



# Healthy Weights for Adults

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	Midpoint*	Range*
4' 10"	105	91 – 119
4' 11"	109	94 – 124
5' 0"	112	97 – 128
5' 1"	116	100 – 132
5' 2"	120	104 – 136
5' 3"	124	107 – 141
5' 4"	128	110 – 145
5' 5"	132	114 – 150
5' 6"	136	118 – 155
5' 7"	140	121 – 159
5' 8"	144	125 – 164
5' 9"	149	128 – 167
5' 10"	153	132 – 174
5' 11"	157	136 – 179
6' 0"	162	140 – 184

Note: The higher weights in the ranges generally apply to men, and lower weights to women, because men tend to have more muscle and bone.

\*Without shoes or clothes

Adapted from United States Department of Health and Human Services and Department of Agriculture. *Dietary Guidelines for Americans 2005*. Online: <http://www.healthierus.gov/dietaryguidelines/>; and United States Department of Health and Human Services, National Institutes of Health, National Heart, Lung and Blood Institute. "Body Mass Index Table." Online: [http://www.nhlbi.nih.gov/guidelines/obesity/bmi\\_tbl.htm](http://www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.htm)