

## Ideal Weight Calculators

The “ideal” weight is not as clear cut as you might think. I tried to find one definitive answer, but as with most things you need to find out what works best for you. Here are some tools to help:

BMI Calculator from Rush University:

<https://www.rush.edu/news/how-much-should-i-weigh>

This calculator focuses on BMI and what is healthy and not healthy.

Ideal weight calculator from Calculator.net:

<https://www.calculator.net/ideal-weight-calculator.html>

This site contains only calculators! It is not a university or a medical site and does not claim to be. What I like about it is that it runs the numbers for several ideal weight calculators, and I can compare and decide for myself. (Personally, I find this to be the most helpful.)

Body Weight Planner from the National Institute of Diabetes and Digestive and Kidney Disorders:

<https://www.niddk.nih.gov/bwp>

I love this tool. It helps you see how changes in calorie intake and activity can impact your weight.