

MEN'S BMI REFERENCE CHART

Body Mass Index (BMI) Categories for Adults 20+

BMI Range (kg/m ²)	Weight Classification	Health Risk Level
Below 18.5	Underweight	Increased Risk
18.5 - 24.9	Normal Weight	Minimal Risk
25.0 - 29.9	Overweight	Increased Risk
30.0 - 34.9	Obesity Class I	High Risk
35.0 - 39.9	Obesity Class II	Very High Risk
40.0 and Above	Obesity Class III	Extremely High Risk

Underweight: Consult physician for nutritional assessment.

Normal: Maintain weight through diet and exercise.

Overweight: Potential risk for cardiovascular issues.

Obese: Higher risk for Type 2 diabetes and hypertension.

Formula: $\text{weight (kg)} / [\text{height (m)}]^2$ | Note: BMI does not measure body fat directly and does not distinguish between muscle and fat mass.