

YOUR BMI

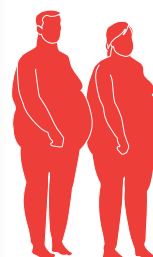
BMI stands for Body Mass Index. It gives you an idea of whether you're underweight, overweight or an ideal weight for your height.

To look up your BMI, find your height at the top or bottom of the chart. Follow the column up or down until you reach your weight to get your BMI rating. This is an approximate guide.

Learn more about your BMI at bhf.org.uk/heartmatters

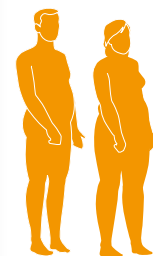
		height (m)																
		1.38	1.42	1.46	1.50	1.54	1.58	1.62	1.66	1.70	1.74	1.78	1.82	1.86	1.90	1.94	1.98	
150	79	74	70	67	63	60	57	54	52	50	47	45	43	42	40	38	23s 8	
148	78	73	69	66	62	59	56	54	51	49	47	45	43	41	39	38	23s 3	
146	77	72	68	65	62	58	56	53	51	48	46	44	42	40	39	37	22s 13	
144	76	71	68	64	61	58	55	52	50	48	45	43	42	40	38	37	22s 9	
142	75	70	67	63	60	57	54	52	49	47	45	43	41	39	38	36	22s 4	
140	74	69	66	62	59	56	53	51	48	46	44	42	40	39	37	36	22s	
138	72	68	65	61	58	55	53	50	48	46	44	42	40	38	37	35	21s 10	
136	71	67	64	60	57	54	52	49	47	45	43	41	39	38	36	35	21s 5	
134	70	66	63	60	57	54	51	49	46	44	42	40	39	37	36	34	21s 1	
132	69	65	62	59	56	53	50	48	46	44	42	40	38	37	35	34	20s 10	
130	68	64	61	58	55	52	50	47	45	43	41	39	38	36	35	33	20s 6	
128	67	63	60	57	54	51	49	46	44	42	40	39	37	35	34	33	20s 2	
126	66	62	59	56	53	50	48	46	44	42	40	38	36	35	33	32	19s 12	
124	65	61	58	55	52	50	47	45	43	41	39	37	36	34	33	32	19s 7	
122	64	61	57	54	51	49	46	44	42	40	39	37	35	34	32	31	19s 3	
120	63	60	56	53	51	48	46	44	42	40	38	36	35	33	32	31	18s 13	
118	62	59	55	52	50	47	45	43	41	39	37	36	34	33	31	30	18s 8	
116	61	58	54	52	49	46	44	42	40	38	37	35	34	32	31	30	18s 4	
114	60	57	53	51	48	46	43	41	39	38	36	34	33	32	30	29	17s 13	
112	59	56	53	50	47	45	43	41	39	37	35	34	32	31	30	29	17s 9	
110	58	55	52	49	46	44	42	40	38	36	35	33	32	30	29	28	17s 5	
108	57	54	51	48	46	43	41	39	37	36	34	33	31	30	29	28	17s	
106	56	53	50	47	45	42	40	38	37	35	33	32	31	29	28	27	16s 10	
104	55	52	49	46	44	42	40	38	36	34	33	31	30	29	28	27	16s 5	
102	54	51	48	45	43	41	39	37	35	34	32	31	29	28	27	26	16s 1	
100	53	50	47	44	42	40	38	36	35	33	32	30	29	28	27	26	15s 10	
98	51	49	46	44	41	39	37	36	34	32	31	30	28	27	26	25	15s 6	
96	50	48	45	43	40	38	37	35	33	32	30	29	28	27	26	24	15s 2	
94	49	47	44	42	40	38	36	34	33	31	30	28	27	26	25	24	14s 11	
92	48	46	43	41	39	37	35	33	32	30	29	28	27	25	24	23	14s 7	
90	47	45	42	40	38	36	34	33	31	30	28	27	26	25	24	23	14s 2	
88	46	44	41	39	37	35	34	32	30	29	28	27	25	24	23	22	13s 12	
86	45	43	40	38	36	34	33	31	30	28	27	26	25	24	23	22	13s 8	
84	44	42	39	37	35	34	32	30	29	28	27	25	24	23	22	21	13s 3	
82	43	41	38	36	35	33	31	30	28	27	26	25	24	23	22	21	12s 13	
80	42	40	38	36	34	32	30	29	28	26	25	24	23	22	21	20	12s 8	
78	41	39	37	35	33	31	30	28	27	26	25	24	23	22	21	20	12s 4	
76	40	38	36	34	32	30	29	28	26	25	24	23	22	21	20	19	12s	
74	39	37	35	33	31	30	28	27	26	24	23	22	21	20	19	18	11s 9	
72	38	36	34	32	30	29	27	26	25	24	23	22	21	20	19	18	11s 5	
70	37	35	33	31	30	28	27	25	24	23	22	21	20	19	19	18	11s	
68	36	34	32	30	29	27	26	25	24	22	21	21	20	19	18	17	10s 10	
66	35	33	31	29	28	26	25	24	23	22	21	20	19	18	18	17	10s 6	
64	34	32	30	28	27	26	24	23	22	21	20	19	18	18	17	16	10s 1	
62	33	31	29	28	26	25	24	22	21	20	20	19	18	17	16	16	9s 11	
60	32	30	28	27	25	24	23	22	21	20	19	18	17	17	16	15	9s 6	
58	30	29	27	26	24	23	22	21	20	19	18	18	17	16	15	15	9s 2	
56	29	28	26	25	24	22	21	20	19	18	18	17	16	16	15	14	8s 11	
54	28	27	25	24	23	22	21	20	19	17	17	16	16	15	14	14	8s 7	
52	27	26	24	23	22	21	20	19	18	17	16	16	15	14	14	13	8s 3	
50	26	25	23	22	21	20	19	18	17	17	16	15	14	14	13	13	7s 12	
48	25	24	23	21	20	19	18	17	17	16	15	14	14	13	13	12	7s 8	
46	24	23	22	20	19	18	18	17	16	15	15	14	13	13	12	12	7s 3	
44	23	22	21	20	19	18	17	16	15	15	14	13	13	12	12	11	6s 13	
42	22	21	20	19	18	17	16	15	15	14	13	13	12	12	11	11	6s 9	
40	21	20	19	18	17	16	15	15	14	13	13	12	12	11	10	10	6s 4	
38	20	19	18	17	16	15	14	14	13	13	12	11	11	11	10	10	6s	
36	19	18	17	16	15	14	14	13	12	12	11	11	10	10	9	9	5s 9	
	4'6 ^{1/2}	4'8	4'9 ^{1/2}	4'11	5'1 ^{1/2}	5'2	5'4	5'5 ^{1/2}	5'7	5'8 ^{1/2}	5'10	5'11 ^{1/2}	6'1	6'3	6'4 ^{1/2}	6'6		
		height (ft/in)																

Very overweight



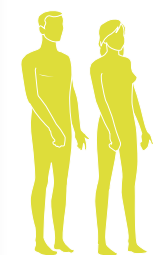
BMI 30+

Overweight



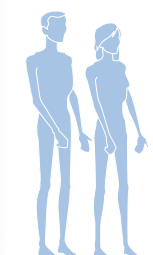
BMI 25-30

Healthy



BMI 18.5-25

Underweight



BMI less than 18.5