

BMI

Using the BMI grid, answer the following questions.

1. BMI stands for _____

2. Determine the BMI values for the following people [5 feet = 60 inches; 5'4" = 64 inches]:

a) 5'4", 120lbs = _____

b) 5'9", 165lbs = _____

c) 6'2", 240lbs = _____

3. Which person, from the above, is at high risk for health problems? _____

4. What are the recommended waist circumference values for men and women? _____