

End-User Guide for BMI Calculator App

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Chapter 1. BMI

How to Calculate BMI ?

Here are the instructions for using BMI calculator app

You must know the measurement of your body weight and height.

1. Enter Gender (Male/Female)
2. Enter Age
3. Select the unit of measurement for weight (kg/lbs).
4. Enter weight.
5. Select the unit of measurement for height (ft/inch/cm/m).
6. Enter height.
7. Tap Submit button.

The result from BMI calculation is displayed along with the corresponding weight category.

You want to find your BMI for a woman aged 26 years. Enter Gender as Female. Enter Age 26 years. Select unit of measurement for weight as kg. Enter weight as 65 kg.

Select unit of measurement for height as cm. Enter weight as 161 cm. The result is displayed as 24.2, Normal Weight.

What is BMI ?

Body Mass Index (BMI) is a simple and widely used method to estimate an individual's body fat based on their weight with respect to their height. It's commonly used by healthcare professionals to evaluate the risk of developing health conditions related to body weight, such as obesity, diabetes, hypertension, cardiovascular diseases, and certain types of cancer. It provides numerical values that are categorized into different ranges, indicating whether they are underweight, normal weight, overweight, or obese.

- Underweight: BMI < 18.5
- Normal Weight: BMI 18.5–24.9
- Overweight: BMI 25–29.9
- Obese: BMI ≥ 30

Formula to calculate BMI:

$$\text{BMI (standard units)} = \text{Weight (kg)} / \text{Height (m)}^2$$

BMI (imperial units) = $\text{Weight (lbs)} \times 703 / \text{Height (in)}^2$