

How to Determine Your Healthy Weight Range

For women:

For the first 5 feet start with 100lbs. and each additional inch you add 5lbs. Then take that weight and subtract 10% and add 10%. This will give you're your healthy weight range.

Example: Jane is 5'6" tall. What is a Jane's healthy weight range?

100lbs for the first 5 ft + 30lbs for the additional 6 inches (6x5).

$100 + 30 = 130\text{lbs} \times .9$ (for low end of range) = 117lbs

$130\text{lbs} \times 1.1$ (for top end of range) = 143lbs

Jane's healthy weight range is 117 – 143lbs.

For men:

For the first 5 feet start with 105lbs and each additional inch you add 6lbs. Then you take that weight and subtract 10% and add 10%. This will give you your healthy weight range.

Example: John is 5'11" tall. What is John's healthy weight range?

105lbs for the first 5 feet + 66lbs for the additional 11 inches (6x11).

$105 + 66 = 171\text{lbs} \times .9$ (for the low end of range) = 154 lbs.

$171\text{lbs} \times 1.1$ (for the high end of range) = 188lbs.

John's healthy weight range is 154 – 188lbs.

*It is very important to understand that these are estimates *