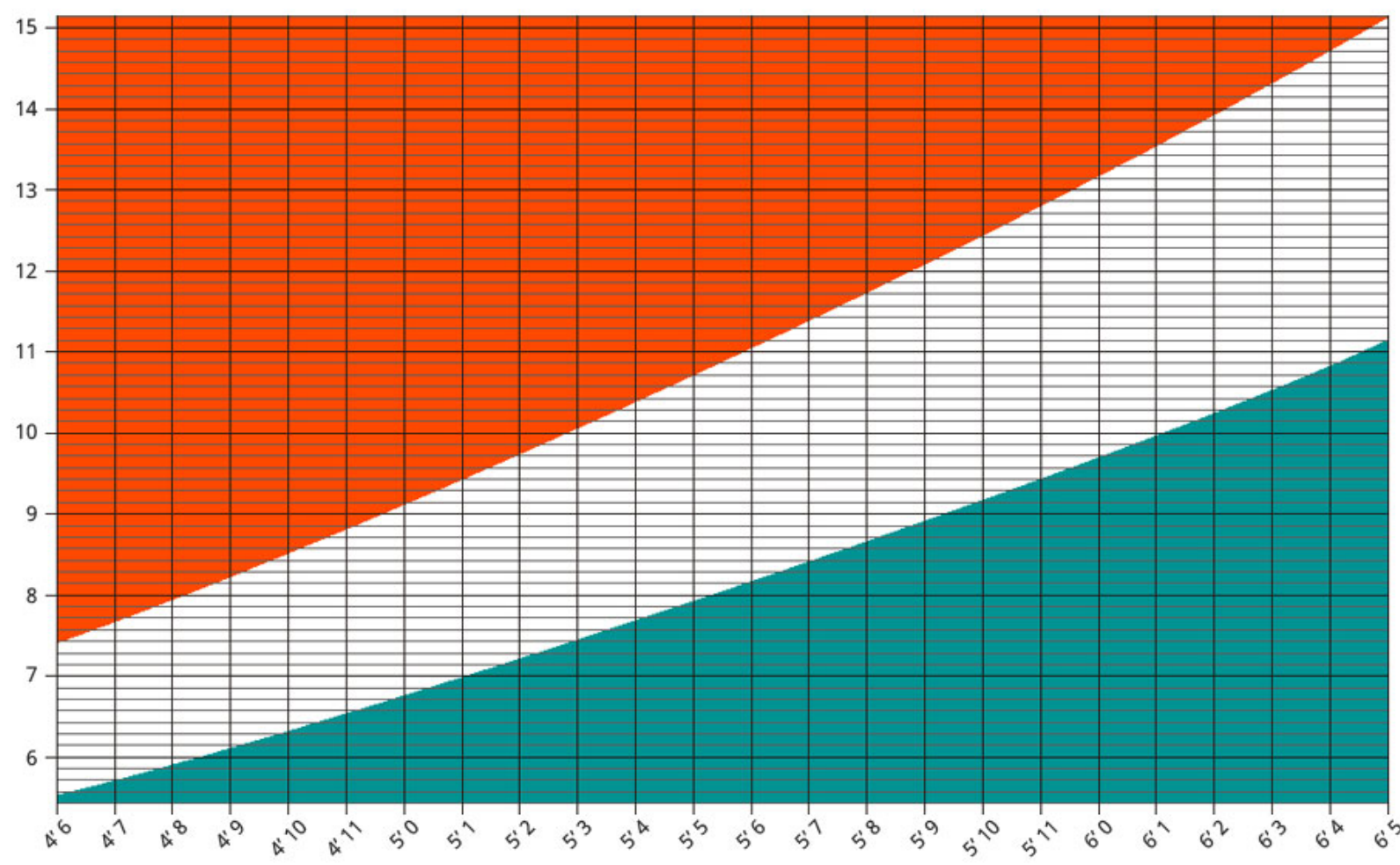


Healthy Weight Chart Based on Body Mass Index (BMI)

Weight
in Stones (st)



weightlossresources.co.uk

Overweight BMI >25.0 **Healthy Weight** BMI 18.5-25.0 **Underweight** BMI <18.5

Height
in Feet and Inches (ft/in)