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 Lehrman Group Health Insurance Brokers
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 1(800)600-9663

HEIGHT/WEIGHT GUIDELINES

MALE - Age 18 & Over

HEIGHT	AVERAGE WEIGHT	RANGE TO BE WITHIN
5'0"	131	92 - 177
5'1"	134	94 - 181
5'2"	137	96 - 185
5'3"	141	99 - 190
5'4"	145	102 - 196
5'5"	149	104 - 201
5'6"	153	107 - 207
5'7"	157	110 - 212
5'8"	161	113 - 217
5'9"	165	116 - 223
5'10"	170	119 - 230
5'11"	174	122 - 235
6'0"	179	125 - 242
6'1"	183	128 - 247
6'2"	188	132 - 254
6'3"	193	135 - 261
6'4"	199	139 - 269
6'5"	204	143 - 275
6'6"	210	147 - 284
6'7"	216	151 - 292

FEMALE - Age 18 & Over

HEIGHT	AVERAGE WEIGHT	RANGE TO BE WITHIN
4'8"	111	95 - 159
4'9"	113	97 - 162
4'10"	115	99 - 166
4'11"	117	100 - 170
5'0"	120	103 - 174
5'1"	123	106 - 178
5'2"	126	108 - 182
5'3"	129	111 - 186
5'4"	132	113 - 191
5'5"	135	116 - 195
5'6"	139	119 - 200
5'7"	142	122 - 205
5'8"	146	125 - 210
5'9"	150	129 - 216
5'10"	154	132 - 223
5'11"	159	136 - 231
6'0"	164	140 - 239
6'1"	169	144 - 247
6'2"	174	148 - 255

Infants and Children through Age 17

AGES 0 -9 HEIGHT	RANGE TO BE WITHIN	AGES 10 - 13 HEIGHT	RANGE TO BE WITHIN	AGES 14 -17 HEIGHT	RANGE TO BE WITHIN
24"	9 - 23	48"	45 - 90	54"	63 - 138
28"	13 - 31	50"	49 - 97	56"	68 - 146
32"	18 - 40	52"	54 - 104	58"	73 - 152
36"	23 - 48	54"	58 - 113	60"	79 - 160
40"	29 - 59	56"	63 - 123	62"	85 - 168
44"	35 - 70	58"	69 - 132	64"	91 - 179
48"	42 - 84	60"	74 - 141	66"	97 - 189
50"	46 - 92	62"	80 - 152	68"	104 - 199
52"	51 - 100	64"	87 - 162	70"	110 - 211
54"	56 - 108	66"	93 - 172	72"	117 - 221
56"	61 - 117	68"	100 - 182	74"	124 - 231
58"	66 - 126	70"	106 - 192	76"	131 - 241
60"	71 - 135	72"	113 - 201		