

FitFacts®

Numbers to Know: Body Mass Index

BODY MASS INDEX (BMI) IS A CONVENIENT WAY TO ESTIMATE HOW MUCH FAT IS ON YOUR BODY. KNOWING YOUR BMI CAN HELP DETERMINE YOUR RISK FOR DANGEROUS HEALTH CONDITIONS THAT ARE ASSOCIATED WITH INCREASED BODY FAT.

How to determine your health risk using BMI:

1. Ask your doctor for your BMI number, based on your height and weight. Or, calculate it yourself using the [acefit.com BMI Calculator](http://acefit.com/BMI-Calculator)
2. Find your BMI category on the following table

BMI REFERENCE CHART	
Underweight	Below 18.5
Normal weight	18.5–24.9
Overweight	25.0–29.9
Obesity	30.0 and above

3. Learn your risk:
 - If you are overweight or obese, you develop an increased risk for many disabling and life-threatening diseases. As your BMI score goes up, so does the likelihood that you will have one or more of the following conditions:
 - High blood pressure
 - Heart attack
 - Stroke
 - Type 2 diabetes
 - Breathing problems
 - Certain cancers (uterine, breast, colon, prostate)
 - Gall stones
 - Arthritis
 - Being overweight or obese means you are at higher risk for premature death. In fact, research has shown that obesity reduces life expectancy by as much as 10 to 20 years.
4. Know the limitations:
 - BMI does not take into account that muscle weighs more than fat. For this reason, a person with a muscular build (i.e. football player or wrestler) may be misclassified as overweight. In this situation a [waist circumference](#) is a better measure of disease risk.
5. Take action:
 - If you are underweight, discuss strategies to reach a normal weight with your health care provider.
 - If you are a normal weight, make healthy food choices and participate in regular physical activity in order to stay where you are at.
 - If you are overweight or obese, you can begin to lower your disease risk by losing just 5-10% of your current body weight!
 - Refer to the Fit Facts, “[How to start an exercise program](#),” “[Small steps to](#)

[increase physical activity](#), and “[10 Tips For Choosing a Quality Weight Loss Program](#).”

- Before beginning any weight loss program, discuss your plans with your health care provider.

ADDITIONAL RESOURCES

[American Council on Exercise](#)

[Academy of Nutrition and Dietetics](#)

BODY MASS INDEX														
BMI	Normal						Overweight						Obese	
	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (inches)	Weight (pounds)													
58	91	95	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	121	127	132	137	143	148	153	158	185	211
62	104	109	115	120	125	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	203	233
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	117	124	130	136	142	148	155	161	167	173	179	185	216	247
67	121	127	134	140	147	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	263
69	128	135	142	149	155	162	169	176	182	189	196	203	237	270
70	132	139	146	153	160	167	174	181	188	195	202	209	243	278
71	136	143	150	157	165	172	179	186	193	200	207	215	250	286
72	140	147	155	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	303
74	148	155	163	171	179	187	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328

Note: Find your client's height in the far left column and move across the row to the weight that is closest to the client's weight. His or her body mass index will be at the top of that column.

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