Can we roll the video here? This video tape scans across what the BMI would be for a 5'10" individual, a male, at a different weight. So this man has a BMI of 24 he's 5'10", 167lbs. He is not obese. And of course there are many people thinner than this fellow. If he weighs 126 pounds he would have a BMI of 18. Scan up above 25, people are said to be overweight. So this fellow is not the thinnest person around, but he's overweight here with a BMI of 25 and a weight of 174 lbs. Let's scan up, if you have a BMI of 30, weight of 209 pounds, you're said to be obese, clinically obese. BMI of 35, your weight is 244 pounds, obviously this fellow is significantly obese now. And at a BMI of 40, which corresponds to 5'10" and 279 pounds, this is said to be morbidly obese. But there's a range. Just walk the streets and you'll see a range such as this. Now there are some problems with the BMI. I'll illustrate one here, it doesn't really distinguish whether your weight is coming from fat or muscle. And so it's a reasonable measure from a public health point of view, but it's not a perfect measure for the individual.