



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)					
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	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, 1998

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.