

BMI app to Calculate Body Mass Index

Data Product for health tracking on the GO!

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BMI App to Calculate Body Mass Index(BMI)*

BMI APP calculates the BMI of a person given his/her weight in pounds/Kgs and Height in inches/meters

*Body Mass Index (BMI) is a person's weight in Pounds/kilograms divided by the square of height in inches/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

Please see the link below for more details: https://en.wikipedia.org/wiki/Body_mass_index

How BMI is calculated

Body Mass Index is a function of weight in pounds and Height in inches

Following Mathematical Equation is Embedded in calculating the BMI

$$\text{BMI} = ((\text{weight} / (\text{height} * \text{height})) * 703)$$

User inputs:

Weight in pounds. Example: 180 pounds

Height in Inches. Example: 72 inches

Results:

Your BMI is...

[1] 24.40972

[1] "Normal weight"

Health Tracking using the BMI App

BMI App can be used as your companion to monitor BMI Index on Regular intervals

Following is the key interpretation of the results based on BMI:

>18.5 -Underweight

< 25 - Normal weight

< 30 -Overweight

otherwise Obese

Regular monitoring of the BMI helps to keep track of the help

Contact us for any clarifications

Thank you for using the BMI APP

For any questions or clarifications contact me at abc@bmiapp.com

Customer support Toll Free: 1800-BMI-APP