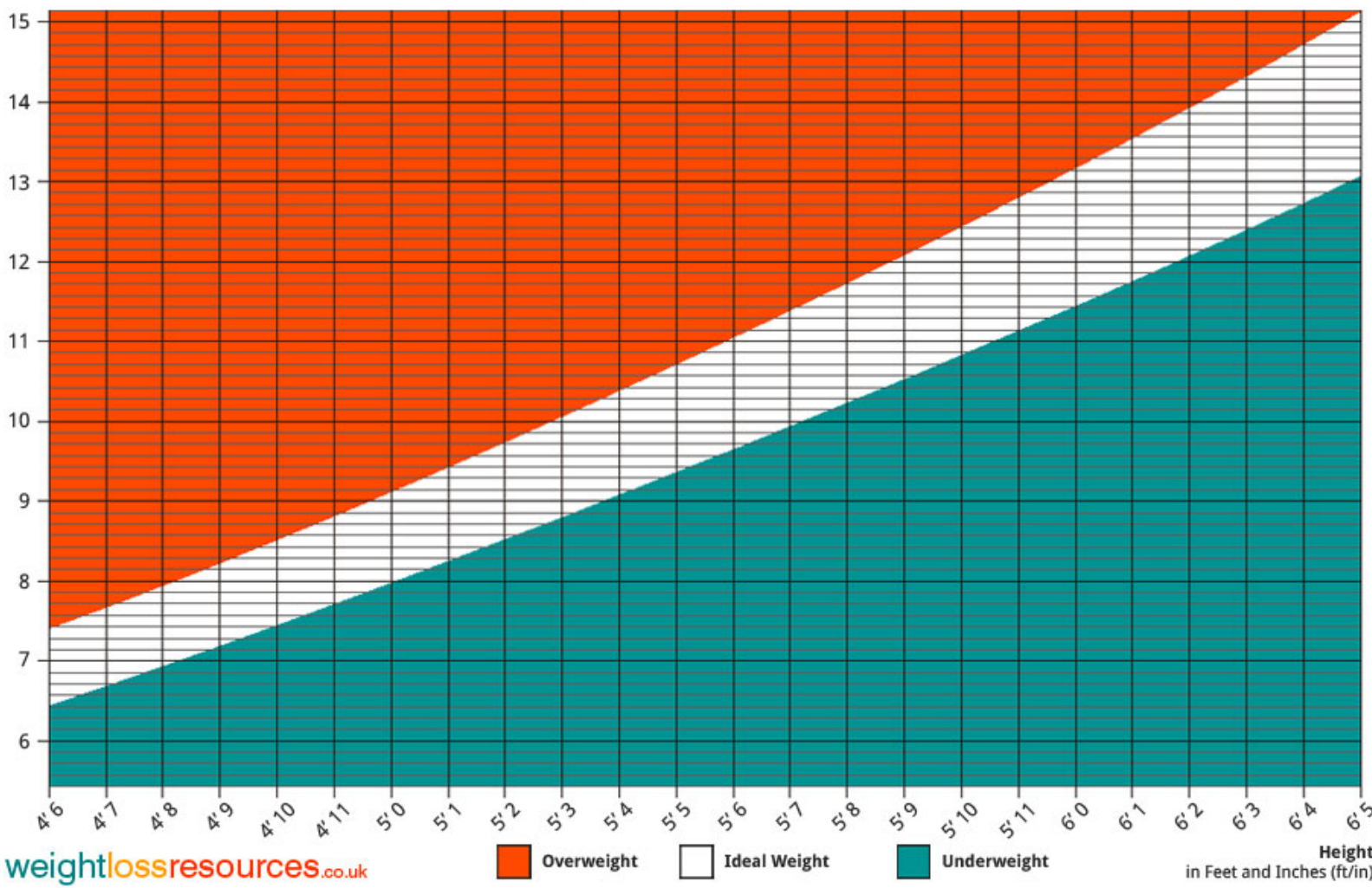


Ideal Body Weight Chart for Men

Based on Body Mass Index, Optimised for Men

Weight
in Stones (st)



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Overweight Ideal Weight Underweight

Height
in Feet and Inches (ft/in)