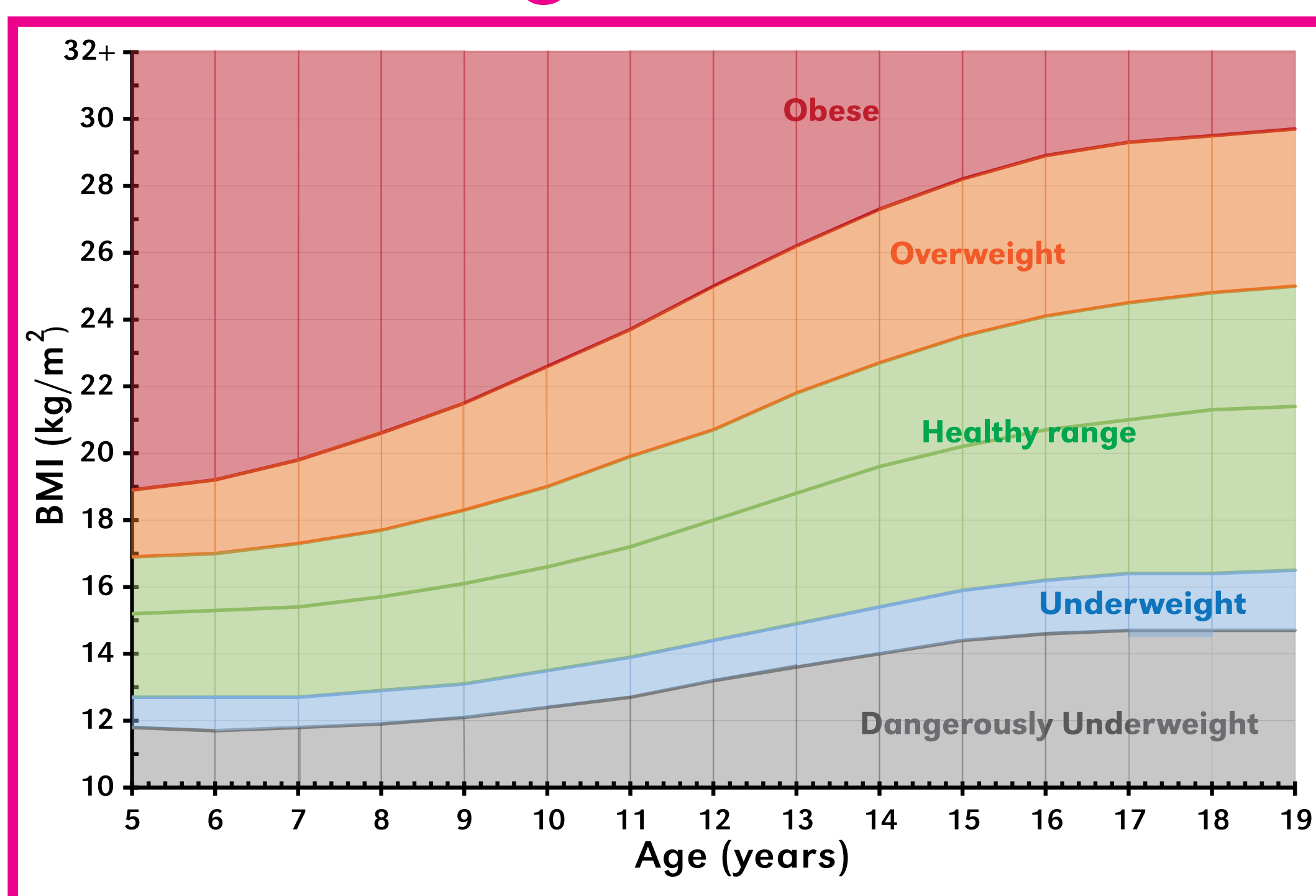


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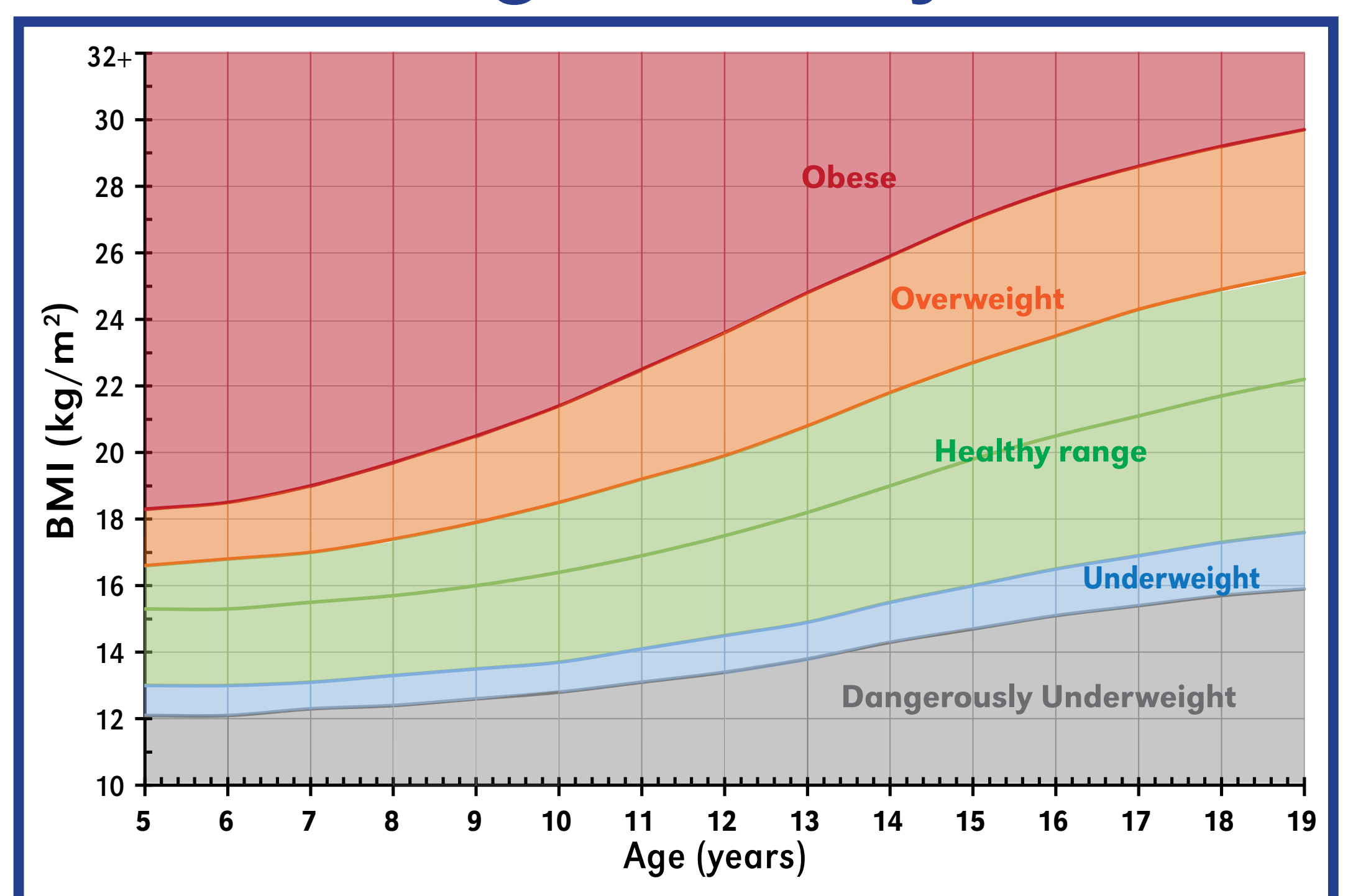
What is your Body Mass Index (BMI)?

BMI is calculated $\frac{\text{your body weight (mass)}}{\text{square of your height (m}^2\text{)}}$

Range for Girls



Range for Boys



Graphs created from World Health Organization data points for BMI ranges of 5- to 19-year-olds.

Healthy Food | Portion Size | Exercise

Teenagers with healthy lifestyles are more likely to live long and healthy lives and have healthy children of their own