

The Lean Team

Healthy Kids = Healthy Families, Schools + Communities!

Name _____ Date _____ Goal _____

Height _____ Pounds _____ Age _____ Sex _____ %Body Fat _____ Lbs Fat _____ BMI _____
 (M=12-20%,F=18-28%)

Body Mass Index – Match your height and weight in pounds to know your risk!

| Inches | Normal (20-24.9) | | | | | Overweight (25-30) | | | | | Obese (more than 30) | | | | | Extreme | | | | |
|--------|------------------|-----|-----|-----|-----|--------------------|-----|-----|-----|-----|----------------------|-----|-----|-----|-----|---------|-----|-----|--|--|
| | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 40 | 45 | | |
| 4'10" | 96 | 100 | 105 | 110 | 115 | 119 | 124 | 129 | 134 | 138 | 143 | 148 | 153 | 158 | 163 | 167 | 191 | 215 | | |
| 4'11" | 99 | 104 | 109 | 114 | 119 | 124 | 128 | 133 | 138 | 143 | 148 | 154 | 158 | 163 | 168 | 173 | 198 | 223 | | |
| 5'0" | 102 | 107 | 112 | 118 | 123 | 128 | 133 | 138 | 143 | 148 | 153 | 159 | 164 | 169 | 174 | 179 | 205 | 230 | | |
| 5'1" | 106 | 111 | 116 | 122 | 127 | 132 | 137 | 143 | 148 | 153 | 158 | 164 | 169 | 175 | 180 | 185 | 212 | 238 | | |
| 5'2" | 109 | 115 | 120 | 126 | 131 | 136 | 142 | 147 | 153 | 158 | 164 | 170 | 175 | 180 | 186 | 191 | 219 | 246 | | |
| 5'3" | 113 | 118 | 124 | 130 | 135 | 141 | 146 | 152 | 158 | 163 | 169 | 175 | 181 | 186 | 192 | 198 | 226 | 254 | | |
| 5'4" | 116 | 122 | 128 | 134 | 140 | 145 | 151 | 157 | 163 | 169 | 174 | 181 | 186 | 192 | 198 | 204 | 233 | 262 | | |
| 5'5" | 120 | 126 | 132 | 138 | 144 | 150 | 156 | 162 | 168 | 174 | 180 | 186 | 192 | 198 | 204 | 210 | 240 | 270 | | |
| 5'6" | 124 | 130 | 136 | 142 | 148 | 155 | 161 | 167 | 173 | 179 | 186 | 192 | 198 | 204 | 211 | 217 | 248 | 279 | | |
| 5'7" | 127 | 134 | 140 | 146 | 153 | 159 | 166 | 172 | 178 | 185 | 191 | 198 | 204 | 211 | 217 | 223 | 255 | 287 | | |
| 5'8" | 131 | 138 | 144 | 151 | 158 | 164 | 171 | 177 | 184 | 190 | 197 | 204 | 210 | 217 | 224 | 230 | 263 | 296 | | |
| 5'9" | 135 | 142 | 149 | 155 | 162 | 169 | 176 | 182 | 189 | 196 | 203 | 210 | 217 | 223 | 230 | 237 | 271 | 305 | | |
| 5'10" | 139 | 146 | 153 | 160 | 167 | 174 | 181 | 188 | 195 | 202 | 207 | 216 | 223 | 230 | 237 | 244 | 279 | 314 | | |
| 5'11" | 143 | 150 | 157 | 165 | 172 | 179 | 186 | 193 | 200 | 208 | 215 | 222 | 229 | 237 | 244 | 251 | 287 | 323 | | |
| 6'0" | 147 | 154 | 162 | 169 | 177 | 184 | 191 | 199 | 206 | 213 | 221 | 229 | 236 | 243 | 251 | 258 | 295 | 332 | | |
| 6'1" | 151 | 159 | 166 | 174 | 182 | 189 | 197 | 204 | 212 | 219 | 227 | 235 | 243 | 250 | 258 | 265 | 303 | 341 | | |
| 6'2" | 155 | 163 | 171 | 179 | 186 | 194 | 202 | 210 | 218 | 225 | 233 | 241 | 249 | 257 | 265 | 273 | 312 | 351 | | |
| 6'3" | 160 | 168 | 176 | 184 | 192 | 200 | 208 | 216 | 224 | 232 | 240 | 248 | 256 | 264 | 272 | 280 | 320 | 360 | | |
| 6'4" | 164 | 172 | 180 | 189 | 197 | 205 | 213 | 221 | 230 | 238 | 246 | 255 | 263 | 271 | 279 | 287 | 328 | 369 | | |
| 6'5" | 169 | 177 | 186 | 194 | 202 | 211 | 219 | 228 | 236 | 245 | 253 | 261 | 270 | 278 | 287 | 295 | 337 | 380 | | |

Risk for Diabetes

4x

10x

20x

One Bite at a Time

1. Don't drink Calories.
2. Eat lots of fruits & vegetables.
3. Don't fry foods.
4. Reduce portions.
5. Don't eat in front of the TV.

One Step at a Time

1. Assess your fitness level.
2. Set a goal.
3. Find a buddy.
4. Make it fun.
5. Just do it!

Mary Joan Oexmann, MS, RD
 Coleen Martin, MS, RD
 MUSC, Adolescent Medicine
 135 Rutledge Avenue, MSC 561
 Charleston, SC 29425-5610

Email: oexmann@musc.edu
 Email: martinct@musc.edu
 Phone: (843) 792-4708

www.musc.edu/leanteam