

What is BMI?

BMI stands for Body Mass Index - a simple way to check if your weight is in the right range for your height.



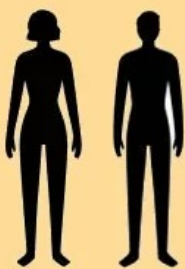
Ages 10–19:



BMI charts are used separately for boys and girls to assess healthy growth.

Age 20 and above

A **BMI** between **18.5 - 24.9** is considered healthy.



18.5

Underweight

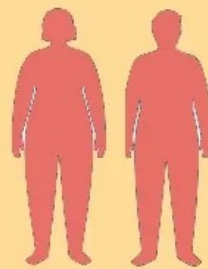


Being underweight can lower your body's defences, leaving you more open to illness.



18.5-24.9

Healthy range



25-29.9

Overweight



Being overweight can raise the risk of diabetes, heart disease, and other health issues—even at a young age.



30+

Obesity



The good news? By following the right advice, eating smart, and staying active, you can reach and maintain a healthy **BMI** that keeps you strong and energised.

