

BMI

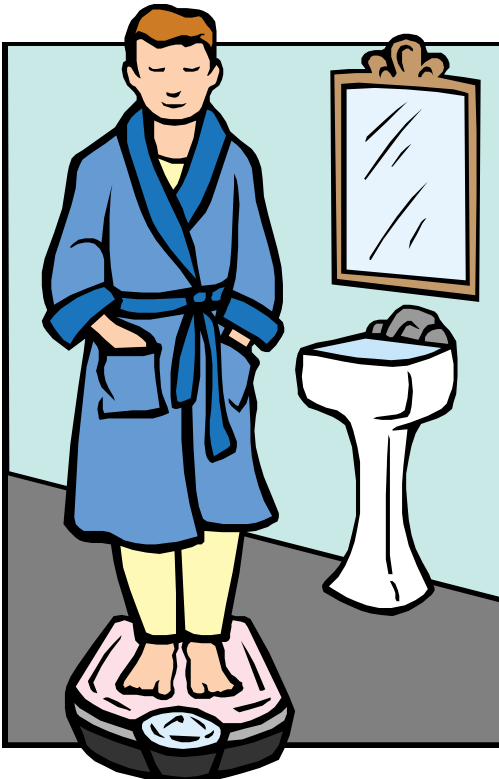
Body Mass Index

According to the Center for Disease Control (CDC), "Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems."

Source: <http://www.cdc.gov/healthyweight/assessing/bmi/index.html>

Examples of Free BMI Calculator Applications

- **Android:** BMI Calculator - Weight Loss
For ages 7 and older, <https://play.google.com/store/apps/details?id=tools.bmirechner>
- **Blackberry:** BMI Calculator
For adults, <http://appworld.blackberry.com/webstore/content/9215/?lang=en&countrycode=US>
- **iPhone:** BMI Calculator
Description not available, <https://itunes.apple.com/us/app/bmi-calculator/id292796789?mt=8>



Examples of Web Based BMI Calculators

- **BMI Calculator for Adults and Children with health tips:** <http://www.mayoclinic.org/bmi-calculator/ITT-20084938>
- **Adult BMI Calculator (age 20+):** http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html
- **BMI Calculator for Children (age 2-19):** <http://nccd.cdc.gov/dnpabmi/Calculator.aspx>



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