



Holmes Fitness Coaching, LLC

Improving Business and Athletic Performance

17212 N. Scottsdale Road - Suite 2317 - Scottsdale, AZ 85255

Phone: (480) 584-6202 Fax: (480) 584-6206

www.holmesfitness.com

Calculating Your Body Mass Index

$$\text{BMI} = \text{Weight (kg)} \div \text{Height}^2 \text{ (m)}$$

EXAMPLE

For a person that is 6' 1" tall and 180 pounds

Convert weight from pounds to kilograms by dividing by 2.2: $180 \text{ lbs} \div 2.2 = 81.8 \text{ kg}$

Convert height from inches to centimeters and then to meters by multiplying by 2.54 and then dividing by 100:

$$73 \text{ inches} \times 2.54 = 185.4 \text{ cm}$$

$$185.4 \div 100 = 1.854 \text{ m}$$

$$\text{BMI} = 81.8 \div (1.85)^2 = 23.9$$



Dr. Tyrone A. Holmes, Ed.D, CPT
Speaker - Author - Consultant
Certified Personal Trainer
USA Cycling Level 2 Coach
doctorholmes@sbcglobal.net



Body Mass Index Chart

BMI		19	20	21	22	23	24	25	26	27	28	29	30	35	40
WEIGHT (lbs)															
H E I G H T (in)	58	91	95	100	105	110	115	119	124	129	134	139	143	167	191
	59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
	60	97	102	107	112	118	123	128	133	138	143	148	153	179	205
	61	100	106	111	116	122	127	132	137	143	148	153	159	185	211
	62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
	63	107	113	118	124	130	135	141	147	152	158	164	169	197	226
	64	110	116	122	128	134	140	145	151	157	163	169	175	204	233
	65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
	66	118	124	130	136	142	149	155	161	167	173	180	186	217	248
	67	121	128	134	140	147	153	159	166	172	179	185	191	223	255
	68	125	131	138	145	151	158	164	171	177	184	191	197	230	263
	69	129	135	142	149	156	162	169	176	183	189	196	203	237	271
	70	132	139	146	153	160	167	174	181	188	195	202	209	244	279
	71	136	143	150	158	165	172	179	186	193	201	208	215	251	287
	72	140	147	155	162	169	177	184	192	199	206	214	221	258	295
	73	144	151	159	167	174	182	189	197	205	212	220	227	265	303
74	148	156	163	171	179	187	195	202	210	218	226	234	273	311	
75	152	160	168	176	184	192	200	208	216	224	232	240	280	320	
76	156	164	172	181	189	197	205	214	222	230	238	246	287	329	
77	160	169	177	185	194	202	211	219	228	236	245	253	295	337	
78	164	173	182	190	199	208	216	225	234	242	251	260	303	346	

Green = Healthy Weight (BMI 18.5 to 24.9)

Red = Overweight (BMI 25.0 to 29.9)

Blue = Obese (BMI 30.0 and higher)