

Health Outlook

For Youths and Adults

bmi: Body Mass Index

- An "indicator of body fatness for people"⁽¹⁾.

1 Calculate

Your BMI ⁽²⁾

Insert
Weight

.lbs

Height

ft. in.

Select Age:

2 - 20 Years:

21 & Older:

2 Your Result



3 What To Do

Health Guide

- Exercise daily
- Eat a balanced diet
- Sleep regular hours
- Socialize
- Talk with your doctor

Free Recipes

Visit the web:

www.fruitsandveggiesmatter.gov/

BMI, Body Mass Index tables for adults, teens, and children. - Visit <http://www.cdc.gov/nccdphp/dnpa/bmi/>

(1) Source: http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/about_adult_BMI.htm

(2) Source: <http://www.cdc.gov/nccdphp/dnpa/bmi/00binaries/bmi-adults.pdf>

<http://www.cdc.gov/nccdphp/dnpa/bmi/00binaries/bmi-tables.pdf>

Contact:

1-800-CDC-INFO

1-888-232-6348 (TTY)