Do you want to know your weight status? Check your BMI to know your fitness level

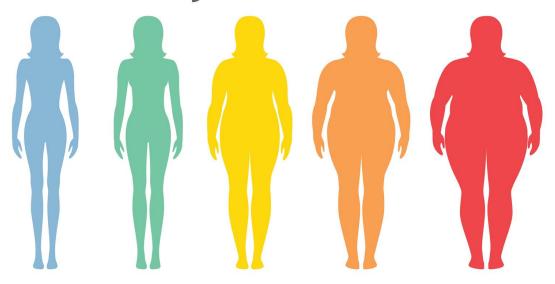


CALCULATE YOUR BODY MASS INDEX

 $BMI = \frac{\text{Weight (kg)}}{\text{Height}}$ $OR \qquad (m)^{2}$ $BMI = \frac{\text{Weight (lb)}}{\text{Height}} \times 703$ $\frac{(in)^{2}}{\text{Height}}$

HOW DO I KNOW IF I AM OVERWEIGHT?

Body Mass Index



General Population

Asian

< 18. 5 UNDERWEIGHT

< 18. 5 UNDERWEIGHT 18. 5-22. 9

18. 5-24. 9

25-29. 9 OVERWEIGHT

> 23-24. 9 OVERWEIGHT

30-34. 9

25-29. 9 OBESE 35 < EXTREMELY OBESE

30 < EXTREMELY OBESE



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