

Name: _____

Block: _____

Calculating & Analyzing your BMI

Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women.

BMI Categories:

*Underweight = <18.5

*Normal Weight = 18.5 – 24.9

*Overweight = 25 – 29.9

*Obesity = 30+

Your Height: _____ (inches)

Your Weight: _____ (lbs.)

$$\text{BMI} = \frac{(\quad) \times 703}{(\quad)^2}$$

What Factors Contribute To a Healthy Weight?

Many factors can contribute to a person's weight. These factors include environment, family history and genetics, metabolism (the way your body changes food and oxygen into energy), and behavior or habits.

The amount of energy or calories you get from food and drinks (energy IN) is balanced with the energy your body uses for things like breathing, digesting, and being physically active (energy OUT):

- The same amount of energy IN and energy OUT over time = weight stays the same (energy balance)
- More energy IN than OUT over time = weight gain
- More energy OUT than IN over time = weight loss

****In 1998, the U.S. National Institutes of Health brought U.S. definitions into line with World Health Organization guidelines, lowering the normal/overweight cut-off from BMI 27.8 to BMI 25. This had the effect of redefining approximately 25 million Americans, previously "healthy" to "overweight".****