Am I Overweight?

Obesity is a disease characterised by excessive body fat and can cause severe implications for your health. Many people in the UK do not know that they are obese or overweight and are unaware of the consequences. Use the chart below to calculate your BMI and find out if you are a healthy weight.

Weight in kilograms Weight in kg 110 120 130 90 100 50 60 70 80 40 BMI is... 6'7 (Height in m)² 6'6 6'5 14 6'4 14 18 6'3 6'2 26% of men 6'1 and 24% of women are 6' 14 obese. 5'11 41% of men 5'10 and 33% of Height In feet women are 5'9 overweight. 5'8 5'7 5'6 **Risks of being overweight / obese** 5'5 38 5'4 Asthma 5'3 Heart 39 Cancer Disease 5'2 5'1 38 Type 2 5' Stroke Diabetes 4'11 4'10 16 12 17 20 19 18 10 11 13 14 15 6 Weight in stones www.marsden-weighing.co.uk Underweight Healthy Weight Obese

)	140		150	160		170	
33	34	36	37	39	40	42	- 200
		37		39	42	43	— 198
		38	39	41	43	44	— 196 — 194
							- 194
		39	40	42	44	46	
		40	41	43	45	47	— 190 — 188
	39	41	43	44	46	48	- 186
38	40	42	44	45	48	49	— 184
39	41	43	45	46	49	51	- 182
40	42	44	46	47	50	52	- 180
41	43	46	48	48	52	54	— 178 — 176
43	45	47	49	50	53	55	- 174
44	46	48	50	51	55	57	— 172
45	47	50	52	53	57	59	— 170
			52				— 168
47	49	51	53	56	58	61	- 166
48	51	53	55	58	60	63	— 164
50	52	55	57	60	62	65	— 162
51	54	56	59	61	64	67	— 160
							- 158
53	56	59	61	64	66	69	- 156
55	57	60	63	66	68	71	- 154
57	59	62	65	68	71	74	- 152
59	61	65	67	70	73	76	- 150 - 148
2	21 2	2 2	3 2	4 2	5 2	6	27

