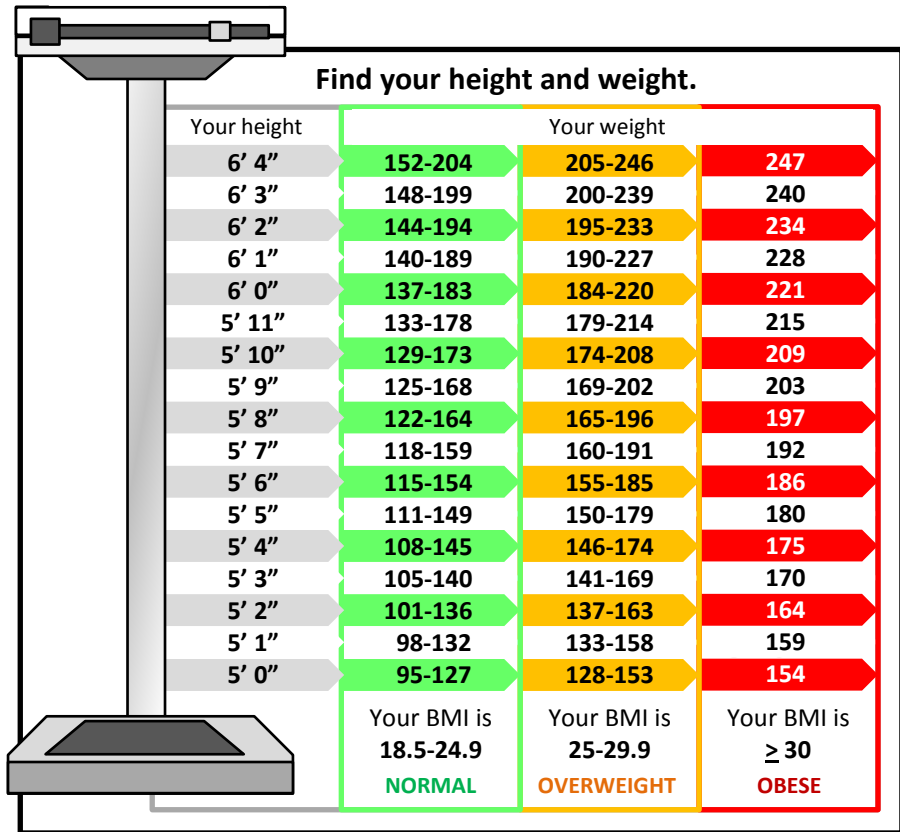




# What's Your Body Mass Index (BMI)?

For adults, 20 years old and older



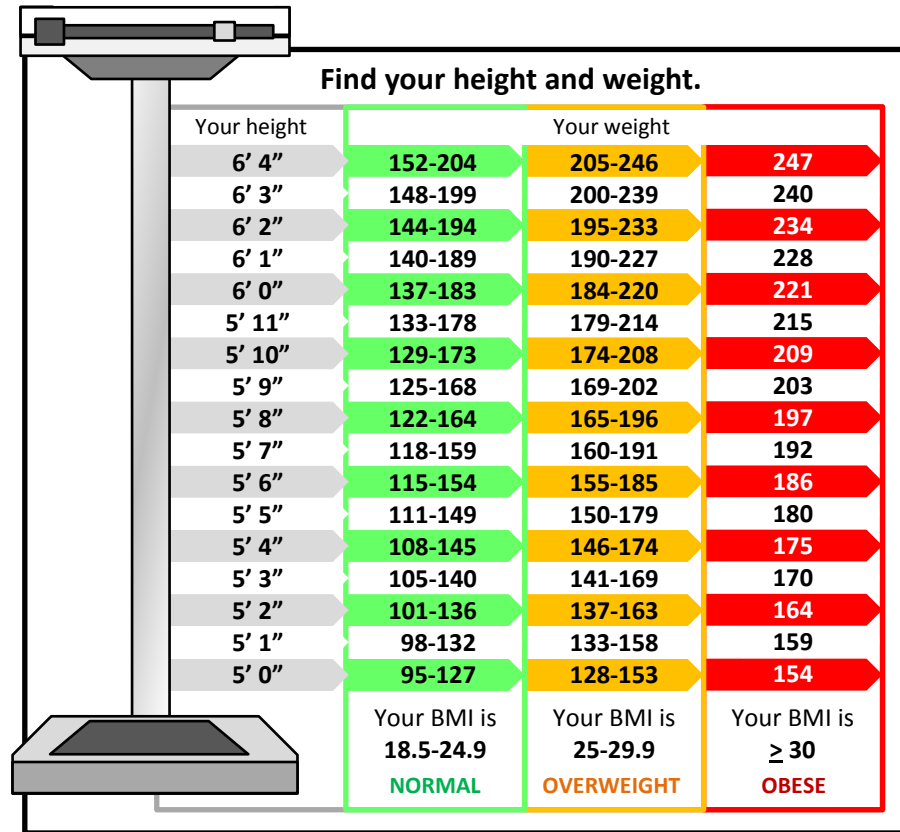
- BMI is a screening tool to measure body fat based on height and weight.
- A high BMI can increase your risk for many diseases and health conditions.
- BMI may be overestimated for Soldier Athletes, body builders and women who are pregnant or nursing.
- Contact your healthcare provider if you have any concerns about your BMI.

Source: Centers for Disease Control and Prevention: <http://go.usa.gov/3VeTB>



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