

Calculating Body Mass Index (BMI)

Body Mass Index (BMI) compares your height to your weight using the following equation:

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

Your BMI is then compared against the following table to see which category you fall into:

BMI	Category
Below 20	Underweight
20-25	Normal
25-30	Overweight
Above 30	Obese

Your Task:

Use the following information to calculate the BMI of each person, state which category they are in and state what advice you would give to them

Name	John Smith
Age	13
Weight (kg)	53
Height (m)	1.73
BMI	
Category	
Advice	

Name	Mike Jones
Age	35
Weight (kg)	70
Height (m)	1.55
BMI	
Category	
Advice	

Name	Sarah Baker
Age	70
Weight (kg)	48
Height (m)	1.65
BMI	
Category	
Advice	

Name	Alice Martin
Age	55
Weight (kg)	80
Height (m)	1.57
BMI	
Category	
Advice	