

Theriot, D. (2025, March 10). *How to calculate your body mass index (BMI): Metric & US*. wikiHow. <https://www.wikihow.com/Calculate-Your-Body-Mass-Index-%28BMI%29>

World Health Organization. (n.d.). *A healthy lifestyle - who recommendations*. World Health Organization. <https://www.who.int/europe/news-room/fact-sheets/item/a-healthy-lifestyle---who-recommendations>

BMI Free Icons designed by photo3idea_studio. (n.d.-h). https://www.flaticon.com/free-icon/bmi_4349072