

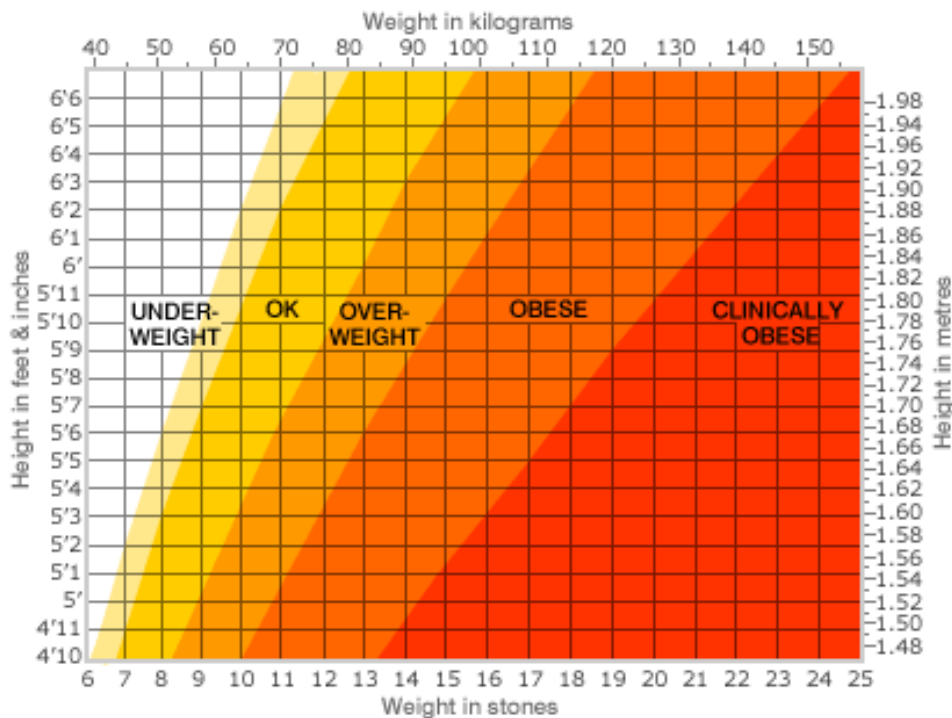
Thames Valley Police Body Mass Index (BMI) Standards for Police Officers

The body mass index (BMI) was devised to assess an individual's weight in relation to their height. According to the American College of Sports Medicine, a high BMI can indicate an increased risk for obesity related health problems. The current BMI standard for police officers is between 18 and 30.

To calculate your BMI, simply divide your weight in kilograms by your height in metres squared.

$$\text{E.g. BMI} = \text{Weight (kg)} / (\text{Height (m)})^2$$

There are a number of websites that will assist you in calculating your BMI including the NHS which has an online [BMI calculator](#). You can also find [online converters](#) to help you adapt figures into metric.



Those with very muscular or athletic body types can have a high BMI yet healthy levels of body fat. In these cases, a simple test can be done by our trainers to assess the amount of body fat and ensure it falls within a healthy range.

In order to meet the BMI standards safely, please seek advice from a medical practitioner before embarking on any weight loss and exercise programme.

You cannot be appointed to the role if your BMI (or body fat percentage) is outside the acceptable range.