The Body Mass Index Calculation

Before calculating the Body Mass Index (BMI), you should understand you have to input all values in any one of the number systems. For example, if you are calculating BMI using metric systems then you have to input all units as kilograms and centimeters. If you are using the standard measure, your input should be in pounds and inches. Don't mix the two systems otherwise you will get the wrong BMI. If you follow this simple advice, then you will never go wrong as far as calculating the BMI.

Another important point you should understand while calculating BMI is your answers should round up to two digits. For example, if you get 2.848746363, then you should simply write 2.85.

To calculate your current Body Mass Index ("Fat Factor"):

1. Take your present body weight in pounds and divide it by your height in inches.

2. Take that number and divide it by your height in inches.

3. Take that number and multiply it by 703 to get your current Body Mass Index (BMI).

For example, if you weigh 140 lbs. and your height is 5'5" (65 inches) then:

- 140 divided by 65 = 2.15

- 2.15 divided by 65 = .033

- 0.033 multiplied by 703 = 23.199 (23.2)

- Your BMI result = 23.2

BMI Standard Weight Status Categories for Adults:

- Underweight = <18.5

- Normal weight = 18.5 – 24.9

- Overweight = 25 – 29.9

- Obesity = BMI of 30 or greater

Although **BMI** can be used for most men and women, it does have some limits:

- It may overestimate body fat in athletes and others who have a muscular build.

- It may underestimate body fat in older persons and others who have lost muscle.

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