



Introduction

Thank you for your interest in understanding your true BMI rating and what this means for your body. In this short report you will find both a BMI for women chart from which you will easily be able to see what your BMI score is and as well as an accurate BMI for men chart.

Ok, so you look through the charts and come to a score for your own personal BMI score; What next?

There are a number of key aspects to consider depending upon what your BMI score actually is. The most important step however has already been taken by you and that is appreciation that you want to see your weight controlled and at acceptable levels, so congratulations on that most important of steps – acceptance you need to make change.

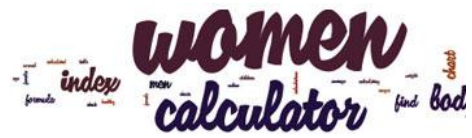
Within this short report and following the presentation of the two BMI charts (men and women), I will be looking at few important next steps for you to consider on your road to the ideal goal weight. One of the most important concepts to grasp here is the step change in your attitude and perception of foods and what impact they have on your weight.

You may be surprised to hear that dieting along with exercise is not the way to prolonged and sustained weight loss by itself, your brain (which of course controls everything) is going to need a reprogram for want of a better word and accepted conventional wisdoms about foods and our diets will change for the better.

Once you have conditioned your brain in the manner described above the use of dieting aids help to form a strategic plan which you can follow thereby setting yourself up success from the get go! Remember, there is plenty of help, guidance and support located at our website [BMI for Women](#).

Without further ado, let's get into the first stage of the process and whether you are actually in a position that you truly need to lose weight or not!

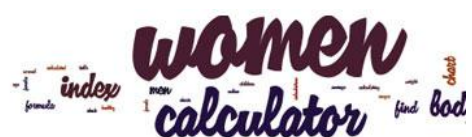




BMI for Women Chart

		Height (ft)									
		4'9"	4'11"	5'1"	5'3"	5'5"	5'7"	5'9"	5'11"	6'1"	6'3"
Weight (lbs)	154	33	31	29	27	26	24	23	22	20	19
	165	36	33	31	29	28	26	24	23	22	21
	176	38	36	33	31	29	28	26	25	23	22
	187	40	38	35	33	31	29	28	26	25	24
	198	43	40	37	35	33	31	29	28	26	25
	209	45	42	40	37	35	33	31	29	28	26
	220	48	44	42	39	37	35	33	31	29	28
	231	50	47	44	41	39	36	34	32	31	29
	243	52	49	46	43	40	38	36	34	32	30
	254	55	51	48	45	42	40	38	35	34	32
	265	57	53	50	47	44	42	39	37	35	33
	276	59	56	52	49	46	43	41	39	37	35
	287	62	58	54	51	48	45	42	40	38	36
	298	64	60	56	53	50	47	44	42	39	37
	309	67	62	58	55	51	48	46	43	41	39
	320	69	64	60	57	53	50	47	45	42	40
	331	71	67	62	59	55	52	49	46	44	42
	342	74	69	65	61	57	54	51	48	45	43
	353	76	71	67	63	59	55	52	49	47	44
	364	78	73	69	64	61	57	54	51	48	46
375	81	76	71	66	62	59	56	52	50	47	
386	83	78	73	68	64	61	57	54	51	48	
397	86	80	75	70	66	62	59	56	53	50	
408	88	82	77	72	68	64	60	57	54	51	
419	90	84	79	74	70	66	62	59	56	53	
430	93	87	81	76	72	67	64	60	57	54	
441	95	89	83	78	73	69	65	62	58	55	
452	98	91	85	80	75	71	67	63	60	57	
463	100	93	87	82	77	73	69	65	61	58	

Weight Category	BMI
Normal Weight	18.5 - 24.9
Overweight	25 - 29.9
Obesity	30 - 34.9
Severe Obesity	35 - 39.9
Morbid Obesity	≥40





Using the chart is simple. Simply measure your height and weight and where the two points meet within the chart is your BMI score (the chart can be used for both men and women).

