

WHAT THE WEIGHT SHOULD BE  
ACCORDING TO HEIGHT

THE FOLLOWING TABLE GIVES THE NORMAL WEIGHT OF NATURAL HEALTHY ADULTS. ALSO THE WEIGHT CONSIDERED THIN AND OBESE. ACCORDING TO THE OLD GREEK STANDARD.

HEIGHT		MALES, WEIGHT			FEMALES, WEIGHT		
Feet	Inches	Thin	Fat	Normal	Thin	Fat	Normal
5-	.....	95	126	110	93	122	111
5- 1	.....	98	132	115	94	128	116
5- 2	.....	100	138	120	96	134	118
5- 3	.....	106	144	125	102	140	121
5- 4	.....	110	149	130	105	145	126
5- 5	.....	114	155	135	109	151	131
5- 6	.....	116	158	138	112	154	134
5- 7	.....	118	161	140	114	157	136
5- 8	.....	121	164	143	117	160	140
5- 9	.....	126	173	150	123	169	145
5-10	.....	131	178	155	126	173	150
5-11	.....	133	184	160	128	179	155
6-	.....	136	190	165	131	185	160
6- 1	.....	140	192	170	135	187	165
6- 2	.....	148	201	175	143	196	170
6- 3	.....	152	207	180	147	200	175

THE END