

BMI Categories

Author: Graham Mitchell

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(This assignment was suggested by Joel H in 2012.)

The body mass index (BMI) is commonly used by health and nutrition professionals to estimate human body fat in populations. It is computed by taking the individual's weight (mass) in kilograms and dividing it by the square of their height in meters.

Start with the [BMI Calculator](#) you wrote previously (BMICalc.java). Then use some `if` statements to show the category for a given BMI.

BMI	category
less than 18.5	underweight
18.5 to 24.9	normal weight
25.0 to 29.9	overweight
30.0 or more	obese

Note: Although BMI is a very good estimate of human body fat, the formula doesn't work well for athletes with a lot of muscle, or people who are extremely short or very tall. If you are concerned about your BMI, check with your doctor.

Sample Output

```
Your height in m: 1.75
Your weight in kg: 73
```

```
Your BMI is 23.83673
BMI Category: normal weight
```

It doesn't matter whether you input the values in metric (kilos and meters) or Imperial measurements (feet/inches and pounds).

```
Your height in inches: 69
Your weight in pounds: 220
```

```
Your BMI is 32.5
BMI Category: obese
```

Bonus #1 - More Categories

For +10 bonus points, use more `if` statements to show the ALL the BMI categories.

BMI	category
less than 15.0	very severely underweight
15.0 to 16.0	severely underweight
16.1 to 18.4	underweight
18.5 to 24.9	normal weight
25.0 to 29.9	overweight
30.0 to 34.9	moderately obese
35.0 to 39.9	severely obese
40.0 and up	very severely (or "morbidly") obese

```
Your height in inches: 70
Your weight in pounds: 90
```

Your BMI is 12.9

BMI Category: very severely underweight

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