

BMI Lab exercise

Body Mass Index (BMI) is a measure of body fat based on height and weight that applies to adult men and women. BMI can be used to indicate if you are overweight, obese, underweight or normal.

If your BMI is 30 or more, that's not good. However, the simple BMI calculation tends to overestimate BMI in people who are muscular or athletic. Therefore, if your BMI score seems too high, you're not too fat, your just too athletic.

Give the user to choose either of the metric units.

BMI formula

BMI = (body weight in kg) / (body height in meters)²

Or

BMI = ((body weight in pounds) * 4.88) / (body height in feet)²

Simple BMI categories include:

- **Underweight** when BMI is less than 18 . 5
- **Normal weight** when BMI is between 18 . 5 and 25
- **Overweight** when BMI is between 25 and 30
- **Too Muscular** (*Obese*) when BMI is 30 or greater