



## 2 Determine Your BMI

Calculate your body mass index (BMI) using one of the following two formulas:

$$\text{BMI} = \text{mass (kg)} / \text{height (m)}^2$$

$$\text{BMI} = \text{weight (lb)} / [\text{height (inches)}^2] \times 703$$

My BMI is: \_\_\_\_\_

You can also use a nomogram (see next page) to determine your BMI. First, find and mark your body weight (kg or lb) on the scale to the left and your height (cm or inches) on the scale to the right. Then simply place a straight edge connecting the two values. Your BMI (metric units) is read where the line intersects the scale in the centre. The degree of risk associated with your BMI is also indicated to the left or right of the scale.

My BMI (from the nomogram) is: \_\_\_\_\_

My degree of health risk (from the nomogram) is: \_\_\_\_\_

Weight Status	Men	Women
<b>Underweight</b>	< 20.7	< 19.1
<b>Acceptable weight</b>	20.7 – 27.8	19.1 – 27.3
<b>Overweight</b>	27.8	27.3
<b>Severely overweight</b>	31.1	32.3
<b>Morbid obesity</b>	45.4	44.8

Once you have obtained your BMI, its relationship to desirable body mass indexes can also be determined by referring to the table to the left.

My weight status based on my BMI is:

\_\_\_\_\_

Taking your results into account, describe one of the problems with the BMI.

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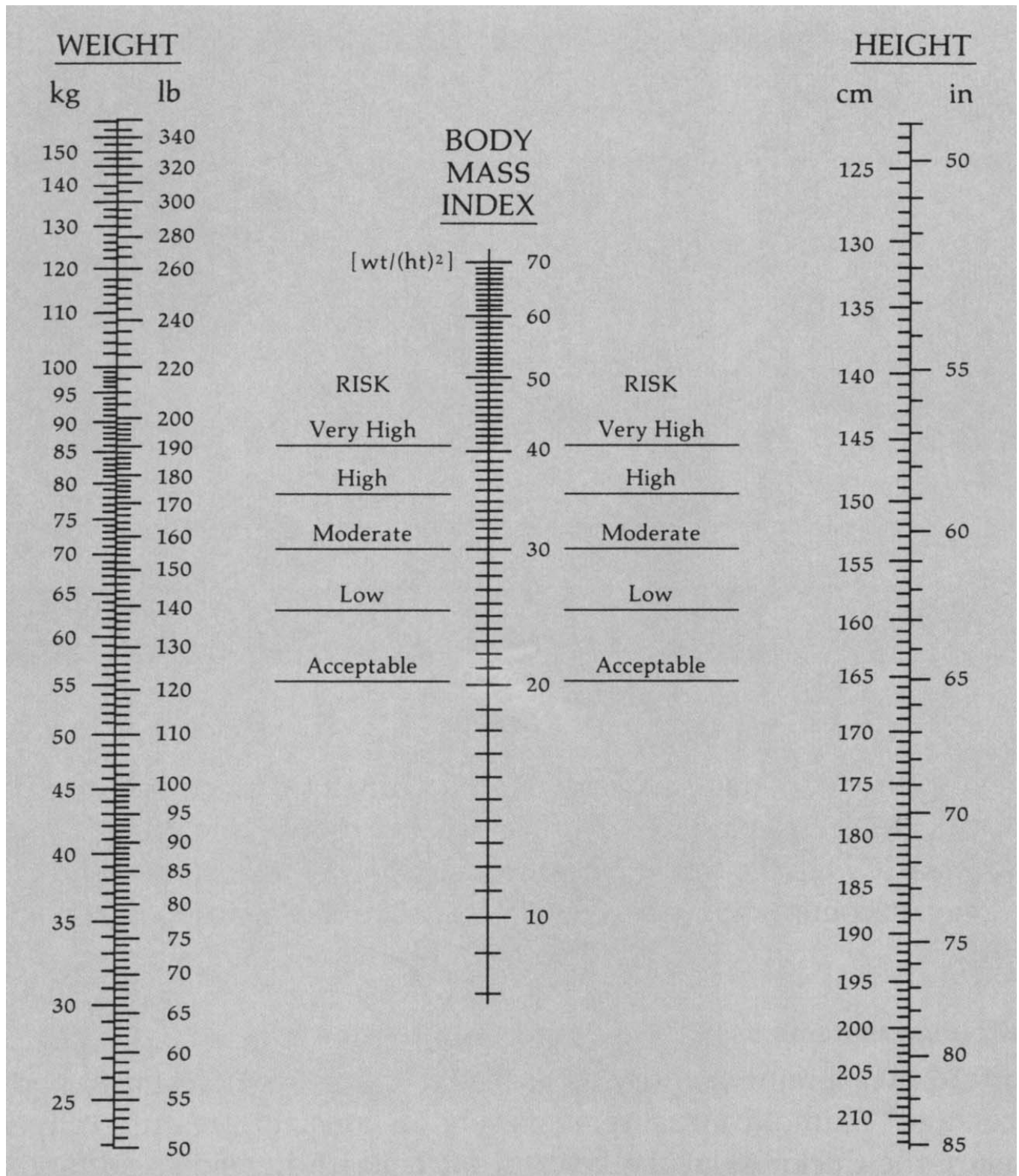
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**3 Fat, Lean, and Everything in Between**

In a 250-word submission, research one of the following indirect methods of measuring body fat, and provide a detailed analysis of the chosen method such as how body fat is analyzed, cost, accuracy, and so on. Be detailed in your response, and cite your work using APA-style formatting.

bioelectrical impedance analysis  
Bod Pod

dual energy x-ray absorptiometry  
hydrostatic weighing

skinfold calipers

Lined writing area for student response