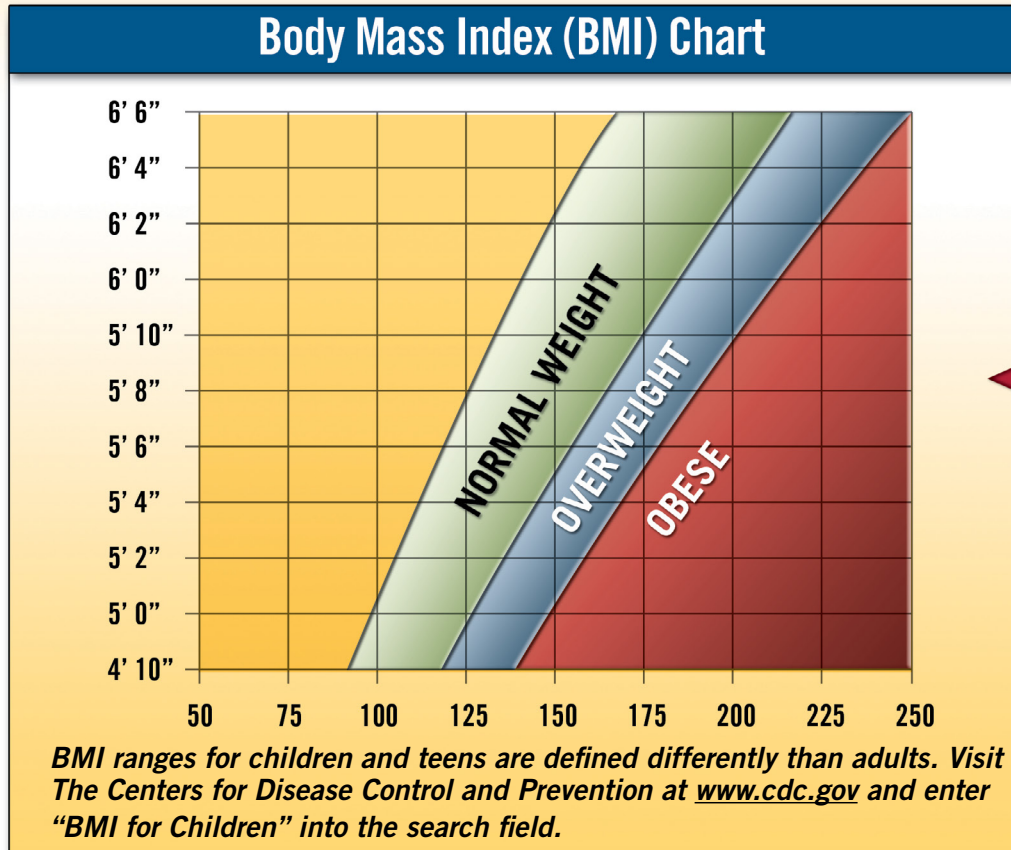


Is Your Weight in the Healthy Range?

Body Mass Index (BMI) is an effective way to determine if you are overweight.



Use the following BMI chart to find your healthy weight or calculate your own.

Body Mass Index (BMI) Calculator

Your BMI is determined by a calculation of your weight and height.

$$\text{BMI} = \left(\frac{\text{weight in pounds}}{(\text{height in inches}) \times (\text{height in inches})} \right) \times 703$$

BMI	WEIGHT STATUS
Below 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 +	Obese