**Body Mass Index**

**What does it measure?**
Body composition

**What do you need?**
- Weighing scales marked in kilograms
- Measuring tape
- Calculator
- Partner

**How do you do the test?**
- Measure your weight in kilograms.
- Measure your height in metres (so 182cm is actually 1.82m).
- Calculate your BMI using the formula below.

\[
\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)} \times \text{height (m)}}
\]

NHS Direct (UK) provides the following assessment of BMI measurements. If your BMI is:
- Less than 18.5kg/m² you are underweight for your height.
- 18.5 to 24.9kg/m² you are an ideal weight for your height.
- 25 to 29.9kg/m² you are over the ideal weight for your height.
- 30 to 39.9kg/m² you are obese.
- Over 39.9kg/m² you are very obese.

It is important to remember, however, that muscle weighs more than fat, so bodybuilders and trained athletes will often have a BMI in excess of 25kg/m² without being overweight.

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<thead>
<tr>
<th>Name</th>
<th>Weight (kg)</th>
<th>Height (m)</th>
<th>BMI</th>
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Comment on the reliability and validity of this test: