

Do you want to know your weight status?

Check your BMI to know your fitness level



CALCULATE YOUR BODY MASS INDEX

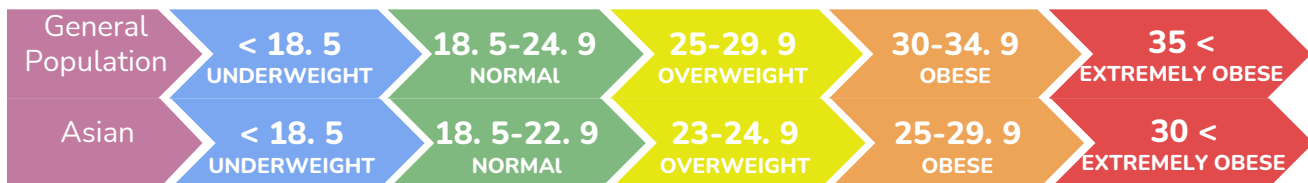
$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}$$

OR

$$\text{BMI} = \frac{\text{Weight (lb)}}{\text{Height (in)}^2} \times 703$$

HOW DO I KNOW IF I AM OVERWEIGHT?

Body Mass Index



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