

LOGO

What is it

Quiz



*check out the relationship between your height and weight which is an indication of your healthy*

Height	
Weight	
Weist	
Neik	

Calculate

A modal that pops up with the calculated

LOGO

What is it

Quiz

Question 1/10

score



### Body Mass Index

Body Mass Index (BMI) is a person's weight in kilograms divided by the square of height in meters. A high BMI can be an indicator of high body fatness. BMI can be used to screen for weight categories that may lead to health problems but it is not diagnostic of the body fatness or health of an individual.

### BMI range scale

Underweight = less than 18.5

Normal weight = 18.5 - 24.9

Overweight = 25 - 29.9

Obesity = 30 - 35

Severe obesity = 35 and more