

What is considered a healthy weight?

Your weight affects your health. If your weight is above what is considered a normal weight, you could be more likely to develop certain diseases or health conditions.

One measure of weight is called BMI, which stands for "Body Mass Index." BMI is a number, based on your height and weight, which can tell you if you are a "normal" weight, or if you are underweight, overweight or obese. In general, a healthy weight for adults is a BMI that is in the "normal weight" range. Overweight and obesity are both labels for ranges of weight that is more than what is generally considered healthy for a given height.

What is your BMI?

To calculate your BMI, divide your weight in pounds by your height in inches, squared, and multiply by 703.

$$\text{BMI} = \text{weight (lb)} / \text{height (in)}^2 \times 703$$

These tools will tell give you a number that is your BMI.

If you are an adult and your BMI is:

- 18.5 or lower, you are considered "underweight"
- 18.5 to 24.9, you are "normal weight"
- 25 to 29.9, you are "overweight"
- 30 or more, you are "obese"

Note: BMI may **overestimate** body fat in athletes and others who have a muscular build. BMI may **underestimate** body fat in older persons and others who have lost muscle.

Source: Centers for Disease Control and Prevention

What are you waiting for?

Come join us!