

Weight Management Health Risk Guide

Waist Circumference (cm)

Women ≥ 80 cm Increased Risk, ≥ 88 cm High Risk

Men ≥ 90 cm Increased Risk (from South Asia, China, Japan, South/Central America)

≥ 94 cm Increased Risk (other ethnic groups)

≥ 102 cm High Risk

(waist circumference may not be an accurate measure of health risk with certain medical conditions)

BMI chart based on Body Mass Index (weight = kg)

	Centimetre(cm)	Underweight	Healthy Weight		Increased Risk	High Risk	Extreme Risk
4 Foot 10 Inches	147.3	40.2	43.4 to	54.3 to	65.1 to	86.8 >	86.8
4 Foot 11 Inches	149.9	41.5	44.9 to	56.1 to	67.4 to	89.8 >	89.8
5 Foot	152.4	43.0	46.5 to	58.1 to	69.7 to	92.9 >	92.9
5 Foot 1 Inch	154.9	44.4	48.0 to	60.0 to	72.0 to	96.0 >	96.0
5 Foot 2 Inches	157.5	45.9	49.6 to	62.0 to	74.4 to	99.2 >	99.2
5 Foot 3 Inches	160.0	47.4	51.2 to	64.0 to	76.8 to	102.4 >	102.4
5 Foot 4 Inches	162.6	48.9	52.9 to	66.1 to	79.3 to	105.7 >	105.7
5 Foot 5 Inches	165.1	50.4	54.5 to	68.1 to	81.8 to	109.0 >	109.0
5 Foot 6 inches	167.6	52.0	56.2 to	70.3 to	84.3 to	112.4 >	112.4
5 Foot 7 Inches	170.2	53.6	57.9 to	72.4 to	86.9 to	115.8 >	115.8
5 Foot 8 Inches	172.7	55.2	59.7 to	74.6 to	89.5 to	119.3 >	119.3
5 Foot 9 Inches	175.3	56.8	61.4 to	76.8 to	92.1 to	122.9 >	122.9
5 Foot 10 Inches	177.8	58.5	63.2 to	79.0 to	94.8 to	126.5 >	126.5
5 Foot 11 Inches	180.3	60.2	65.0 to	81.3 to	97.6 to	130.1 >	130.1
6 Foot	182.9	61.9	66.9 to	83.6 to	100.3 to	133.8 >	133.8
6 Foot 1 Inch	185.4	63.6	68.8 to	86.0 to	103.1 to	137.5 >	137.5
6 Foot 2 Inches	188.0	65.4	70.7 to	88.3 to	106.0 to	141.3 >	141.3
6 Foot 3 Inches	190.5	67.1	72.6 to	90.7 to	108.9 to	145.2 >	145.2
6 Foot 4 Inches	193.0	68.9	74.5 to	93.2 to	111.8 to	149.1 >	149.1
6 Foot 5 Inches	195.6	70.8	76.5 to	95.6 to	114.8 to	153.0 >	153.0
6 Foot 6 Inches	198.1	72.6	78.5 to	98.1 to	117.8 to	157.0 >	157.0
6 Foot 7 Inches	200.7	74.5	80.5 to	100.7 to	120.8 to	161.1 >	161.1
6 Foot 8 Inches	203.2	76.4	82.6 to	103.2 to	123.9 to	165.2 >	165.2
6 Foot 9 Inches	205.7	78.3	84.7 to	105.8 to	127.0 to	169.3 >	169.3
6 Foot 10 Inches	208.3	80.3	86.8 to	108.5 to	130.1 to	173.5 >	173.5
6 Foot 11 Inches	210.8	82.2	88.9 to	111.1 to	133.3 to	177.8 >	177.8
7 Foot	213.4	84.2	91.0 to	113.8 to	136.6 to	182.1 >	182.1

Guide

Underweight <18.5 BMI

Healthy Weight BMI 20-24.9

Class 1 Increased Risk (BMI 25-29.9)

Class 2 High Risk (BMI 30-39.9)

Class 3 Extreme Risk (BMI ≥ 40)

Please download my ebook for further information

Website: <https://www.weightlosssecretsrevealed.com.au/>

