

BODY COMPOSITION (BMI)

What is Body Composition?

In physical fitness, body composition is used to describe the percentages of fat, bone and muscle in human bodies. Because muscular tissue takes up less space in our body than fat tissue, our body composition, as well as our weight, determines leanness. Two people at the same height and same body weight may look completely different from each other because they have a different body composition.

What is BMI?

Body Mass Index (BMI) is a number calculated from a child's weight and height. BMI is a reliable indicator of body fatness for **most** children and teens. For children and teens, BMI is age- and sex-specific.

How is BMI calculated and interpreted for children and teens?

Calculating and interpreting BMI using the BMI Percentile Calculator involves the following steps:

Body Mass Index is a simple calculation using a person's height and weight.

The **formula** is $\text{BMI} = \text{kg}/\text{m}^2$ where kg is a person's weight in kilograms
m² is their height in meters squared.

A **BMI** of 25.0 or more is overweight, while the healthy range is 18.5 to 24.9. **BMI** applies to most adults 18-65 years.

Calculate your BMI

Name: _____ Class: _____ Block: _____

To calculate your BMI use the following formula

Your weight (lbs) * 703 BMI= _____

Height (in inches) * Height (in inches) _____

Example

Your weight is 190 lbs and height is 70 inches

$$\text{BMI} = \frac{190 * 703}{70 * 70}$$

$$\text{BMI} = \frac{133570}{4900}$$

BMI= 27.26%

Your BMI:

Weight _____ lbs * 703 = BMI= _____

_____ inches * _____ inches BMI= _____

BMI= _____ %

What is your Percentile? _____

BMI: Male / Female Chart

