

File Created by [Blogging Rebirth](#) WP Plugin

Everything You Should Understand About BMI - Body Fat And Health

BMI (body mass index) is one of the most popular methods that physicians employ to determine patients are in a healthy weight range. Because body fat and lean muscle tissue do not figure into the equation in any way, some experts consider BMI inaccurate for some people. In this article we are going to discover exactly what BMI is and why it isn't always accurate for some people.

BMI is short for Body Mass Index and was created by Adolphe Quetelet in the early 1800s. In essence, BMI compares a person's weight to their height and with this information determines whether they're a healthy weight for their height. BMI measurement has remained popular for all these years and still remains one of the most common weight measurements.

Body composition, bone/frame size and body type are not included in the formula for calculating BMI. The formula for working out BMI is to take your weight in pounds multiplied by 703 then divide by your height in inches squared. So if you're 188 lbs and 72" (6') tall you multiply $188 \times 703 = 132164$ then divide that figure by $5184 (72 \times 72)$ to calculate a BMI of 25.49. If you are accustomed to metric then take your height in meters squared and divide your weight in kilos by that number. Let's do an example: If you're 1.7 meters tall you'd do 1.7 times 1.7 which equals 2.89. If you weigh 65 kilos you'd divide 65 by 2.89 which equals 22.49 as your BMI. This is in the normal weight range which is from 18.5 to 24.9. If you have a BMI under 18.5 then you are considered underweight and if you're above 24.9 then you are classed as overweight. If your BMI is over 30 then you are classed as obese. A BMI of over 35 is considered morbidly obese which indicates a risk of serious health issues like diabetes, stroke and heart attack.

Generally you can receive an indication of whether or not you're in a healthy weight range by how much body fat you've got as well as by your general health. However, BMI is usually a little trickier than working out your healthy weight range using body fat.

The reason that BMI isn't constantly precise is because the calculation makes an assumption of average body composition (fat vs muscle percentages) that might not be true in every particular case. You can have two people with exactly the same height, weight and bone/frame size, but one of them could be chubby and the other skinny. Reason being, they have different percentages of body fat. The thin one has more muscle. So if you've got a lot of muscle then your BMI might not be accurate. Muscles weigh much more than fat and take less space so people with a high percentage of muscle do not look as big as individuals with the same percentage of fat. BMI doesn't take this muscle weight into account. Sportspeople, football players, body builders, wrestlers and even some trades people (like brick layers) will frequently calculate a BMI that places them within the overweight or obese range simply because they have a lot of muscle due to their exercise routine.

Consequently, BMI is not accurate for those who have a lot of weight in muscle, but what about everybody else? Well the accuracy is excellent for the 'average' person. Another group which has an imprecise reading is children on account of their speed of development. So in general, unless you're a sportsperson or a kid then BMI is a good way to measure your weight range.

Another inaccuracy with BMI is that it utilizes exactly the same formula for both males and females, but women generally bear extra body fat than males. Because of this, you would think the formula would be a little different to give accurate results.

You can also find this article published on [Everything You Should Understand About BMI - Body Fat And Health](#), and on the tag pages [BMI - Body Mass Index](#).