

# 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 interpreter language 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, Raspberry 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:

$BMI = \text{weight}(\text{in kg}) / [\text{height}]^2(\text{in meters})$

$BMI = (\text{weight in pounds} / (\text{height in meters})^2 * 703$

## 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 risk for 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 breastfeeding 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 BMI CALCULATOR?

1. Adults(18+ years)
2. Individuals concerned about their weight
3. Healthcare professionals assessing patient weight
4. fitness enthusiasts 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 habits, not just BMI

By understanding BMI and BMI calculator, you can take the first step towards maintaining a healthy weight and reducing health risks

## EXPLANATION ABOUT BMI PROJECT

step1: Enter your height in meters

steps2: Enter your weight in kilogram

By using BMI formula, we will give BMI value, in addition to that we will get results about your health

## PERSON REPORT

NAME: ANANYA

AGE:20

WEIGHT:55

HEIGHT:4.5

BMI:2.7160493827160495

RESULTS: YOU ARE UNDERWEIGHT

CREATED BY R.MALINI

FIRST YEAR OF BSC CYBERSECURITY