

IDEAL WEIGHT RANGES FOR ADULTS AGE ≥ 65 YEARS

Height (feet)	Height (inches)	Ideal Weight Range (lbs)	Average Weight (lbs)
4'10"	58	119–143	131
4'11"	59	124–148	136
5'0"	60	128–153	141
5'1"	61	132–158	145
5'2"	62	136–163	150
5'3"	63	141–169	155
5'4"	64	145–174	160
5'5"	65	150–179	165
5'6"	66	155–185	170
5'7"	67	159–191	175
5'8"	68	164–196	181
5'9"	69	169–202	186
5'10"	70	174–208	192
5'11"	71	179–214	197
6'0"	72	184–220	203
6'1"	73	189–227	208
6'2"	74	194–233	214
6'3"	75	200–239	220