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Aim for a Healthy Weight » BMI Calculator

Tuesday, May 13, 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.

[Español](#)

STANDARD

METRIC

Your Height: _____
(feet) (inches)

Your Weight: _____
(pounds)

Your BMI: _____

BMI Categories:

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

[The BMI Tables](#)

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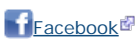
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Key Recommendations

[Healthy Weight Resources for Parents/Families \(We Can!\)](#)

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