

# Body Mass Index Lab

Name: \_\_\_\_\_

The body mass index (BMI) is a tool used by researchers and medical practitioners, allowing them to access the extent to which individuals are balancing the energy equation

**Mission:** Locate the point on the chart where your height and weight intersect to estimate your BMI and determine your BMI zone. Have 3 friends in the class do the same. (Write your initials on the chart)

Now use the BMI calculator and see if your BMI on the chart corresponds to the BMI calculate on the Calculator

## BMI calculator

<http://nhlbisupport.com/bmi/bmicalc.htm>

### BMI zones

- Zone A (< 20) - maybe associated with health problems for some people
- Zone B (20-25) - good weight for most people
- Zone C (25-27) - may lead to health problems in some people
- zone D (> 27) increased risk of developing health problems

Record your BMI on the Calculator here \_\_\_\_\_, Record you BMI on the Chart here \_\_\_\_\_

Was the a difference between the two numbers why do think this was the case

What does the BMI indicate about your lifestyle

What are the limitations that the BMI present (page 151)

Do you think that the BMI is a good indicator of your health and our effectiveness in balancing the energy equation

