

Health In Progress

Lesson 19

Body Mass Index



QUESTION 19:

Body Mass Index (BMI) takes into consideration which of the following in determining if a person is a healthy size?

- a. Weight
- b. Height
- c. Age
- d. All of the above

ANSWER: d. All of the above

1. Body Mass Index (BMI) takes into account age, height, and weight in determining if a person is a healthy size. **People come in all sizes and shapes.** Some people have larger bones than others. Many athletes have more muscle and will weigh more than similar persons with the same height.
2. The two key points to remember about "weight" are:
 - a. It is important not to gain or carry excessive weight as fat.
 - b. It is important to be *physically fit* no matter what your body size and shape. *Just because a person is not overweight does not mean that the person is healthy.* On the other hand, there are many people who carry around a little excessive weight, but who are healthy and strong.
3. **What does it mean to be *physically fit*?** It means that your body has been **trained** to be able to respond more easily to a physical "stress". For example, when you run, your heart needs to beat faster to supply blood to your muscles. If you are more fit, however, your heart will not need to work as hard as someone who is not as fit as you!
 - a. **To be physically fit you must exercise regularly** to help:
 1. Your heart to pump more efficiently
 2. Your muscles to be strong
 3. Your bones to be strong
 - b. **In addition to exercise, you can avoid getting sick by doing the following:**
 1. Get enough sleep
 2. Eat healthy foods
 3. Do not smoke, drink to excess, abuse drugs, etc.

ACTIVITY: Calculate your own BMI. Research the internet to see what percentile you are in.

$$\frac{\text{Weight (in pounds)}}{\text{Height (in inches)}} \div \text{Height} \times 703 = \text{BMI}$$