Fast Facts	
BMI	
BMI Level	***Weight Class***
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 – 34.9	Obese (Class I)
35.0 – 39.9	Obese (Class II)
40.0 and higher	Obese (Class III)
Note: BMI is only one element in determining your level of obesity. Some athletes have a higher BMI than would be expected due to the amount of mass they have in muscle. Please talk to your doctor about what your BMI level means for you.	

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