

OPTIMAL BODY MASS INDEX (BMI) RANGE-GO FOR IT!

BMI is a measure of the relationship between your weight and your height. Research indicates that the optimal BMI for health is in the range of 20 to 23.

YOUR HEIGHT	WEIGHT (IN POUNDS) FOR A BMI OF 20	WEIGHT (IN POUNDS) FOR A BMI OF 23
4'10"	96	110
4'11"	99	114
5'	102	118
5'1"	106	122
5'2"	109	126
5'3"	113	130
5'4"	116	134
5'5"	120	138
5'6"	124	142
5'7"	127	146
5'8"	131	151
5'9"	135	155
5'10"	139	160
5'11"	143	165
6'	147	169
6'1"	151	174
6'2"	155	179
6'3"	160	184
6'4"	164	189