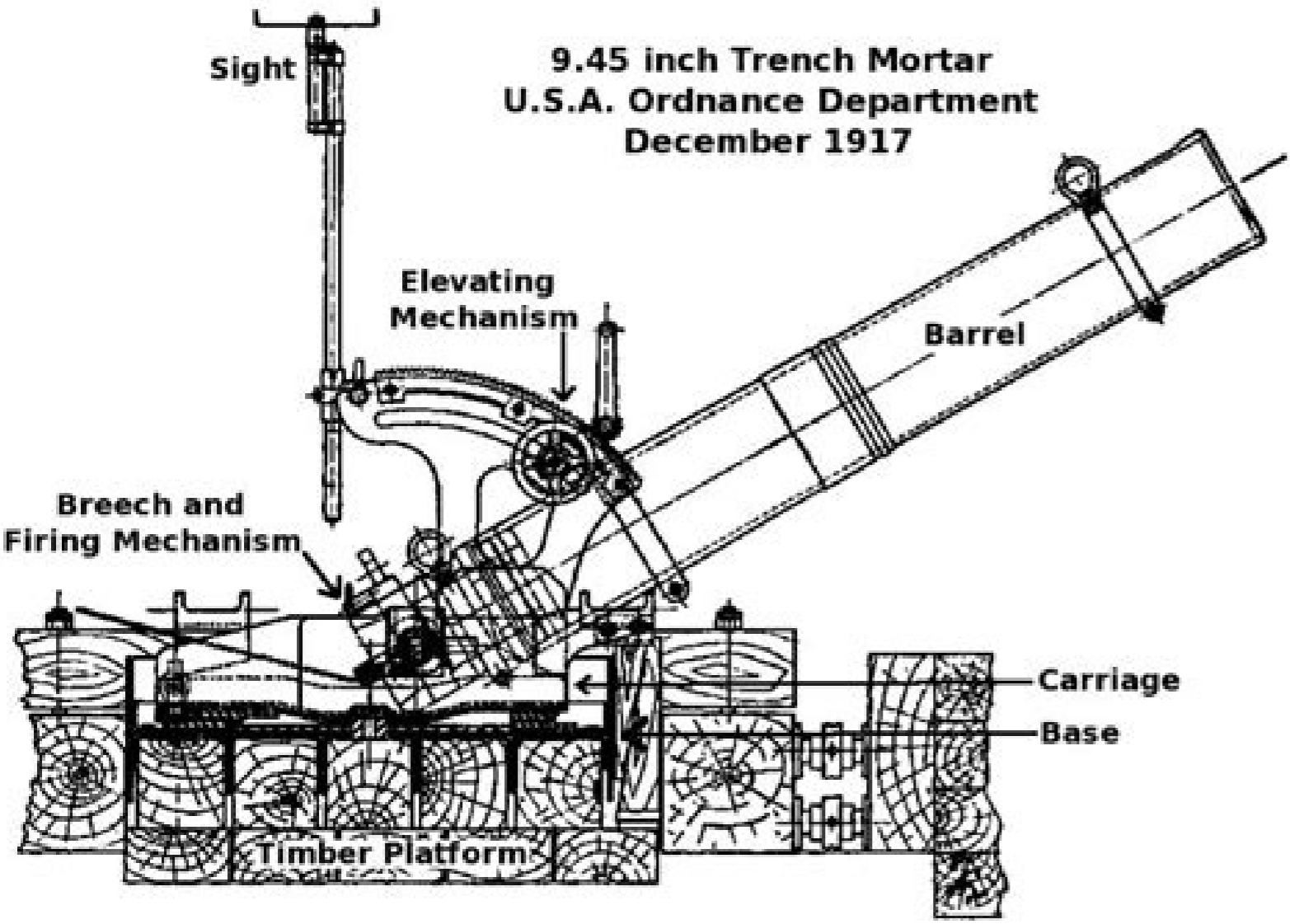


I'm not robot!



## For boys:

Age	85th %ile	95th %ile
10	19.4	22
12	21	24.1
15	23.5	26.9
18	25.7	29
20	27	30.6

## For girls:

Age	85th %ile	95th %ile
10	20	23
12	21.8	25.2
15	24	28
18	25.7	30.4
20	26.5	31.8

How to calculate bmi manually in kg and cm.

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This calculator has been reviewed by Bupa health professionals and is based on reputable sources of medical research. It is not a diagnostic tool and should not be relied on as a substitute for professional medical or other professional health advice. Use this simple tool to calculate your body mass index (BMI). BMI is a widely used measure to find out whether youeÁÁAre a healthy weight for your height.Á Á Being a healthy weight means not being under or overweight. A BMI of 20-25 is considered healthy for most adults. However, BMI can be an inaccurate measure of healthy weight for pregnant women, children, older people, athletes or very muscular people. It may also need to be adjusted for some ethnic groups, including people of Asian, Aboriginal or Torres Strait Islander descent. Being underweight may be associated with lack of some vitamins and minerals that can affect important body functions, such as your immune response to infection and fertility or it can lead to a multitude of health issues from heart disease to bone problems.Á Á Á Being overweight or obese can lead to a multitude of health issues from heart disease, bone and joint problems as well as increase your risk of some cancers, sleep apnoea and type 2 diabetes. Putting on weight and trying to lose weight can be hard. DonéÁÁÁt be disheartened or de-motivated if progress is slow. IteÁÁAs important to decide on small, practical changes that you feel comfortable with and that youeÁÁÁll be able to stick to. It's helpful to get support from family or friends when youeÁÁÁAre trying to change your weight. Health Tools Newsletter Subscribe to receive our fortnightly newsletter, covering topics like health trends, conditions & treatments (no matter how taboo), yummy recipes, selfcare tips, and more. 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The BMI also allows health professionals to discuss body weight objectively with their patients. CALCULATION OF ADULT BMI THE CDC AND WHO USE USE Á-áf 481( = IMB 307 \* )207 Á-áf 481( = IMB 307 \* )2h á-áf w( = IMB SEHCNI 07 07 = tuser eht tuser eht yb tuser eht ylpitlukuqs 207 yb tuser eht yb Thgiev Edivid .01 DDA DNA 21 \* 5 gniiylpittut ?imb sih si tahw .ilat .lat 5 SI DNA BI 481 SI DNA BI = IMB 29.1 Á-áf 46 = IMB 2h Á-ÁF W = IMB 2h Á-ÁF W = IMB 29.1 YB 29.1 yb 46 Edivid ?imb .lat Sretem 9.1 SI DNA GK 46 shgiev adlitam stinu cripeclac :l elpmaxe .307 .307 .307 .307 yb erugif siht ylpitlum neht .Derauqs sehcnI yb Thgiev Edivid, I'm not sure if this is true or not, but I'm sure it's true. 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