

BODY MASS INDEX

What is the BMI?

It is a method used to estimate the amount of body fat a person has, and therefore determine if the weight is within the normal range.



How to Calculate the BMI?

The BMI is a formula that is calculated by dividing the weight, always expressed in Kg, between the height, always in meters squared.



The Results

“Low weight”, “normal”, “overweight” and “obesity” are terms to refer to the different ranges of body weight.



What should you do??

If your BMI is outside the “normal” range or healthy weight, it is recommended that you talk with your doctor or health care provider about how you can achieve a healthier body weight.

