BMI

Questions:

1) Which is not one of the categories for BMI?
   A Overweight
   B Obese
   C Thin

2) BMI, Body Mass Index, is the only indicator of health risks.
   True
   False

3) A disease associated with overweight and obesity is?
   A Ear aches
   B Diabetes
   C Runny noses

4) Losing just 10% of your current weight may help lower the risk of disease.
   True
   False

5) BMI measures body fat.
   True
   False
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