PYTHON PROJECT

**BMI Calculator with Python**

**What is Body Mass Index (BMI)?**

BMI is a measure of relative weight based on an individual’s mass and height. Today, Body Mass Index is commonly used to classify people as underweight, overweight, and even with obesity. Also, it is adopted by countries to promote healthy eating.

BMI can be considered as an alternative for direct measurements of body fat. Besides, BMI is an inexpensive and easy-to-perform method of screening for weight classes that may cause health BMI Calculator with Python.

The body mass index is calculated by dividing an individual’s weight in kilograms by their height in meters, then dividing the answer again by their height.

**How it Works:**

1. The user inputs weight (kg) and height (m).
2. BMI is calculated using the formula: BMI=
3. The BMI is categorized as Underweight, Normal, Overweight, or Obese.
4. The program handles errors gracefully if invalid input is provided.

**BMI Categories:**

| **BMI Range** | **Category** |
| --- | --- |
| < 18.5 | Underweight |
| 18.5 - 24.9 | Normal weight |
| 25 - 29.9 | Overweight |
| ≥ 30 | Obese |

**Why is BMI Important?**

* It helps assess health risks related to weight.
* High BMI may indicate obesity-related risks (diabetes, heart disease).
* Low BMI can indicate malnutrition or other health concerns.

**Limitations of BMI:**

* Doesn't differentiate between muscle and fat.
* Doesn't consider age, gender, or body composition.
* Not always accurate for athletes or certain ethnic groups.

**CODE:**

Height=float (input ("Enter your height in centimetres: "))

Weight=float (input ("Enter your Weight in Kg: "))

Height = Height/100

BMI=Weight/(Height\*Height)

Print ("your Body Mass Index is: ", BMI)

If (BMI>0):

If (BMI<=16):

Print ("you are severely underweight")

Elif (BMI<=18.5):

Print ("you are underweight")

Elif (BMI<=25):

Print ("you are Healthy")

Elif (BMI<=30):

Print ("you are overweight")

else: print ("you are severely overweight")

else:("enter valid details")

OUTPUT:

Enter your height in centimeters: 170

Enter your Weight in Kg: 67

your Body Mass Index is: 23.18339100346021

you are Healthy