Stay fit with healthy weight

Body Mass Index (BMI) is a reliable calculator to evaluate and know whether a person is having healthy weight/ underweight / overweight / or obese. It is a ratio calculated from weight and height.

Metric BMI Formula

BMI[1] = (Weight in kilograms / (height in meters x height in meters)

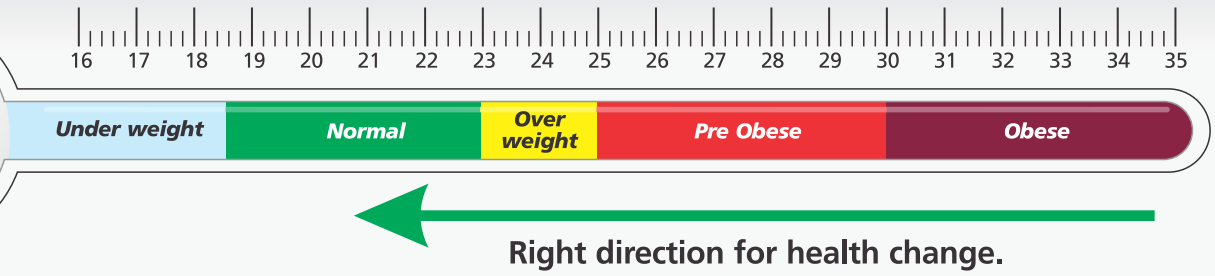
If you are overweight (with a BMI over 25) and physically inactive, you may develop:

- Type 2 diabetes.
- Cardiovascular (heart and blood circulation) disease.
- Gallbladder disease.
- High blood pressure (hypertension)
- Osteoarthritis.
- Certain types of cancer, such as colon and breast cancer

Diabetes is difficult to manage in people with high BMI

HEIGHT		BODY WEIGHT (kg)															
ft. in	cm	50	54	58	62	66	70	74	78	82	86	90	94	98	102	106	110
4.7	140	25.5	27.6	29.6	31.6	33.7	35.7	37.8	39.8	41.8	43.9	45.9	48.0	50.0	52.0	54.1	56.1
4.9	144	24.1	26.0	28.0	29.9	31.8	33.8	35.7	37.6	39.5	41.5	43.4	45.3	47.3	49.2	51.1	53.0
4.10	148	22.8	24.7	26.5	28.3	30.1	32.0	33.8	35.6	37.4	39.3	41.1	42.9	44.7	46.6	48.4	50.2
4.12	152	21.6	23.4	25.1	26.8	28.6	30.3	32.0	33.8	35.5	37.2	39.0	407	42.4	44.1	45.9	47.6
5.1	156	20.5	22.2	23.8	25.5	27.1	28.8	30.4	32.1	33.7	35.3	37.0	38.6	40.3	41.9	43.6	45.2
5.3	160	19.5	21.1	22.7	24.2	25.8	27.3	28.9	30.5	32.0	33.6	35.2	36.7	38.3	39.8	41.4	43.0
5.5	164	18.6	20.1	21.6	23.1	24.5	26.0	27.5	29.0	30.5	32.0	33.5	24.9	36.4	37.9	39.4	40.9
5.6	168	17.7	19.1	20.5	22.0	23.4	24.8	26.2	27.6	29.1	30.5	31.9	33.3	24.7	36.1	37.6	39.0
5.8	172	16.9	18.3	19.6	21.0	22.3	23.7	25.0	26.4	27.7	29.1	30.4	31.8	33.1	34.5	35.8	37.2
5.9	176	16.1	17.4	18.7	20.0	21.3	22.6	23.9	25.2	26.5	27.8	29.1	30.3	31.6	32.9	34.2	35.5
5.11	180	15.4	16.7	17.9	19.1	20.4	21.6	22.8	24.1	25.3	26.5	27.8	29.0	30.2	31.5	32.7	34.0
6.0	184	14.8	15.9	17.1	18.3	19.5	20.7	21.9	23.0	24.2	25.4	26.6	27.8	28.9	30.1	31.3	32.5
6.2	188	14.1	15.3	16.4	17.5	18.7	19.8	20.9	22.1	23.2	24.3	25.5	26.6	27.7	28.9	30.0	31.1
6.4	192	13.6	14.6	15.7	16.8	17.9	19.0	20.1	21.2	22.2	23.3	24.4	25.5	26.6	27.7	28.8	29.8
6.5	196	13.0	14.1	15.1	16.1	17.2	18.2	19.3	20.3	21.3	22.4	23.4	24.5	25.5	26.6	27.6	28.6
6.7	200	12.5	13.5	14.5	15.5	16.5	17.5	18.5	19.5	20.5	21.5	22.5	23.5	24.5	25.5	26.5	27.5
6.8	204	12.0	13.0	13.9	14.9	15.9	16.8	17.8	18.7	19.7	20.7	21.6	22.6	23.5	24.5	25.5	26.4
6.10	208	11.6	12.5	13.4	14.3	15.3	16.2	17.1	18.0	19.0	19.9	20.8	21.7	22.7	23.6	24.5	25.4
6.11	212	11.1	12.0	12.9	13.8	14.7	15.6	16.5	17.4	18.2	19.1	20.0	20.9	21.8	22.7	23.6	24.5
7.1	216	10.7	11.6	12.4	13.3	14.1	15.0	15.9	16.7	17.6	18.4	19.3	20.1	21.0	21.9	22.7	23.6
7.3	220	10.3	11.2	12.0	12.8	13.6	14.5	15.3	16.1	16.9	17.8	18.6	19.4	20.2	21.1	21.9	22.7

*What is your **BMI**?*[2]



Right direction for health change.

CDiC/0416/11

1. http://apps.who.int/bmi/index.jsp?introPage=intro_3.html, accessed on 13 April 2016. 2. http://japi.org/february_2009/R-1.pdf, accessed on 14 April 2016

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