

BMI

One of the best ways to determine whether your weight is normal or not, is to use the Body Mass Index (BMI). The BMI is used to define overweight and obesity. BMI is weight (in kilograms) divided by height (in meters squared) → kg/m².

Category	BMI
Normal	From 18.5 to 25
Overweight	From 25 to 30
Obesity grade 1	From 30 to 34.9
Obesity grade 2	From 35 to 39.9
Obesity grade 3	Greater than 40

18 - 25: Normal range

Congratulations, you are not obese and not at risk of any obesity related diseases. Try to keep your successful life style to maintain your good health.

Between 25-30: Overweight

You are in a risky situation as you are overweight and more likely to fall victim to obesity related diseases, especially if you have a family history of cardiac or diabetic disorders. Consult your physician, and try to begin to adopt a healthy weight loss program.

30 – More: Obese

You are an obese patient; it is important that you take quick action to lose weight as there is a high risk on your health and life. It is crucial that you consult your physician immediately