Body Mass Index (BMI) Procedure

REQUIRED EQUIPMENT: Tape measure, scales, pen, clipboard, Fitness Testing Recording Form

PROCEDURE:

1. Describe the testing protocol to the client
   - I am going to calculate your BMI by weighing you and measuring your height
2. Measure the client's height
   - Ensure the client removes their shoes
   - Ensure they stand up straight with their heels against the wall.
   - Record their height in metres
3. Measure the client's weight:
   - Ensure they remove their shoes and wear minimal clothing.
   - Record their weight in kilograms
4. Use the formula below to calculate the client's BMI

FORMULAS AND CALCULATIONS:

BMI = weight (kg) / height (m)^2

BMI = _______ (kg) / [ ______ (m) x _______ (m) ]

BMI = _______kg / ________m

BMI = ___________________

NORMATIVE / COMPARATIVE DATA:

<table>
<thead>
<tr>
<th>Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 18</td>
<td>You are very underweight and possibly malnourished</td>
</tr>
<tr>
<td>18.1 - 20</td>
<td>You are underweight and could afford to gain a little weight</td>
</tr>
<tr>
<td>20.1 - 26</td>
<td>You are a healthy weight range for young and middle - aged adults</td>
</tr>
<tr>
<td>26.1 - 30</td>
<td>You are overweight</td>
</tr>
<tr>
<td>&lt; 30</td>
<td>You are obese</td>
</tr>
</tbody>
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