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Aim for a Healthy Weight > BMI Calculator

Friday, July 25, 2014



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.

Home

Assessing Your Weight and Health Risk

Control Your Weight

Eat Right

Be Physically Active

Healthy Weight Tools

- BMI Calculator
Menu Planner
Portion Distortion

Key Recommendations

Healthy Weight Resources for Parents/Families (We Can!)

Health Professional Resources

Español

STANDARD METRIC

Your Height: 5 11 (feet) (inches)

Your Weight: 240 (pounds)

Compute BMI

Your BMI:

33.5

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
Assessing Your Risk
Controlling Your Weight
Recipes

Download the BMI Calculator iPhone App

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