

FIND YOUR BODY MASS INDEX WITH THIS CHART

The easiest way to find out if your weight is proportional and healthy for your height is to find your place on the Body Mass Index Chart. Look down the left side for your height, then across for your weight. Up at the top will be your BMI ranking. Down at the bottom, you'll see if you fall into one of the following three categories: Healthy Weight, Overweight and Obese.

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height:	Weight in Pounds																
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	123	132	128	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
	Healthy Weight					Overweight					Obese						

Here is an online BMI calculator from Harvard Health Publications from the Harvard Medical School:

<http://www.health.harvard.edu/diet-and-weight-loss/bmi-calculator>

According to the Harvard Medical School, your BMI matters if your number is high as it indicates your higher risk of developing diabetes, arthritis, liver disease, several types of cancer (including those of breast, colon and prostate), high blood pressure, high cholesterol and sleep apnea.