

# BMI

Using the BMI grid, answer the following questions.

1. BMI stands for Body Mass Index.
2. Determine the BMI values for the following people  
[5 feet = 60 inches; 5'4" = 64 inches]:
  - a. 5'4", 120lbs = 21
  - b. 5'9", 165lbs = 24.5
  - c. 6'2", 240lbs = 33
3. Which person, from the above, is at high risk for health problems? Person C with BMI of 33.
4. What are the recommended waist circumference values for men and women? MEN 40 in. or 102 cm. WOMEN 35 in. or 88cm.