1. If your BMI score is around the **18-25** mark then well done you! You have nothing to worry about and are classed as being within the normal (and healthy) category.
2. Scores from **25-39** indicate an overweight reading which means that you would benefit from losing a few extra pounds.
3. Scores ranging between **30-35** indicate a more serious weight problem and are classified as obese. This score is something which requires attention and in order to maintain a healthy and sustained lifestyle action needs to be taken sooner rather than later.
4. A score from **35-40** is a serious health problem and you need to start to accept that you are classified as severely obese. Without taking action to reduce your weight you will develop restricted movement problems and bone and ligament damage as time goes on.
5. **40+** is the top of the weight scale and is classed as morbidly obese. This is the most serious of classifications given your health is almost certainly effected in a dramatic way and without taking action to address the problem you are putting your life in imminent danger.

Taking action

So you have your BMI score to hand and it is reading that you need to do some work in order to reduce your weight. No problem! Ok, so that's easier said than done but I did mention at the beginning that you have already undertaken the most important step already so consider yourself half way there!

Lesson in Brain Training

I also mentioned earlier that diet and exercise along are not going to be the elixir you are looking for to sustained weight loss to your ideal weight. The other and most important consideration is the way in which you think about food.

Food Addiction

Like many other addictions food is no different. A good example is smoking. Tell a smoker to stop smoking because it is damaging his or her health is breath wasted without understanding why they are smoking in the first place.

The same goes with food. At the back of our minds we know that perhaps we are eating too much or perhaps should really go on a diet. This will only lead to failure however without first analysing why we are eating too much or eating the wrong foods. Humans are really bad at willpower application and sustaining something like a diet requires preparation. Before we embark upon anything which requires sustained effort such as dieting we must first look into ourselves and understand the true causes of our problems.





Taking the route to Success

Don't get me wrong here, lets not get too 'heavy' on the inward analysis but do spend some time understanding why you are doing the things you are doing. Is your relationship the cause of your over eating? Do you not have sufficient time in your busy life to cook foods and as a result are eating nothing but high fat and salty processed foods? Is it because you simply cannot cook?

You will probably have noticed that all of these issues can be overcome. Spending a few dollars on a great cook book which helps to show you the basics of cooking. Ditching the bad relationship you have and looking to spend more quality time with yourself, getting to know yourself better. No time to cook can be overcome by making the time; simple as that. What is more important to you, your health which for the most part we take for granted or your work life?

So, before you embark upon any dieting programs in the final section of this report do spend some time thinking about the above and applying it to your own circumstances. Ensuring that you have removed (or at least acknowledged) the barriers and causes of your weight problems can you overcome them successfully – I wish you all the luck in the world and remember, you are doing this for one person and one person only; YOU!





Recommended Dieting Programs

The below list is a BMI for Women recommended source of leading diets which are proven to work well for the majority of users. Do remember that in order for these to be successful and for you to gain the most out of them pay particular attention to the earlier 'taking the route to success' section.

Note: we may receive a small commission from some of these sites should you decide to take forward a particular diet plan. The amounts are small but do help keep our site running through this and other donations from our loyal readers.

[The Paleo Cookbook](#)

One of my favourite diet plans. This is a great concept in providing our bodies with the foods it was originally created to eat (entirely logical if you step back and think about it). Don't let the caveman diet thing out you off, there are loads of great foods (370+ recipes) for all meals of the day which taste great and I certainly never feel I am actually on a diet!

[The Diet Solution Weight Loss Program](#)

This is a super diet program which follows in line with my principles around understanding what foods cause you to put on weight and thereby avoiding them. It sounds harsh but in reality the fact is that you CAN replace these foods with ones which are equally tasty and filling. A great mind concept and a real winner for many customers

[The Fat Burning Furnace](#)

A true heavy weight in the dieting class the fat burning furnace has been around for many years now for good reason, it simply works. There are just a handful of diets which can claim to work year in year out and see off the latest dieting fads, the fat burning furnace is just the diet to help you loose that initial weight and then slowly and safely loose the remainder not just for the short term but the longer term.



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