

Smart BMI Calculator

Get personalized health advice based on your BMI

Enter your details

Gender

- ☐ Male
- ☒ Female
- ☐ Other

Age

25

-

+

Select units

- ☒ Metric (kg, cm)
- ☐ Imperial (lbs, inches)

Weight (kg)

70.00

-

+

Height (cm)

170.00

-

+

Calculate BMI

Your BMI is 24.22

You are **Normal weight**.

► Great job! Maintain your weight by eating nutritious foods.

- ▶ Include more nuts, seeds, fruits, and vegetables in your daily diet to stay healthy.
- ▶ Regular exercise will help you stay fit and energetic.

Connect for maintenance tips

Stay healthy, stay happy! ❤️