

BMI and Waist Circumference

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Body Mass Index (BMI)
 The BMI is the best measure of body fatness for most people.
 English Formula: $BMI = \frac{\text{weight in pounds}}{\text{height in inches} \times \text{height in inches}} \times 703$
 Metric Formula: $BMI = \frac{\text{weight in kilograms}}{\text{height in meters} \times \text{height in meters}}$

Waist Circumference
 An increase in waist circumference is a sign of increased body fat.
 High-Risk Waist Size:
 For Men: Over 40 inches (102 cm)
 For Women: Over 35 inches (89 cm)

How to measure: The measurement for waist circumference is at the **BMI 50th**.

Classification	BMI
Underweight	Below 18.5
Normal	18.5 - 24.9
Overweight	25.0 - 29.9
Obesity Class I	30.0 - 34.9
Obesity Class II	35.0 - 39.9
Obesity Class III (Extreme Obesity)	40.0+

Body Mass Index (BMI) Table

Height (inches)	Weight (pounds)									
	110	115	120	125	130	135	140	145	150	155
5'0"	16.7	18.2	19.7	21.2	22.7	24.2	25.7	27.2	28.7	30.2
5'1"	15.7	17.1	18.5	20.0	21.4	22.9	24.3	25.8	27.2	28.7
5'2"	14.7	16.0	17.4	18.8	20.2	21.6	23.0	24.4	25.8	27.2
5'3"	13.7	14.9	16.2	17.5	18.8	20.1	21.4	22.7	24.0	25.3
5'4"	12.7	13.8	15.0	16.2	17.4	18.6	19.8	21.0	22.2	23.4
5'5"	11.7	12.7	13.8	14.9	16.0	17.1	18.2	19.3	20.4	21.5
5'6"	10.7	11.6	12.6	13.6	14.6	15.6	16.6	17.6	18.6	19.6
5'7"	9.7	10.5	11.4	12.3	13.2	14.1	15.0	15.9	16.8	17.7
5'8"	8.7	9.4	10.2	11.0	11.8	12.6	13.4	14.2	15.0	15.8
5'9"	7.7	8.3	8.9	9.6	10.3	11.0	11.7	12.4	13.1	13.8
5'10"	6.7	7.2	7.7	8.2	8.7	9.2	9.7	10.2	10.7	11.2
5'11"	5.7	6.1	6.5	6.9	7.3	7.7	8.1	8.5	8.9	9.3
6'0"	4.7	5.0	5.3	5.6	5.9	6.2	6.5	6.8	7.1	7.4

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Reviews

This ebook is amazing. It can be rally interesting throug looking at time. You may like how the author compose this ebook.
 (Nikko Bashirian)

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