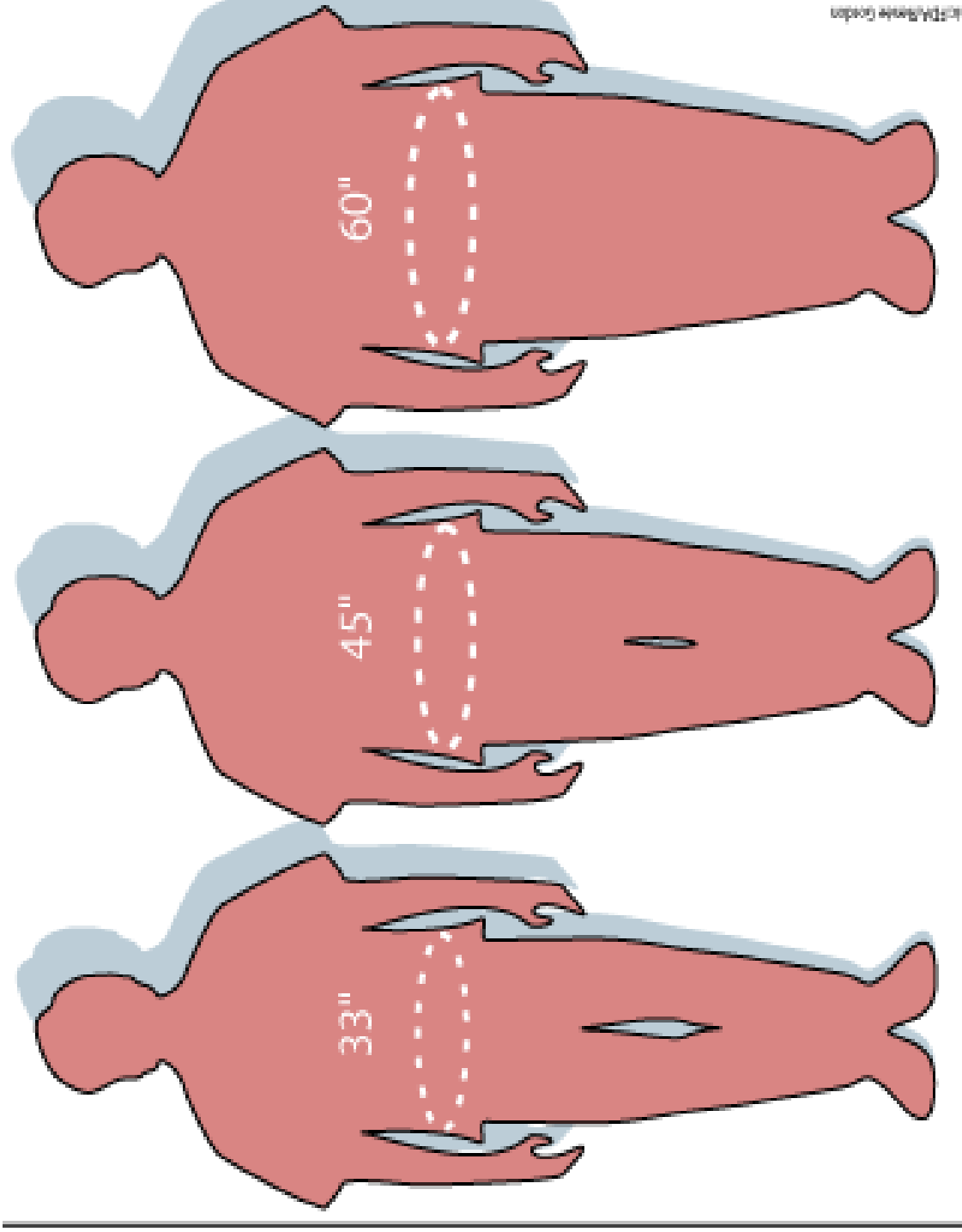


Write the correct words under the picture: Overweight, Obese, Healthy Weight



HOW MUCH DO YOU WEIGH?			
<u>KILOGRAMS</u>		<u>POUNDS</u>	
48	=	106	
50	=	110	
52	=	115	
54	=	119	
56	=	123	
58	=	128	
60	=	132	
62	=	137	
64	=	141	
66	=	146	
68	=	150	
70	=	154	
72	=	159	
74	=	163	
76	=	168	
78	=	172	
80	=	176	
82	=	181	
84	=	185	
86	=	190	
88	=	194	
90	=	198	
92	=	203	
94	=	207	
96	=	212	
98	=	216	
100	=	220	
105	=	231	
110	=	243	
115	=	254	
120	=	265	

1 kilogram = 2.2 pounds

Example: John weighs 68 kilograms. How many pounds does he weigh?

$$68 \times 2.2 = 150$$

John weighs 150 pounds.

How tall are you?

I am _____ feet _____ inches.

Classmate's name	Height				
		feet			inches
		feet			inches
		feet			inches
		feet			inches
		feet			inches

Name _____ Date _____

Check the correct answers.
Use the BMI Chart to help you.

Cara is five feet four inches tall. Her weight is 132.

She is...

underweight healthy weight overweight obese

Sam is 6 feet tall. His weight is 130 pounds.

He is...

underweight healthy weight overweight obese

Kyung is five feet five inches tall. Her weight is 155.

She is...

underweight healthy weight overweight obese

Joe is 5'9" tall. His weight is 205.

He is...

underweight healthy weight overweight obese

Monica is five feet five inches tall. Her weight is 185.

She is...

underweight healthy weight overweight obese

I am _____ tall. My weight is _____.

I am...

underweight healthy weight overweight obese

Visit this website to find your actual BMI!

<http://www.shapeup.org/bodylab/frmst.html> or <http://www.dr-bob.org/tips/bmi.html>

How's Your Weight?

BMI*	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height	Weight (lb.)													
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	167	191
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	173	198
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	191	218
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	230	262
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5'10"	132	139	146	153	160	167	174	181	188	195	202	207	243	278
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	250	286
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	258	294
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	265	302
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	272	311
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	279	319

*Body Mass Index

Key	
Less than 18.5	Underweight
18.5-24.9	Normal Weight
25-29	Overweight
30 or more	Obese

Adapted from <http://www.shapeup.org/bodylab/tools/bmi2.php>