



CENTRO DE FISIOTERAPIA
Y SALUD INTEGRAL
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TABLA DE PESO IDEAL EN METROS Y KILOGRAMOS

	Mujeres						Hombres					
	Pequeña		Mediana		Grande		Pequeño		Mediano		Grande	
Altura	Min.	Max.	Min.	Max.	Min.	Max.	Min.	Max.	Min.	Max.	Min.	Max.
1.5	45.0	47.2	46.1	50.6	47.2	52.9	45.0	50.2	48.4	55.4	50.6	56.2
1.52	46.2	48.5	47.4	52.0	48.5	54.3	46.2	51.5	49.7	56.9	52.0	57.8
1.54	47.4	49.8	48.6	53.4	49.8	55.7	47.4	52.9	51.0	58.4	53.4	59.3
1.56	48.7	51.1	49.9	54.8	51.1	57.2	48.7	54.3	52.3	59.9	54.8	60.8
1.58	49.9	52.4	51.2	56.2	52.4	58.7	49.9	55.7	53.7	61.5	56.2	62.4
1.6	51.2	53.8	52.5	57.6	53.8	60.2	51.2	57.1	55.0	63.0	57.6	64.0
1.62	52.5	55.1	53.8	59.0	55.1	61.7	52.5	58.5	56.4	64.6	59.0	65.6
1.64	53.8	56.5	55.1	60.5	56.5	63.2	53.8	60.0	57.8	66.2	60.5	67.2
1.66	55.1	57.9	56.5	62.0	57.9	64.8	55.1	61.4	59.2	67.8	62.0	68.9
1.68	56.4	59.3	57.9	63.5	59.3	66.3	56.4	62.9	60.7	69.5	63.5	70.6
1.7	57.8	60.7	59.2	65.0	60.7	67.9	57.8	64.4	62.1	71.2	65.0	72.3
1.72	59.2	62.1	60.6	66.6	62.1	69.5	59.2	66.0	63.6	72.8	66.6	74.0
1.74	60.6	63.6	62.1	68.1	63.6	71.1	60.6	67.5	65.1	74.5	68.1	75.7
1.76	62.0	65.0	63.5	69.7	65.0	72.8	62.0	69.1	66.6	76.3	69.7	77.4
1.78	63.4	66.5	65.0	71.3	66.5	74.5	63.4	70.7	68.1	78.0	71.3	79.2
1.8	64.8	68.0	66.4	72.9	68.0	76.1	64.8	72.3	69.7	79.8	72.9	81.0
1.82	66.2	69.6	67.9	74.5	69.6	77.8	66.2	73.9	71.2	81.6	74.5	82.8
1.84	67.7	71.1	69.4	76.2	71.1	79.6	67.7	75.5	72.8	83.4	76.2	84.6
1.86	69.2	72.7	70.9	77.8	72.7	81.3	69.2	77.1	74.4	85.2	77.8	86.5
1.88	70.7	74.2	72.5	79.5	74.2	83.1	70.7	78.8	76.0	87.0	79.5	88.4
1.9	72.2	75.8	74.0	81.2	75.8	84.8	72.2	80.5	77.6	88.9	81.2	90.3
1.92	73.7	77.4	75.6	82.9	77.4	86.6	73.7	82.2	79.3	90.8	82.9	92.2
1.94	75.3	79.0	77.2	84.7	79.0	88.4	75.3	83.9	80.9	92.7	84.7	94.1
1.96	76.8	80.7	78.8	86.4	80.7	90.3	76.8	85.7	82.6	94.6	86.4	96.0
1.98	78.4	82.3	80.4	88.2	82.3	92.1	78.4	87.4	84.3	96.5	88.2	98.0
2	80.0	84.0	82.0	90.0	84.0	94.0	80.0	89.2	86.0	98.5	90.0	100.0
2.02	81.6	85.7	83.6	91.8	85.7	95.9	81.6	91.0	87.7	100.5	91.8	102.0
2.04	83.2	87.4	85.3	93.6	87.4	97.8	83.2	92.8	89.5	102.5	93.6	104.0
2.06	84.9	89.1	87.0	95.5	89.1	99.7	84.9	94.6	91.2	104.5	95.5	106.1
2.08	86.5	90.9	88.7	97.3	90.9	101.7	86.5	96.5	93.0	106.5	97.3	108.2