BMI CALCULATOR

DESCRIPTION ABOUT BMI CALCULATOR

* BMI refers to BODY MASS INDEX. A BMI calculator is a tool used to determine an individual's body mass index, which is a measure of their weight in relation to their height.

LANGUAGE USED IN FRONTEND IS PYTHON
* PYTHON language was created by GUIDO VAN ROSSUM who is Dutch computer programmer who began working on python in late 1980's.
* He released the first version of python,version 0.9.1,1991.
GUIDO VAN ROSSUM's goals for creating python were create a simple,easy to learn scripting language,provide an alternative to existing language like C,C++,and perl.
* python is very high level language which is similar to English. It is interpreterlanguage which makes developer's work easier.
* python is used for web development, software development, Mathematics, system scripting.
*python works on different platforms like windows, mac, Linux,Rasperry pi etc...,
* PYTHON IDE (Integrated Development Environment) is used for creating BMI calculator

SYSTEM COFIGURATION
Device name DESKTOP-GSFH2RP
Processor Intel(R) Core(TM) i3-2120 CPU @ 3.30GHz   3.30 GHz
Installed RAM 4.00 GB (3.89 GB usable)
Device ID 780C079C-A386-4ED5-BB87-F2B3E0E465F0
Product ID 00331-10000-00001-AA980
System type 64-bit operating system, x64-based processor
Pen and touch No pen or touch input is available for this display
Edition Windows 10 Pro
Version 22H2
Installed on 23- 12- 2023
OS build 19045.5011
Experience Windows Feature Experience Pack 1000.19060.1000.0

HOW DOES IT WORK?
The BMI calculator uses the following formula:
BMI = weight(in kg) / [height]^2(in meters)
BMI = (weight in pounds / (height in meters)^2 * 703

WHAT ARE THE BMI CATEGORIES?
The WORLD HEALTH ORGANISATION (WHO) DEFINES THE FOLOWING BMI CATEGORIES:
BMI RANGE
Underweight < 18.5
Normal == 18.5 to 24.9
Overweight == 25 to 29.9
Obese >= 30

HOW TO INTERPRET BMI RESULTS?
1. Underweight: you may be at riskfor health problems due to low weight.
2. Normal: your weight is in healthy range
3. Overweight: you may be at risk for health problem due to excess weight
4. Obese: you are at high risk for health problem due to excess weight. it might lead to various Heart problems.

LIMITATION OF BMI
1. Does not account for muscle mass or body composition.
2. May not be accurate for pregnant or breatfeeding women.
3. May not be suitable for individuals with a muscular build.
4. Does not measure body fat distribution.

BENEFITS OF USING BMI CALCULATOR
1. Easy to use and understand
2. Provides quick assessment of weight
3. Helps identify potential health risks
4. Encourages healthy lifestyle choices

WHO SHOULD USE A BM CALCULATOR?
1. Adults(18+ years)
2. Indivduals concerned about their weight
3. Healthcare professionals assessing patient weight
4. fitness enthusiasis tracking progress

IMPORTANT NOTES:
1. Consult a healthcare professional for personalised advice
2. BMI is not a perfect measure,consider other health metrics
3. Focus on healthy lifestyle habis, not just BMI
By understanding BMI and BMI calculator, you can take the first step towards maintaining a healthy weight and reducing health risks

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