

## **DETERMINING YOUR BODY MASS INDEX (BMI)**

**Step 1:** Multiply your weight in pounds by 703.

For example:

$$155 \text{ lbs.} \times 703 = 108,965$$

**Step 2:** Calculate your height in inches squared.

For example:

$$64'' \times 64'' = 4,096$$

**Step 3:** Now divide the first number by the second number.

For example:

$$108,965 \text{ divided by } 4,096 = 26 = \text{BMI}$$

**Step 4:** A Body Mass Index between 25-30 indicates that you're overweight. Over 30 signify obesity. (keep in mind that this does not take into account muscle mass and weight distribution).