



live life well.



## TIP OF THE WEEK

### Calculate Your Body Mass Index (BMI):

This calculator provides BMI and the corresponding BMI weight status category. Use this calculator for adults, 20 years old and older.

Example:

#### Step 1

**BMI Calculator for Adults** English | [Metric](#)

1. Height:  
 feet  
 inch(es)

2. Weight:  
 pounds  
(Note: 8 ounces = 0.5 pounds)

**Calculate**

#### Step 2

**For the information you entered:** Calculate again: [English](#) | [Metric](#)

Height: 5 feet, 8 inches  
Weight: 135 pounds

Your BMI is **20.5**, indicating your weight is within the **normal** range for adults of your height. Maintaining a healthy weight may reduce the risk of chronic diseases associated with overweight and obesity.

BMI	Weight Status
Below 18.5	Underweight
➔ <b>18.5–24.9</b>	<b>Normal</b> ➔
25.0–29.9	Overweight
30.0 and Above	Obese

For information about the importance of a healthy diet and physical activity in maintaining a healthy weight, visit [Tips for Adults on Achieving a Healthy Weight](#).

To calculate your Body Mass Index, please visit Center for Disease Control and Prevention website: <http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>