



# BMI Calculator | Body Mass Index Calculator | Formula, Chart- Online Free

October 20, 2022 by admin

**Calculate Your BMI Here** ↓

Change Weight & Height Units ↓

US Units (Pound & Inches) ▼

Enter Your Height (Inches)\*

63

If Height = 5'3" Feet then,  $(5 \times 12) + 3 = 63$  inches

Enter Your Weight (in Pound)\*

120







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## Select Calculation Category

Select Category ▼

## Length Conversion Calculators

How to Convert  [Cemeter to Inches](#) | [CM to](#)   


Your BMI =21.25 lb/in2

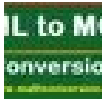
Weight Status - **Healthy Weight** (BMI 18.5 to 24.9)


## What is BMI Calculator | How BMI is Calculated ?


**BMI Calculator | Body Mass Index Calculator | BMI chart, BMI formula**– Body mass index (BMI) is a simple calculation used to measure the body fat based on Height and Weight of a person. BMI is widely used to indicate body fat of a person

 CM to INCHES Converter | Inches (cm to in) | Formul...

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and is used as a [health](#) indicator worldwide. This is one of the most accurate and free tool to calculate BMI, and provide the weight status based on your BMI (both children and adults). BMI can be calculated using Metric Units (**weight** in kg and **height** in cm) and US units (**weight** in pounds (lbs) and **height** in inches). Enter your height and weight in the above calculator and it automatically tells your BMI and weight status.



### **BMI Table and BMI Chart for Adults**



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## Weight Conversion Calculators

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[Pounds to Kilograms Conversion | lb.s to kg...](#)

World Health Organization's (WHO) recommends the following BMI Calculator values (based on Height and Weight) for both men and women (20+ ages). These BMI ranges are recognized and used worldwide. BMI range- 18.5 to 25 is considered as a good or Normal for both men and women. Below 18.5 is considered as underweight and BMI 25 to 30 are considered as Overweight while BMI 30+ is considered as Obese Class. This calculator can be used as- BMI calculator women and BMI calculator men.

### Q. 1 What is a good BMI for a woman ?

18.5 to 24.9 is considered as a good/ health range of BMI for woman and men.

### **BMI Calculator Women and Men**

Above calculator can calculates the results for both- men and women; Actually BMI depends only on weight and height only, Gender and age limits couldn't affect this.

<a href="#"><u>Weight - Category</u></a>	<a href="#"><u>BMI Range</u></a>

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<b>Severe Thinness</b>	BMI < <b>16</b>
<b>Moderate Thinness</b>	BMI is <b>16</b> to <b>17</b>
<b>Mild Thinness</b>	BMI is <b>17</b> to <b>18.5</b>
<b>Normal/ Healthy</b>	BMI is <b>18.5</b> to <b>25</b>
<b>Overweight</b>	BMI is <b>25</b> to <b>30</b>
<b>Obese Class I</b>	BMI is <b>30</b> to <b>35</b>
<b>Obese Class II</b>	BMI is <b>35</b> to <b>40</b>
<b>Obese Class III</b>	BMI > <b>40</b>

**Based on the above BMI Table for Adults,** we can draw BMI chart for men and women based on WHO data. This chart displays results for both- Metric Units and US units.

November 2022

M	T	W	T	F	S	S
	1	2	3	<a href="#">4</a>	<a href="#">5</a>	6
7	<a href="#">8</a>	<a href="#">9</a>	<a href="#">10</a>	<a href="#">11</a>	<a href="#">12</a>	13
14	<a href="#">15</a>	16	17	18	19	20
21	<a href="#">22</a>	23	24	25	26	27
28	29	30				

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## **BMI Formula (Both Metric and US Units)**

Here is the BMI formula for both US units and Metric units systems-

### **BMI Formula in Pounds and Inches (US Units)-**

$$\text{BMI} = [\text{Weight in pounds}] \div [\text{Height in inches}]^2 \times 703$$

### **BMI Formula in Kg and cm (Metric Units)-**

$$\text{BMI} = [\text{Weight in Kilogram}] \div [\text{Height in centimeter}]^2 \times 10000$$

**References-** References taken from various popular websites like- [Google](#), [Wikipedia](#) etc. to write this article and for BMI calculations and formula. And If you finds this Body Mass Index Calculator calculator useful, please share this with your friends.

