

Body Mass Index (BMI)



- **Measures weight relative to height**
 - Height:
 - Remove shoes
 - Stand tall with shoulders back
 - Eyes looking forward
 - Record in feet and inches
 - Weight:
 - Removes shoes
 - Record weight in pounds
- **Alternatives to BMI:**
 - Bioelectrical Impedance Analyzer (BIA)
 - Skinfold