

Height and Weight Conversion Tables

Height	
1.42m	4' 8"
1.45m	4' 9"
1.47m	4' 10"
1.50m	4' 11"
1.52m	5' 0"
1.55m	5' 1"
1.57m	5' 2"
1.60m	5' 3"
1.63m	5' 4"
1.65m	5' 5"
1.68m	5' 6"
1.70m	5' 7"
1.73m	5' 8"
1.75m	5' 9"
1.78m	5' 10"
1.80m	5' 11"
1.83m	6' 0"
1.85m	6' 1"
1.88m	6' 2"
1.91m	6' 3"
1.93m	6' 4"

Very overweight



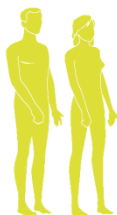
BMI 30+

Overweight



BMI 25-30

Healthy



BMI 18.5-25

Underweight



BMI less than 18.5

Weight	
50Kg	7 Stone 12 lb
52Kg	8 Stone 3 lb
54Kg	8 Stone 7 lb
56Kg	8 Stone 11 lb
58Kg	9 Stone 2 lb
60Kg	9 Stone 6 lb
62Kg	9 Stone 11 lb
64Kg	10 Stone 1 lb
66Kg	10 Stone 6 lb
68Kg	10 Stone 10 lb
70Kg	11 Stone 0 lb
72Kg	11 Stone 5 lb
74Kg	11 Stone 9 lb
76Kg	12 Stone 0 lb
78Kg	12 Stone 4 lb
80Kg	12 Stone 8 lb
82Kg	12 Stone 13 lb
84Kg	13 Stone 3 lb
86Kg	13 Stone 8 lb
88Kg	13 Stone 12 lb
90Kg	14 Stone 2 lb
96Kg	15 Stone 2 lb
98Kg	15 Stone 6 lb
100Kg	15 Stone 10 lb
105Kg	16 Stone 7 lb
110Kg	17 Stone 5 lb
115Kg	18 Stone 2 lb
120Kg	18 Stone 13 lb

See overleaf
for further
information
on Body Mass
Index (BMI)

What is Body Mass Index (BMI)?

The body mass index (BMI) is a measure that uses your height and weight to work out if your weight is healthy.

Calculating the Body Mass Index

$$\text{BMI} = \frac{\text{weight in kg}}{(\text{height in meters})^2}$$

BMI takes into account natural variations in body shape, giving a healthy weight range for a particular height.

Muscle is much denser than fat, so very muscular people, such as heavyweight boxers, may be a healthy weight even though their BMI is classed as obese. However this applies to only a tiny proportion of people.

Why it Matters

If you are underweight with a BMI less than 18.5 or if you are losing weight unexpectedly then this may be cause for concern and you should seek advice from a GP.

Maintaining a healthy weight is important for your long term health. Unfortunately around 60% of us are overweight or obese and this can lead to a variety of health problems including Type 2 Diabetes and Cancer.

If you are hoping to lose weight:

- Ask at reception about seeing a Health Trainer at the Practice. No referral is required, it's free and we can book you straight in for an initial consultation.
- Make an appointment with a Practice Nurse for advice
- Consider joining a local group such as Weight Watchers or Slimming World for peer support