



ИНДЕКС МАССЫ ТЕЛА

| | | Индекс массы тела | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------|-------------|-------------------|----|----|----|----|----|----|----|----|-----------|----|----|----|----|----|----|----|----|----|------------|----|----|----|----|--------------------|-----|-----|-----|-----|---------------------|-----|-----|-----|-----|----------------------|-----|-----|-----|-----|-----|
| Вес, кг | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 | 66 | 68 | 70 | 72 | 74 | 76 | 78 | 80 | 82 | 84 | 86 | 88 | 90 | 92 | 94 | 96 | 98 | 100 | 102 | 104 | 106 | 108 | 110 | 112 | 114 | 116 | 118 | 120 | 122 | 124 | 126 | 128 | 130 |
| 152 | 22 | 23 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 55 | 56 |
| 154 | 21 | 22 | 23 | 24 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 30 | 31 | 32 | 33 | 34 | 35 | 35 | 36 | 37 | 38 | 39 | 40 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 46 | 47 | 48 | 49 | 50 | 51 | 51 | 52 | 53 | 54 | 55 |
| 156 | 21 | 21 | 22 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 29 | 30 | 30 | 31 | 32 | 33 | 34 | 35 | 35 | 36 | 37 | 38 | 39 | 39 | 40 | 41 | 42 | 43 | 44 | 44 | 45 | 46 | 47 | 48 | 48 | 49 | 50 | 51 | 52 | 53 | 53 |
| 158 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 26 | 26 | 27 | 28 | 29 | 30 | 30 | 31 | 32 | 33 | 34 | 34 | 35 | 36 | 37 | 38 | 38 | 39 | 40 | 41 | 42 | 42 | 43 | 44 | 45 | 46 | 46 | 47 | 48 | 49 | 50 | 50 | 51 | 52 |
| 160 | 20 | 20 | 21 | 22 | 23 | 23 | 24 | 25 | 26 | 27 | 27 | 28 | 29 | 30 | 30 | 31 | 32 | 33 | 34 | 34 | 35 | 36 | 37 | 37 | 38 | 39 | 40 | 41 | 41 | 42 | 43 | 44 | 45 | 45 | 46 | 47 | 48 | 48 | 49 | 50 | 51 |
| 162 | 19 | 20 | 21 | 21 | 22 | 23 | 24 | 24 | 25 | 26 | 27 | 27 | 28 | 29 | 30 | 30 | 31 | 32 | 33 | 34 | 34 | 35 | 36 | 37 | 37 | 38 | 39 | 40 | 40 | 41 | 42 | 43 | 43 | 44 | 45 | 46 | 46 | 47 | 48 | 49 | 50 |
| 164 | 19 | 19 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 28 | 29 | 30 | 30 | 31 | 32 | 33 | 33 | 34 | 35 | 36 | 36 | 37 | 38 | 39 | 39 | 40 | 41 | 42 | 42 | 43 | 44 | 45 | 45 | 46 | 47 | 48 | 48 |
| 166 | 18 | 19 | 20 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 28 | 29 | 30 | 30 | 31 | 32 | 33 | 33 | 34 | 35 | 36 | 36 | 37 | 38 | 38 | 39 | 40 | 41 | 41 | 42 | 43 | 44 | 44 | 45 | 46 | 46 | 47 |
| 168 | 18 | 18 | 19 | 20 | 21 | 21 | 22 | 23 | 23 | 24 | 25 | 26 | 26 | 27 | 28 | 28 | 29 | 30 | 30 | 31 | 32 | 33 | 33 | 34 | 35 | 35 | 36 | 37 | 38 | 38 | 39 | 40 | 40 | 41 | 42 | 43 | 43 | 44 | 45 | 45 | 46 |
| 170 | 17 | 18 | 19 | 19 | 20 | 21 | 21 | 22 | 23 | 24 | 24 | 25 | 26 | 26 | 27 | 28 | 28 | 29 | 30 | 30 | 31 | 32 | 33 | 33 | 34 | 35 | 35 | 36 | 37 | 37 | 38 | 39 | 39 | 40 | 41 | 42 | 42 | 43 | 44 | 44 | 45 |
| 172 | 17 | 18 | 18 | 19 | 20 | 20 | 21 | 22 | 22 | 23 | 24 | 24 | 25 | 26 | 26 | 27 | 28 | 28 | 29 | 30 | 30 | 31 | 32 | 32 | 33 | 34 | 34 | 35 | 36 | 37 | 37 | 38 | 39 | 39 | 40 | 41 | 41 | 42 | 43 | 43 | 44 |
