

## Are you Overweight? - BMI Measurement

By using the BMI formula provided, you can see whether you are overweight or not.

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| $\frac{\text{Body weight in kilograms}}{\text{Height in meters (squared)}} = \text{BMI}$ |
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For example, if you weigh 95kg and are 1.82m tall, the BMI is calculated as

|  |
|--|
| $\frac{95\text{kg}}{1.82\text{m} \times 1.82\text{m}} = 28.68 \text{ kg.m}^{-2}$ |
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### National Guidelines

| <b>Body Mass Index</b>       | <b>BMI</b>      |
|------------------------------|-----------------|
| <b>Normal</b>                | <b>20- 24.9</b> |
| <b>Moderately Overweight</b> | <b>25- 29.9</b> |
| <b>Overweight</b>            | <b>30- 39.9</b> |
| <b>Grossly Overweight</b>    | <b>40+</b>      |

**Ask your doctor to measure accurately the above values or MediGYM™ can measure these values for you at a very nominal charge.**

### MediGYM™

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