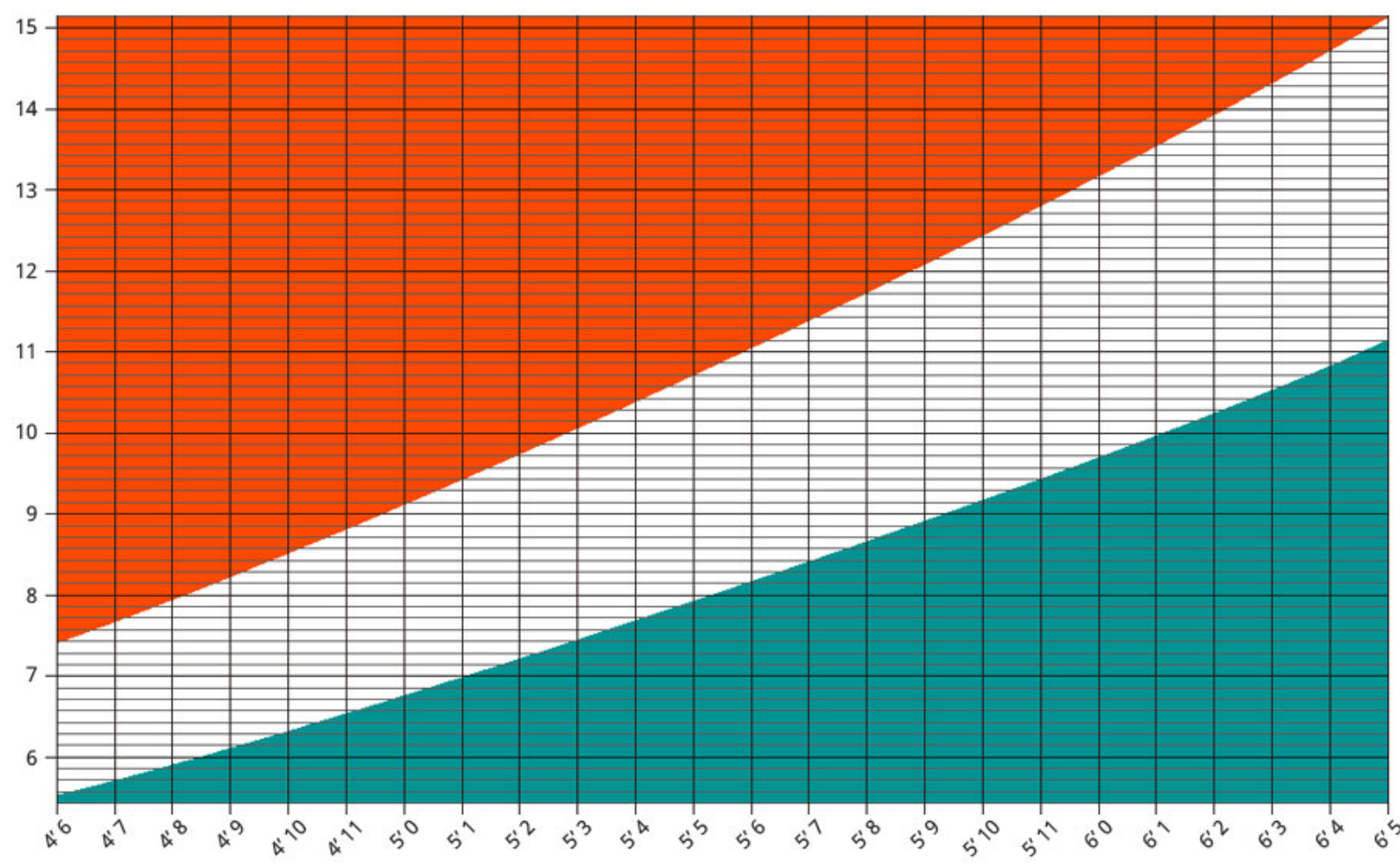


# Healthy Weight Chart Based on Body Mass Index (BMI)

Weight  
in Stones (st)



weightlossresources.co.uk

**Overweight** BMI >25.0    **Healthy Weight** BMI 18.5-25.0    **Underweight** BMI <18.5

**Height**  
in Feet and Inches (ft/in)