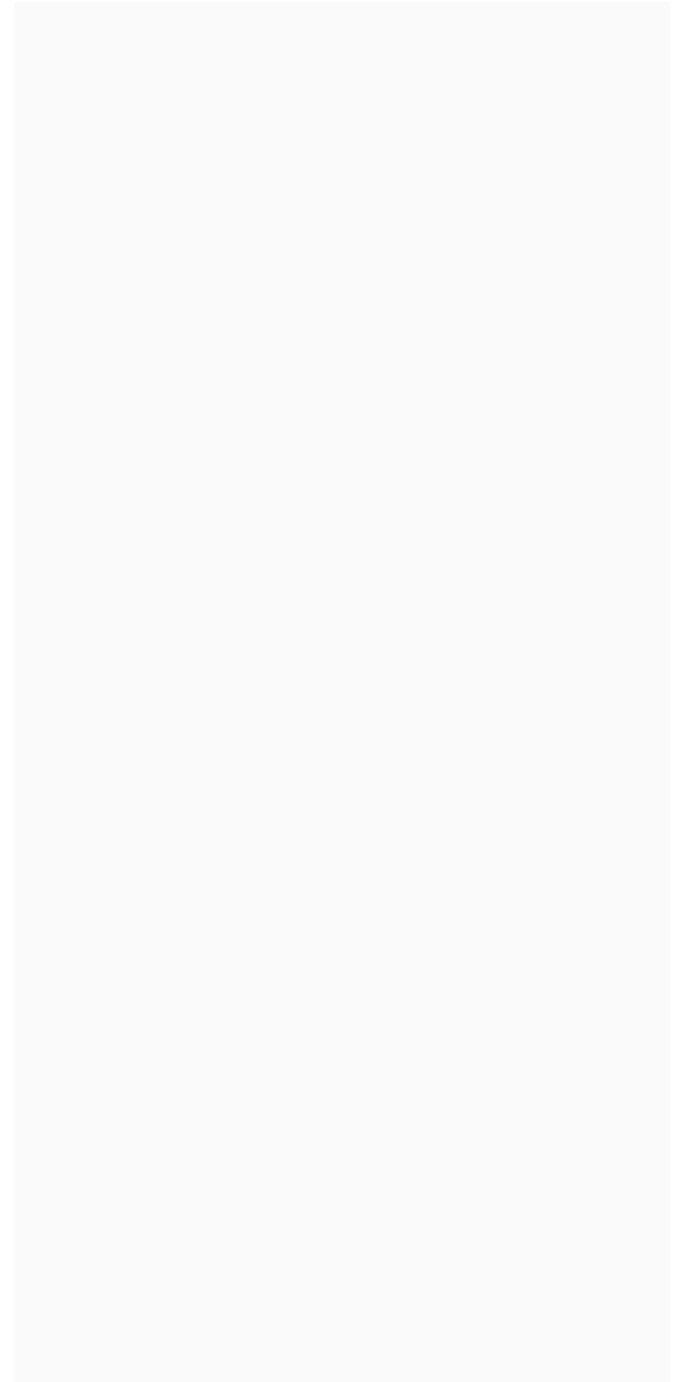
## **Health Effects of Overweight and Underweight**

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**Health Effects of Overweight are**– High blood pressure, Sleep apnea, Problem in breathing, High LDL cholesterol, diabetes, Stroke, Gallbladder disease, joint disease and many more.

**Health Effects of Underweight are**– Vitamin deficiencies, Malnutrition, Anemia, Growth and development issues, reproductive related issues and disrupt menstrual cycle in women, bone weakness and more.





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## Related to BMI Calculator, People Also Ask ?

### Q. 1. How do I calculate my BMI?

BMI can be calculated with Height and Weight of a person. Formula for BMI calculation for Metric and US are provided here: **BMI = [Weight in pounds] ÷ [Height in inches]<sup>2</sup> x 703**. BMI- **18.5** to **24.9** is considered as a healthy BMI for both men and women.

### Q. 2. What is the correct BMI for my age?

To know correct BMI for your age; You need to use the calculator given above and enter Height and Weight; It automatically tells your BMI and weight status range. A healthy BMI range is **18.5** to **24.9**.

### Q. 3. What is the correct BMI for my height?



To know correct BMI for your height; You need to use the calculator given above and enter Height and Weight; It automatically tells your BMI and weight status range.

■ Health Calculator

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