**What Is Your BMI?**

Body Mass Index or “BMI” is a measure of body fat based on height and weight.

### Step 1

**Find Your BMI on the Chart**
1. Find your height in the left-hand column (in feet and inches).
2. Move your finger over to the right and find your weight (in pounds).
3. Move your finger to the top of that column. The number in the BMI row is your BMI score.

### Step 2

**What is your BMI?**

- **BMI ≤ 18** Underweight
- **BMI > 19 to 24** Healthy Weight
- **BMI > 25 to 29** Overweight
- **BMI ≥ 30** Obese (very overweight)

### Step 3

**Talk to your health care provider about creating a healthy action plan.**

**Sample action plans include:**
1. Eat smaller portions.
2. Eat healthy foods that are low in fat, salt, and sugar.
3. Watch your drink calories. Regular soda, juice, sweetened tea and coffee drinks and alcohol add a lot of extra calories.

To learn more about your BMI, talk to your health care provider.