

Name: _____

Period: _____

Teacher: _____

Date: _____

What is BMI?

Do you know what BMI means? Body mass index is a calculation that uses your height and weight to estimate how much body fat you have. Too much body fat is a problem because it can lead to illnesses and other health problems. BMI, although not a perfect method for judging someone's weight, is often a good way to check how fit an individual is.

Where Can BMI Can Fall Short?

BMI is not the whole story when it comes to someone's weight. A more muscular kid may have a higher weight and BMI but not have too much body fat. Also, a smaller kid could have an ideal BMI, but might have less muscle and too much body fat. Because of these and other considerations, it's a good idea to talk to your doctor if you have questions about whether you are at your ideal weight.

What does your BMI number mean?

Your BMI number will put you in one of 4 Categories:

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

How Do I Calculate my BMI?

BMI calculation is based on height and weight measurements.

You will now calculate your own BMI based on your current height and weight

Fill in the following information, and then use the chart on the back of this worksheet to calculate your BMI

Height: _____ feet, _____ inches

Weight: _____ pounds

BMI Number: _____

Category: (circle one) Underweight Normal Weight Overweight Obese

If you would like to calculate your BMI electronically and learn more about ways to prevent obesity, please visit the following website:

<http://www.nhlbissupport.com/bmi/>