



METABOLISM MATTERS

BMI is sometimes confused with BMR, or Basal Metabolic Rate. BMR is a measurement of how many calories a person is burning at rest under strict laboratory conditions. RMR (Resting Metabolic Rate) is the same test performed in a clinic setting. While a BMI simply indicates whether or not weight may be impacting your health, a Metabolic Rate test (BMR/RMR) gives you the TOOLS to solve the problem!

UNDERSTANDING BODY MASS INDEX

You'll often hear people refer to BMI, which stands for Body Mass Index. This term is important to understand because it is utilized by healthcare providers to determine risk factors and set weight loss goals.

Calculating Your BMI

You can calculate your BMI with this formula: [weight (in pounds) / height (in inches)] x 703. You can also search online for a BMI calculator. If you take a metabolic rate test, your BMI will be calculated on the results sheet.

The Centers for Disease Control and Prevention uses BMI to define these terms as follows:

Underweight: BMI below 18.5
Normal weight: 18.5 to 24.9
Overweight: 25.0 to 29.0
Obese: 30.0 and above.

BMI and Your Health

People with very low or very high BMIs tend to have the greatest health risks. Even so, BMI is only one factor in your overall health. For example, if your BMI falls into the normal weight category, you will still have a higher risk of health problems if you smoke cigarettes, eat lots of nutrient-poor foods with added fat and sugar or do not participate in regular physical activity. If your BMI is in the overweight category, you will have a lower overall health risk if you get regular physical activity and have blood pressure and cholesterol levels that are within your normal limits.

BMI Measurements in Children and Teens

While BMI calculations for children and teens use the same formula as adults, criteria used to define obesity and overweight are different for young people because of factors like body fat differences between boys and girls and variations in body fat and different ages.