

# XYZ Calculators

## BMI

Generated on March 24, 2026 at 10:57 PM

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Currency: ₹ (India)

### Summary

Parameter	Value
BMI	23.51
Category	Normal
Healthy Weight Min	56.66 kg
Healthy Weight Max	76.26 kg

### Detailed Schedule

All monetary values in ₹ (India)

Range	Bmi Range	Interpretation
Underweight	Below 18.5	Weight gain may be beneficial
Normal	18.5 – 24.9	Healthy weight range
Overweight	25 – 29.9	Lifestyle changes may help
Obesity	30 and above	Seek a professional plan

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