What is your Body Mass Index (BMI)?

**BMI is calculated**

\[
\text{Body Mass Index (BMI)} = \frac{\text{your body weight (mass)}}{\text{square of your height (m}^2)}
\]

**Girls**

![Graph showing BMI range for girls](image)

**Boys**

![Graph showing BMI range for boys](image)

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.