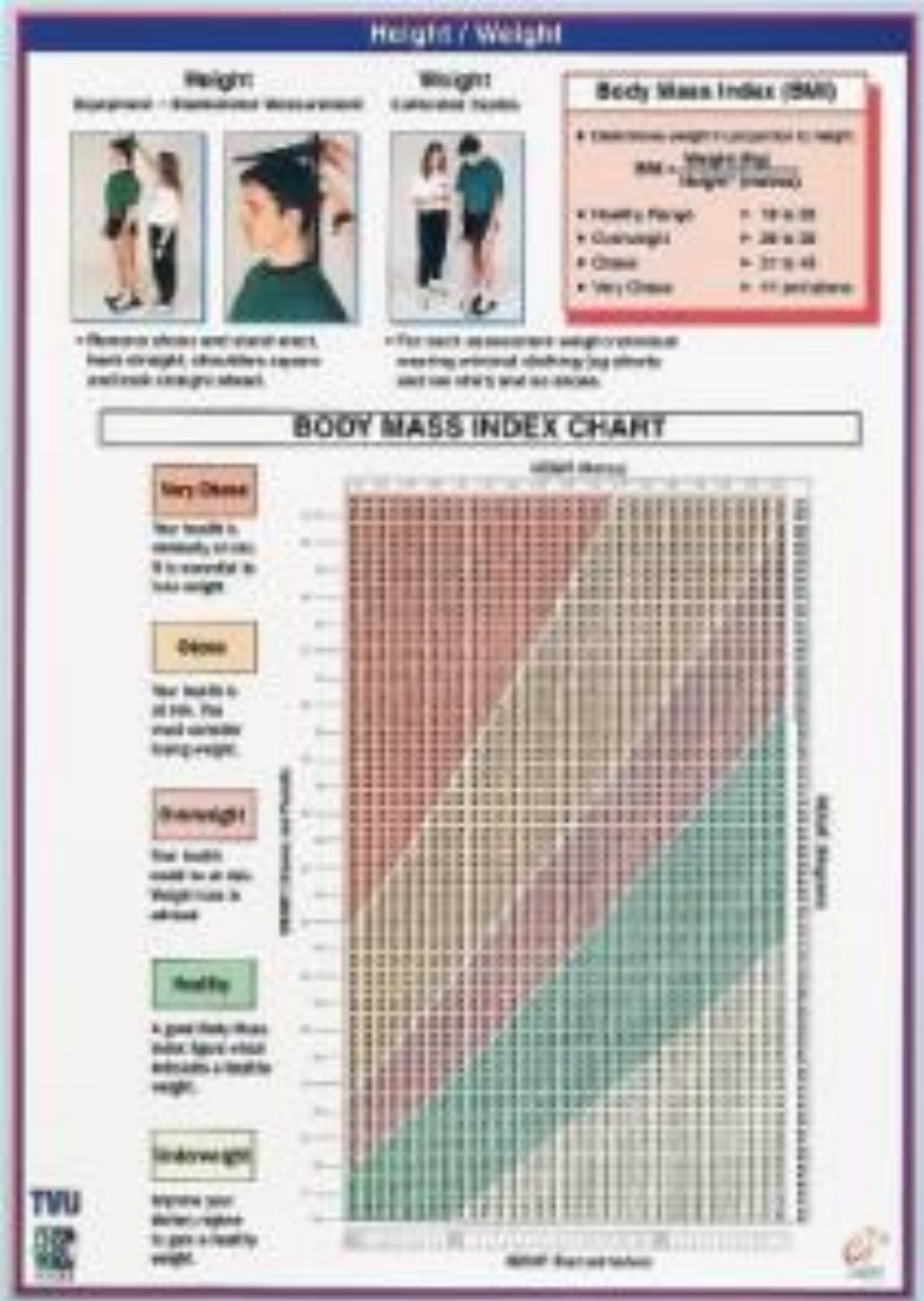


Health/Weight Chart– CT010

Description	<p>◆ This chart forms part of the set of 8 health/fitness assesment protocols. The height/weight chart gives the formula for calculating Body Mass Index (BMI) and shows a graph, which indicates the different categories of Body Mass ranging from Underweight to Very Obese. On one side of the graph is the weight in stones and pounds, on the other is kilograms. On the bottom of the chart height measurement is in feet and inches whilst at the top of the graph it is in metres. This is a must chart for the doctors and/or nurses consulting room as well as hospital Cardiac and Orthopaedic outpatient centres.</p>								
Details	1. Dimension: A3 Size								
Image	 <p>The image shows an A3 Health/Weight Chart. At the top, it is titled 'Height / Weight'. Below the title, there are two sections: 'Height' and 'Weight'. The 'Height' section shows two methods of measurement: 'Stomach - Estimated Measurement' and 'Cubed Measurement'. The 'Weight' section shows 'Cubed Measurement'. Below these are two photographs of people measuring their height and weight. To the right of the photographs is a box titled 'Body Mass Index (BMI)' which contains the formula: $BMI = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}$. Below the formula is a table with BMI ranges and corresponding weight categories: <table border="1"> <tr> <td>Healthy Weight</td> <td>18.5 to 24.9</td> </tr> <tr> <td>Overweight</td> <td>25.0 to 29.9</td> </tr> <tr> <td>Obese</td> <td>30.0 to 34.9</td> </tr> <tr> <td>Very Obese</td> <td>35.0 and above</td> </tr> </table> Below the BMI box is a large 'BODY MASS INDEX CHART' graph. The graph has height in feet and inches on the left y-axis and height in metres on the right y-axis. The x-axis represents weight in stones and pounds on the top and kilograms on the bottom. The graph is divided into five colored regions corresponding to the BMI categories: Very Obese (red), Obese (orange), Overweight (yellow), Healthy (green), and Underweight (blue). To the left of the graph are five boxes with descriptions for each category: <ul style="list-style-type: none"> Very Obese: Your health is seriously at risk. It is essential to lose weight. Obese: Your health is at risk. You must consider losing weight. Overweight: Your health could be at risk. Weight loss is advised. Healthy: A good body mass index figure indicates a healthy weight. Underweight: Improve your diet/exercise to gain a healthy weight. </p>	Healthy Weight	18.5 to 24.9	Overweight	25.0 to 29.9	Obese	30.0 to 34.9	Very Obese	35.0 and above
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