HI, BMI
What's a healthy weight?

name

date

Act One: CeleBMI

1 The **body mass index** is used to determine a person's weight status: underweight, healthy, overweight, or obese. The BMI is calculated using weight (in pounds) and height (in inches). Use the formula to find the BMIs and weight statuses for the following celebrities.

$$BMI = \dfrac{w \cdot 703}{h^2}$$	Weight Status			
	Underweight	Healthy	Overweight	Obese
	BMI ≤ 18	18 < BMI ≤ 25	25 < BMI ≤ 30	BMI > 30
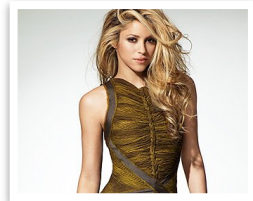
Shakira 5'2", 125 lb	Taylor Swift 5'10", 120 lb	Cee Lo Green 5'7", 245 lb	Christina Aguilera 5'2", 150 lb	Justin Timberlake 6'1", 168 lb

2 Pick two celebrities above whose weight status is not "healthy." How much weight would they need to gain or lose to have a healthy BMI?

3 Look at the six before-and-after scenarios below. In each, will the BMI increase or decrease?

Gain weight
Same height

Same weight
Grow taller

Lose weight
Grow taller

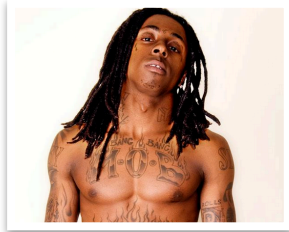Gain weight
Grow taller

Gain weight
Get shorter

Lose weight
Get shorter

Act Two: Jacked

4 Without calculating anything, circle the celebrity in each pair that you expect has the higher body mass index. Then, use the internet to find their measurements, and calculate their BMIs. Were your predictions correct?
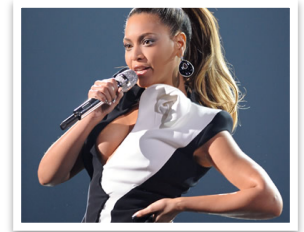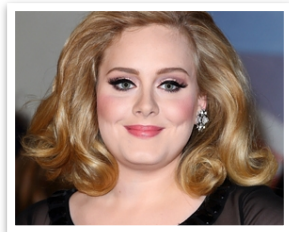

Lil Wayne

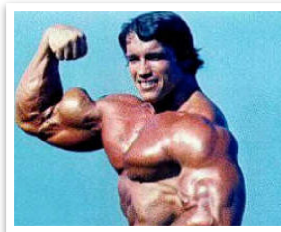Kevin James

Seimone Augustus

Beyoncé

Adele

Dwayne Johnson

A. Schwarzenegger (1970)

A. Schwarzenegger (2012)

5 Do you think body mass index is a good way to determine whether a person's weight status is healthy or obese? Explain your reasoning.