SurgicalWeightLossCentre
Canada's Leading Weight Loss Clinic

BMI conversion chart

		HEIGHT (M/FT)									
		1.5	1.55	1.6	1.65	1.7	1.75	1.8	1.85	1.9	M
KG	LBS	4'11"	5'1"	5'3"	5'5"	5'7"	5'9"	5'11"	6'1"	6'3"	FT
70	154	31	29	27	26	24	23	22	20	19	
75	165	33	31	29	28	26	24	23	22	21	
80	176	36	33	31	29	28	26	25	23	22	
85	187	38	35	33	31	29	28	26	25	24	
90	198	40	37	35	33	31	29	28	26	25	
95	209	42	40	37	35	33	31	29	28	26	
100	220	44	42	39	37	35	33	31	29	28	
105	231	47	44	41	39	36	34	32	31	29	
110	243	49	46	43	40	38	36	34	32	30	
115	254	51	48	45	42	40	38	35	34	32	
120	265	53	50	47	44	42	39	37	35	33	
125	276	56	52	49	46	43	41	39	37	35	
130	287	58	54	51	48	45	42	40	38	36	
135	298	60	56	53	50	47	44	42	39	37	
140	309	62	58	55	51	48	46	43	41	39	
145	320	64	60	57	53	50	47	45	42	40	
150	331	67	62	59	55	52	49	46	44	42	
155	342	69	65	61	57	54	51	48	45	43	
160	353	71	67	63	59	55	52	49	47	44	
165	364	73	69	65	61	57	54	51	48	46	
170	375	76	71	66	62	59	56	52	50	47	
175	386	78	73	68	64	61	57	54	51	48	
180	397	80	75	70	66	62	59	56	53	50	
185	408	82	77	72	68	64	60	57	54	51	
190	419	84	79	74	70	66	62	59	56	53	
195	430	87	81	76	72	67	64	60	57	54	
200	441	89	83	78	73	69	65	62	58	55	
205	452	91	85	80	75	71	67	63	60	57	
210	463	93	87	82	77	73	69	65	61	58	

WEIGHT (KG/LBS)

Body Mass Index Classification	19–24.9 Ideal Weight	25–29.9 Overweight	30–34.9 Obesity	35–39.9 Severe obesity	40 or above Morbid obesity
Risk Of Developing Health Problems		Increased risk	High risk	Very high risk	Extremely high risk

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