



The Body Mass Index (BMI)

The BMI is a calculation to estimate how much fat is on your body; the calculation factors your height and your weight. This is only an estimate and is not always an accurate measurement of one's body fat percentage. BMI does not distinguish between different types of body mass. BMI doesn't distinguish between fat, muscle and skeletal tissue, or fluid weight. There are many things that are associated with fitness and good health that would make someone's weight higher; muscle is an example; someone who is very muscular may classify as "overweight" or "obese" on the BMI Index because muscle tissue weighs more than fat tissue.

That being said; if a person is not an athletic or muscular individual, the BMI can give them a baseline easy to calculate and obtain number and use that as a guide to improve upon.

The formula used to obtain the BMI

Metric BMI Formula; $BMI = \text{weight (kg)} / [\text{height (m)}]^2$

Imperial BMI Formula; $BMI = 703 \times \text{weight (lbs)} / [\text{height (in)}]^2$

If one does not like math, there are plenty of online and app-based BMI calculators that will do the math and produce the BMI number.

BMI	Category
< 15	Extremely Underweight
< 18.5	Underweight
18.5 – 24.9	Healthy Weight
25 – 29.9	Overweight
30 – 34.9	Obese (Class I)
35 – 39.9	Severely Obese (Class II)
> 40	Morbidly Obese (Class III)