

Height to weight chart

Height (cm)	Healthy weight range (kg)	Height (cm)	Healthy weight range (kg)
140	36.3-49.0	179	59.3-80.1
141	36.8-49.7	180	59.9-81.0
142	37.3-50.4	181	60.6-81.9
143	37.8-51.1	182	61.3-82.8
144	38.4-51.8	183	62.0-83.7
145	38.9-52.6	184	62.6-84.6
146	39.4-53.3	185	63.3-85.6
147	40.0-54.0	186	64.0-86.5
148	40.5-54.8	187	64.7-87.4
149	41.1-55.5	173	55.4-74.8
150	41.6-56.3	174	56.0-75.7
151	42.2-57.0	175	56.7-76.6
152	42.7-57.8	176	57.3-77.4
153	43.3-58.5	177	58.0-78.3
154	43.9-59.3	178	58.6-79.2
155	44.4-60.1	179	59.3-80.1
156	45.0-60.8	180	59.9-81.0
157	45.6-61.6	181	60.6-81.9
158	46.2-62.4	182	61.3-82.8
159	46.8-63.2	183	62.0-83.7
160	47.4-64.0	184	62.6-84.6
161	48.0-64.8	185	63.3-85.6
162	48.6-65.6	186	64.0-86.5
163	49.2-66.4	187	64.7-87.4
164	49.8-67.2	188	65.4-88.4
165	50.4-68.1	189	66.1-89.3
166	51.0-68.9	190	66.8-90.3
167	51.6-69.7	191	67.5-91.2
168	52.2-70.6		
169	52.8-71.4		
170	53.5-72.3		
171	54.1-73.1		
172	54.7-74.0		
173	55.4-74.8		
174	56.0-75.7		
175	56.7-76.6		
176	57.3-77.4		
177	58.0-78.3		
178	58.6-79.2		

If you have specific health issues or fall outside these height ranges, we recommend that you discuss a suitable weight range with your GP.