DO YOU KNOW WHAT YOUR BMI IS?

Body Mass Index (BMI) is one indicator of healthy or unhealthy weight. Find your BMI on the chart below and determine if you should consider losing weight. If you have a BMI of 25 or greater, you could be at an increased risk for health problems, such as diabetes and heart disease. If you decide to lose weight, HMR’s lifestyle-focused weight management programs can help you lose weight while learning the skills you need to keep it off.

To find your BMI, locate where your height and weight intersect; your BMI is listed at the top of that column.