

Guiding Formulas

Patricia Read-Hunter for “Weight Management” Class

Ideal weight:

* women: 100# for first 5', 5# per inch thereafter

* men: 106# for first 5', 6# per inch thereafter

BMI: <https://tinyurl.com/qyqhmdx>

BMR:

Women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$