WHAT SHOULD I WEIGH FOR MY AGE & HEIGHT?

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Your Body Mass Index (BMI) is a calculation that takes your weight into consideration, but does not take your age, height, or gender into account. To create a more accurate assessment of ideal weight, you’ll need to take into account the specific factors that can influence your body's weight.

SEASONAL INFLUENCES

Seasonal factors can affect your weight, especially for people who are prone to depression. In the fall, the change from daylight to darkness can contribute to weight gain or mood swings. To counteract seasonal depression, try getting in a regular exercise routine, and eating a healthy diet with plenty of vitamin D, which can help improve your mood.

MORE ACCURATE ASSESSMENT OF IDEAL WEIGHT

While these calculations can give a good estimate of where your weight should be, there are more factors to consider than just your age and height. A world-class athlete and a morbidly obese person of the same age and height might weigh the same, because the athlete is carrying a lot of weight in muscle. Other methods of determining whether someone is overweight or underweight include skin-fold thickness measurements, and determining whether the athlete is overweight or underweight, we can get a better estimate of where your weight should be, based on age, gender, and height.

IDEAL WEIGHT FROM HEIGHT

To calculate ideal weight based on height, take your height in inches squared, and multiply by 0.3087. The resulting BMI of 18.5 to 24.9 is considered the normal range for both men and women, including seniors, over age 65.

BMI, take your weight in pounds, and divide it by your height in inches, squared. Then multiply by 703. A result will be the weight, in pounds, of a person with a BMI of 21.7, which is exactly in the middle of the normal range.

IDEAL WEIGHT FROM BMI

Determining the ideal weight for a child based on height is more complicated than for an adult, because the normal ranges for BMI are different for boys and girls based on age. To calculate ideal weight for children, use the following BMI calculator:

BMI = Weight (pounds) / Height (inches)^2

BMI is a ratio of height to weight, and is used to determine whether your weight is healthy or unhealthy. A BMI over 25 is considered overweight, and a BMI over 30 is considered obese. A BMI below 18.5 is considered underweight.

BMI & OBESITY INFORMATION

Obesity is associated with a host of health problems, including hormonal and immune system disruptions. You can get a good estimate of where your weight should be, based on age, gender, and height.

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