

Name: \_\_\_\_\_ Course Number: \_\_\_\_\_

Section: \_\_\_\_\_ Date: \_\_\_\_\_

# Body Weight Assessment

## Body Weight Assessment

- a. Assess your current weight status based not only on your height and weight, and therefore on your body mass index (BMI), but also by looking at your weight history and weight distribution. Keep in mind that weight is only *one* indicator of your overall health. Your health history, personal health profile, diet, eating habits, activity, fitness, stress, and emotional health are *all* important to your health and well-being.

Height in inches: \_\_\_\_\_  $\div$  39.3 = height in meters: \_\_\_\_\_

Weight in pounds: \_\_\_\_\_  $\div$  2.2 = weight in kilograms: \_\_\_\_\_

Calculate your BMI:

Weight (kg)/height (m)<sup>2</sup> = \_\_\_\_\_  $\div$  ( \_\_\_\_\_ )<sup>2</sup> = BMI of \_\_\_\_\_  
(weight in kg)                      (height in m<sup>2</sup>)

Compare this BMI calculated using your height and weight to the BMI values in your textbook. They should be the same.

- b. What is the health risk associated with your BMI? (Refer to the following table.)

Risk Level	BMI (Men and Women)
Lowest risk	19–24.9
Increased risk	25–29.9
Moderate risk	30–34.9
High risk	35–39.9
Very high risk	40 or higher
Risk also increases with BMIs of less than 19.	

- c. Do you have any preexisting conditions or risk factors that could increase your risk (e.g., cardiovascular disease risk, elevated blood lipids, diabetes)? If so, what are they?
- \_\_\_\_\_

