



Body Mass Index

Below is the formula for body mass index (ratio between your height and weight). Also, there is an example below for reference.

$$\text{BMI} = \left(\frac{\text{Weight}}{\text{Weight}} \times 703 \right) / \frac{\text{Height}^2}{\text{Height (inches)}} = \underline{\hspace{2cm}}$$

Example:

Weight: 180lbs

Height: 5'10" = 70 inches

(height squared = 70x70=4900)

/ = divide by

$$\text{BMI} = \left(\frac{\underline{180}}{\text{Weight}} \times 703 \right) / \frac{\underline{4900}^2}{\text{Height (inches)}} = \underline{25}$$

**Questions? E-mail Stefanie at allaboutyou@afmidwest.com
Here's To A Healthier Tomorrow!!**