 136                       | 143 | 150 | 157 | 165 | 172 | 179             | 186 | 193 | 200 | 208 | 215        | 222 | 229 | 236 | 243 | 250 |
| <b>72</b>   | 140                       | 147 | 154 | 162 | 169 | 177 | 184             | 191 | 199 | 206 | 213 | 221        | 228 | 235 | 242 | 250 | 258 |
| <b>73</b>   | 144                       | 151 | 159 | 166 | 174 | 182 | 189             | 197 | 204 | 212 | 219 | 227        | 235 | 242 | 250 | 257 | 265 |
| <b>74</b>   | 148                       | 155 | 163 | 171 | 179 | 186 | 194             | 202 | 210 | 218 | 225 | 233        | 241 | 249 | 256 | 264 | 272 |
| <b>75</b>   | 152                       | 160 | 168 | 176 | 184 | 192 | 200             | 208 | 216 | 224 | 232 | 240        | 248 | 256 | 264 | 272 | 279 |
| <b>76</b>   | 156                       | 164 | 172 | 180 | 189 | 197 | 205             | 213 | 221 | 230 | 238 | 246        | 254 | 263 | 271 | 279 | 287 |

## Body Mass Index (BMI) Standards

|                  |                |
|------------------|----------------|
| Underweight      | Less than 18.5 |
| Healthy weight   | 18.5 to 24.9   |
| Overweight       | 25.0 to 29.9   |
| Obese            | 30.0 or more   |
| Obese, high risk | 35.0 or higher |

Reference: NIH, NHLBI, Expert Panel on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, 2001

## Determining a Healthy Weight

The recommended upper limit of healthy weight is a BMI under 25. Look at the chart above for your height and a BMI of 25. You should weigh no more than this amount for good health.

Women have the best life expectancy at a BMI of about 22-23.

Men have the best longevity at a BMI of about 24-25.

Weight lifters have a higher muscle mass and thus can have a higher BMI without negative health consequences. These people should use a percent fat test to determine ideal weight.