



***Stay In Shape*** By Catherine Erickson  
What's Your BMI and How Do You Feel About It?

Name \_\_\_\_\_

1. My height is \_\_\_\_\_ ft \_\_\_\_\_ in.
2. My weight is \_\_\_\_\_ lbs.
3. According to the BMI calculator, my BMI is \_\_\_\_\_
4. According to the BMI calculator, my category is \_\_\_\_\_.
5. How do you feel about your category? Are you surprised? Pleased? Disappointed? Angry? Frustrated? Embarrassed? Write a sentence to describe how you feel about the result of the calculation.
  
6. What would your weight need to be so that your category would be normal?
7. How many pounds should you gain, or lose or do you need to change anything?
8. Name three ways that you could improve your nutrition or level of activity.
  - a.
  - b.
  - c.
9. What is body image?
10. Name two outside influences on young girls that affect body image.

11. Name and briefly explain two eating disorders.

**Discussion/Open Response**

12. What advice could you give a friend who wants to lose weight?

13. What steps could someone take who wanted to gain weight in healthy way?

14. How could you help someone that you think has an eating disorder?

15. How do you think that advertising or the media affect the body image that girls may develop?

16. What could you say to someone you know who always speaks in a negative way about their own body or always comments negatively on the body shape of others?

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