BMI (Body Mass Index) is a person’s weight in pounds divided by the square of height in inches. A high BMI (obese) is considered 30 and above and would make a participant ineligible to compete during Special Olympics Pennsylvania's Return to Activities phase.

To calculate your BMI, see below:

**Formula:** \[
\text{weight (lb)} / \left[ \text{height (in)}^2 \times 703 \right]
\]

Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703.

**Example:**
- Weight (lb) = 150 lbs
- Height (in) = 65 (5'5'')

\[
\frac{150}{(65)^2} \times 703 = 24.96
\]

[CLICK HERE](#) to calculate your BMI for adults

[CLICK HERE](#) to calculate your BMI for children & teens