

KNOW YOUR BODY

BODY MASS INDEX (BMI) AND BLOOD PRESSURE



NAME : _____

GRADE : _____

DAY/DATE : _____

INTRODUCTION

Body Mass Index, stands for BMI, revolves around your weight and height. The word “revolves” mean that it only discusses around your weight and height. It is used to determine your level of body fat. Not just that, it is also used to calculate your overall fitness and prevent chronic disease. Why is BMI so important?

1. To maintain a healthy and fit body
2. To be concerned of one's health
3. To see one's body development

From the importance above, it can be said that BMI is very useful in maintaining a healthy body. Even if one's body is not only concerned in height and weight, BMI has been used recently by people. In order to seek more information, other methods are also applied with the BMI. One of them is the measurement of blood pressure. Why is blood pressure also important for our health?

1. Heart is one of our organ which functions in the circulatory system. With the malfunction of the heart, a person may have instable metabolic system.
2. Blood pressure is one of the main concern in the body, because the higher blood pressure of a person, the higher risk of health problems in the future.

Through this worksheet, it is hope that students are able to be aware of their own health, specifically in maintaining a healthy body through a nutritive diet and being aware of their own blood pressure.

KNOW YOUR BODY

With the help of your teacher, please fill the following blanks. Teacher advisor is going to measure the following data which are asked below.

Name : _____

Age : _____

Grade : _____

Height : _____

Weight : _____

Blood Pressure : _____

Heart Rate : _____

DISCUSSION

$$BMI = \frac{Mass [kg]}{(Height)^2 [m^2]}$$



Figure 1. Body Mass Index

Blood Pressure Stages

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Low blood pressure (Hypotension)	less than 80	or	less than 60
Normal	80-120	and	60-80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension Stage 1)	140-159	or	90-99
High Blood Pressure (Hypertension Stage 2)	160 or higher	or	100 or higher
High Blood Pressure Crisis (Seek Emergency Care)	higher than 180	or	higher than 110

Source: American Heart Association

Figure 2. Blood Pressure Stages (Measured through Systole and Diastole in mm Hg)

Systole : Measures the pressure in your blood vessels when your heart beats

Diastole : Measures the pressure in your blood vessels when your heart rests between beats.

NOTES

TEACHER'S SIGNATURE