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calculate your body mass index body mass index bmi is a measure of body fat based on height and weight that applies to adult men and women

calculate your body mass index bmi check an adult s or child s bmi to find out if they re a healthy weight it s important to use the right calculator for  
adults aged 18 and over or

the body mass index bmi calculator can be used to calculate bmi value and corresponding weight status while taking age into consideration use the  
metric units tab for the

bmi is calculated by dividing your weight in kilograms by your height in metres squared for example a weight of 73kg and height of 1 70m  $73\text{kg} / 1.70\text{m}^2 = 25.26$   
89m  $25.26\text{kg} / \text{m}^2$  or a bmi of 25

calculate your body mass index bmi with bupa s bmi calculator work out if you re a healthy weight and get the right advice to reach your ideal weight

jul 21 2025 check your bmi body mass index and find out if you re underweight overweight or in a healthy range for your height and age with this bmi calculator

oct 28 2025 bmi calculator for men women and children finds body mass index given weight and height bmi is a ratio of weight and height that indicates health risk due to overweight

your bmi is just one piece of the puzzle it s based on height and weight but doesn t take into account your muscle mass bone density or body composition your healthcare provider will

our uk bmi calculator perfectly aligned with nhs weight guidelines helps you determine your body mass index using traditional british measurements including stones and pounds as well

the bmi body mass index in kg m <sup>2</sup> is equal to the mass in pounds lbs divided by the square height in inches in times 703

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