

# Calculator.io Launches Ideal Weight Calculator to Help People Reach Their Health Goals

*Calculator.io releases Ideal Weight Calculator to help individuals determine their healthy weight. The trusted platform offers accurate calculation solutions.*

LAS VEGAS, NEVADA, USA, May 8, 2023

/EINPresswire.com/ -- Calculator.io, a

leading provider of online calculation

tools, has launched its [Ideal Weight](#)

[Calculator](#) to help people determine

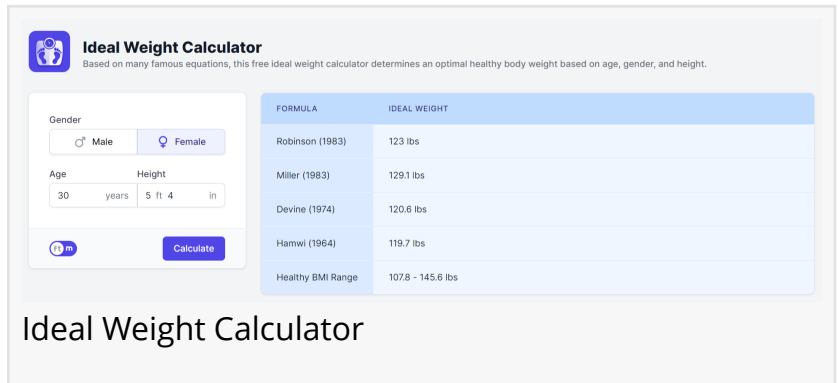
their ideal weight based on height, gender, and age. The calculator considers various factors that can affect one's weight, such as muscle mass, body type, and lifestyle habits.

The Ideal Weight Calculator (<https://www.calculator.io/ideal-weight-calculator/>) is useful for people who want to maintain a healthy weight or achieve weight loss goals. It can be used by individuals, fitness professionals, and healthcare providers. The calculator can provide guidance for setting realistic weight loss targets and help individuals track their progress toward their goals.

In addition to its use in weight management, the Ideal Weight Calculator can also be helpful for athletes, bodybuilders, and other individuals who want to optimize their performance. By calculating their ideal weight, individuals can ensure they are not carrying excess weight that could hinder their athletic abilities.

Calculator.io is committed to providing accurate and user-friendly online calculation solutions for people from all walks of life. With a wide range of calculators, including those for finance, health, and fitness, Calculator.io is the go-to resource for individuals seeking reliable and easy-to-use calculation tools.

"We are excited to launch our Ideal Weight Calculator, which we believe will be a valuable tool for people who want to achieve their health and fitness goals," said a spokesperson for Calculator.io. "At Calculator.io, we are committed to providing our users with the most accurate and user-friendly online calculators, and we will continue to expand our offerings to meet the evolving needs of our users."



The screenshot shows the 'Ideal Weight Calculator' interface. It features a form on the left for inputting user data and a table on the right showing results for various formulas. The form includes fields for Gender (Male/Female), Age (30 years), and Height (5 ft 4 in). A 'Calculate' button is present. The table lists formulas like Robinson (1983), Miller (1983), Devine (1974), Hamwi (1964), and a Healthy BMI Range (107.8 - 145.6 lbs).

FORMULA	IDEAL WEIGHT
Robinson (1983)	123 lbs
Miller (1983)	129.1 lbs
Devine (1974)	120.6 lbs
Hamwi (1964)	119.7 lbs
Healthy BMI Range	107.8 - 145.6 lbs

The Ideal Weight Calculator (<https://www.calculator.io/ideal-weight-calculator/>) is now available for free on the Calculator.io website. The calculator provides a range of ideal weights based on different formulas and includes information on achieving and maintaining a healthy weight. Users can access the calculator by visiting the Ideal Weight Calculator page and entering their height, gender, and age.

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