DETERMINING YOUR BODY MASS INDEX (BMI)

**Step 1:** Multiply your weight in pounds by 703.
   For example:
   155 lbs. x 703 = 108,965

**Step 2:** Calculate your height in inches squared.
   For example:
   64” x 64” = 4,096

**Step 3:** Now divide the first number by the second number.
   For example:
   108,965 divided by 4,096 = 26 = BMI

**Step 4:** A Body Mass Index between 25-30 indicates that you’re overweight. Over 30 signify obesity. (keep in mind that this does not take into account muscle mass and weight distribution).