

# HEALTHY BODY NUMBERS / BODY MASS INDEX

CLASSIFICATION	BMI SCORE (kg/m <sup>2</sup> )
Underweight	< 18.5
Normal	18.5 - 24.9
Overweight	25.0 - 29.0
Obese	30.0 - 40.0
Extremely obese	> 40.0

*National Heart, Lung and Blood Institute guidelines*