| 174 | 17 | 17 | 18 | 18 | 19 | 20 | 20 | 21 | 22 | 22 | 23 | 24 | 24 | 25 | 26 | 26 | 27 | 28 | 28 | 29 | 30 | 30 | 31 | 32 | 32 | 33 | 34 | 34 | 35 | 36 | 36 | 37 | 38 | 38 | 39 | 40 | 40 | 41 | 42 | 42 | 43 |
| 176 | 16 | 17 | 17 | 18 | 19 | 19 | 20 | 21 | 21 | 22 | 23 | 23 | 24 | 25 | 25 | 26 | 26 | 27 | 28 | 28 | 29 | 30 | 30 | 31 | 32 | 32 | 33 | 34 | 34 | 35 | 36 | 36 | 37 | 37 | 38 | 39 | 39 | 40 | 41 | 41 | 42 |
| 178 | 16 | 16 | 17 | 18 | 18 | 19 | 20 | 20 | 21 | 21 | 22 | 23 | 23 | 24 | 25 | 25 | 26 | 27 | 27 | 28 | 28 | 29 | 30 | 30 | 31 | 32 | 32 | 33 | 33 | 34 | 35 | 35 | 36 | 37 | 37 | 38 | 39 | 39 | 40 | 40 | 41 |
| 180 | 15 | 16 | 17 | 17 | 18 | 19 | 19 | 20 | 20 | 21 | 22 | 22 | 23 | 23 | 24 | 25 | 25 | 26 | 27 | 27 | 28 | 28 | 29 | 30 | 30 | 31 | 31 | 32 | 33 | 33 | 34 | 35 | 35 | 36 | 36 | 37 | 38 | 38 | 39 | 40 | 40 |
| 182 | 15 | 16 | 16 | 17 | 18 | 18 | 19 | 19 | 20 | 21 | 21 | 22 | 22 | 23 | 24 | 24 | 25 | 25 | 26 | 27 | 27 | 28 | 28 | 29 | 30 | 30 | 31 | 31 | 32 | 33 | 33 | 34 | 34 | 35 | 36 | 36 | 37 | 37 | 38 | 39 | 39 |
| 184 | 15 | 15 | 16 | 17 | 17 | 18 | 18 | 19 | 19 | 20 | 21 | 21 | 22 | 22 | 23 | 24 | 24 | 25 | 25 | 26 | 27 | 27 | 28 | 28 | 29 | 30 | 30 | 31 | 31 | 32 | 32 | 33 | 34 | 34 | 35 | 35 | 36 | 37 | 37 | 38 | 38 |
| 186 | 14 | 15 | 16 | 16 | 17 | 17 | 18 | 18 | 19 | 20 | 20 | 21 | 21 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30 | 31 | 31 | 32 | 32 | 33 | 34 | 34 | 35 | 35 | 36 | 36 | 37 | 38 |
| 188 | 14 | 15 | 15 | 16 | 16 | 17 | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30 | 31 | 31 | 32 | 32 | 33 | 33 | 34 | 35 | 35 | 36 | 36 | 37 |
| 190 | 14 | 14 | 15 | 16 | 16 | 17 | 17 | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30 | 30 | 31 | 32 | 32 | 33 | 33 | 34 | 34 | 35 | 35 | 36 |
| 192 | 14 | 14 | 15 | 15 | 16 | 16 | 17 | 17 | 18 | 18 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30 | 30 | 31 | 31 | 32 | 33 | 33 | 34 | 34 | 35 | 35 |
| 194 | 13 | 14 | 14 | 15 | 15 | 16 | 16 | 17 | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 26 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30 | 30 | 31 | 31 | 32 | 32 | 33 | 33 | 34 | 35 |
| 196 | 13 | 14 | 14 | 15 | 15 | 16 | 16 | 17 | 17 | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 26 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30 | 30 | 31 | 31 | 32 | 32 | 33 | 33 | 34 |
| 198 | 13 | 13 | 14 | 14 | 15 | 15 | 16 | 16 | 17 | 17 | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 26 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30 | 30 | 31 | 31 | 32 | 32 | 33 | 33 |
| 200 | 13 | 13 | 14 | 14 | 15 | 15 | 16 | 16 | 17 | 17 | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30 | 30 | 31 | 31 | 32 | 32 | 33 |
| Рост, см | Худощавость | | | | | | | | | | Идеальное | | | | | | | | | | Лишний вес | | | | | Ожирение I степени | | | | | Ожирение II степени | | | | | Ожирение III степени | | | | | |