BMI below 18.5 and No BP

You are underweight. To avoid health complications that may arise due to low levels of body fat, you need to put on more weight. Make sure you get in touch with your doctor or a dietician for professional insight and advice.

BMI below 18.5 – Underweight and BP over 140/90

You are underweight and your blood pressure is high. To avoid health complications that may arise due to low levels of body fat, and high blood pressure, you need to get in touch with your doctor and a dietician for professional insight and advice.

BMI below 18.5 – Underweight and BP under 140/90

You are underweight and but not hypertensive. To avoid health complications that may arise due to low levels of body fat, and high blood pressure, you need to put on more weight. Make sure you get in touch with your doctor or a dietician for professional insight and advice.

BMI 18.5 to 24.9 and No BP

You have a healthy weight in relation to your height. This is your normal BMI range. When you maintain a healthy level of body fat, it means that you have a much lower risk of developing health complications.

BMI 18.5 to 24.9 – Healthy and BP over 140/90

You have a healthy weight in relation to your height but your blood pressure is high. If you maintain a healthy level of body fat, it means that you have a much lower risk of developing health complications but you should speak to your doctor about your blood pressure.

BMI 18.5 to 24.9 – Healthy and BP under 140/90

You have a healthy weight in relation to your height and have a healthy blood pressure. This is your normal BMI range. When you maintain a healthy level of body fat, it means that you have a much lower risk of developing health complications.

BMI 25.0 to 30.0 and No BP

You are overweight. In other words, you have a higher than ideal level of body fats considering your height. In such cases, it is important that you lose some amount of weight in order to improve your health. It is recommended that you talk to a doctor or dietician for professional advice.

BMI 25.0 to 30.0 – Overweight and BP over 140/90

You are overweight. In other words, you have a higher than ideal level of body fats considering your height. Your blood pressure is also high. In such cases, it is important that you lose some amount of weight in order to improve your health. It is recommended that you talk to a doctor and a dietician for professional advice and treatment for your high blood pressure.

BMI 25.0 to 30.0 – Overweight and BP under 140/90

You are overweight. In other words, you have a higher than ideal level of body fats considering your height. In such cases, it is important that you lose some amount of weight in order to improve your health. It is recommended that you talk to a doctor or dietician for professional advice.

BMI 30.0 and no BP

You are obese, or in other words, heavily overweight. You are far from your ideal BMI and it means that you have way too much body fat in relation to your height, and this can pose serious health risks. It is important that you lose weight for health reasons. Make sure to contact your doctor and a dietician for professional.

BMI 30.0 and above – Obese and BP over 140/90

You are obese, in other words, heavily overweight. Your blood pressure is also high. You are far from your ideal BMI and it means that you have way too much body fat in relation to your height, and this can pose serious health risks. It is important that you lose weight for health reasons. Make sure to contact your doctor and a dietician for professional advice and also to treat your high blood pressure.

BMI 30.0 and above – Obese and BP under 140/90

You are obese, or in other words, heavily overweight. You are far from your ideal BMI and it means that you have way too much body fat in relation to your height, and this can pose serious health risks. It is important that you lose weight for health reasons. Make sure to contact your doctor or dietician for professional advice in such a situation.

How to keep your BMI and Blood pressure under control

To keep your BMI and blood pressure under control, follow a healthy diet. Cut down on salt and sugar consumption. Eat plenty fruits and vegetables. Don’t skip breakfast and eat on time. Exercise regularly. Make sure to drink plenty water. Cut down on your alcohol consumption and Continue to take your prescribed medications and remember to go for medication refill when needed.

Much of this information is by kind courtesy Healthifyme.com. Visit them at [www.healthyifyme.com](http://www.healthyifyme.com)