Body Mass Index

Body Mass Index (BMI) is a simple way of determining one's body fat composition by using height and weight.
To calculate your BMI:
(There are 60 inches in 5 feet)
Weight (lbs)/(Height (in))² x 703
Example: A person who weighs 145 pounds and is 5'5"
145/(65)² → 145/4225 x 703 = 24.1 BMI

<table>
<thead>
<tr>
<th>BMI</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 18.5</td>
<td>Underweight</td>
</tr>
<tr>
<td>18.5-24.9</td>
<td>Normal</td>
</tr>
<tr>
<td>25.0-29.9</td>
<td>Overweight</td>
</tr>
<tr>
<td>30.0</td>
<td>Obese</td>
</tr>
</tbody>
</table>

Basal Metabolic Rate

You expend energy (calories) no matter what you are doing. The amount of calories you would burn if you didn’t move at all in a day is called the Basal Metabolic Rate (BMR).
To calculate your BMR by using the Mifflin-St Jeor Formula...
- Women: BMR = 10 x weight (kg) + 6.25 x height (cm) – 5 x age - 161
- Men: BMR = 10 x weight (kg) + 6.25 x height (cm) – 5 x age + 5

AUBURN UNIVERSITY

HEALTH PROMOTION AND
WELLNESS SERVICES

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