MEDICALLY FIT – Dr. Carolina Castelli-Figley

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**B M I C L A S S I F I C A T I O N**

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| **CLASSIFICATION** | **BMI CATEGORY** | **RISK OF DEVELOPING HEALTH PROBLEMS** |
| **Underweight** | **< 18.5** | **Increased** |
| **Normal Weight** | **18.5 - 24.9** | **Least** |
| **Overweight** | **25.0 – 29.9** | **Increased** |
| **Obese****Class I****Class II****Class III** | **30.0 – 34.9****35.0 – 39.9****> 40** | **High****Very High****Extremely High** |