

24. BMI	
Normal	18.5-24.9
Overweight	25.0-29.9
Obese	30 or greater
Morbidly obese	40 or greater
25. In BMA weigh in pound is multiplied by	705
26. Heightx705 is divides by	Height in inches 2 times
27. Exercise time for obesity treatment	30 min

Chapter No.12 Circulation

1. Cardiac cycle time	0.8 sec
2. Systole time	0.1 sec
3. Diastole time	0.4 sec
4. Normal heart rate	72 per min
5. Increased beats	120 per minute
6. Time for stimulus spreading through arterial surface	50 m sec
7. Delay at AV node	100 m sec
8. Arterial contraction begins and delay at AV node	150 m sec
9. Stimulus reached from AV to right ventricle	175 m sec
10. Impulse spreading throughout ventricular myocardium	225 m sec
11. Blood speed in aorta	415 cm/sec
12. Blood speed in capillary	Less than 1 mm/min
13. Rate of ECG paper	25 mm per second
14. For ECG	1mm = 0.1 mV
15. Diameter of arterioles	3mm – 10 micrometer
16. Capillary diameter is more than RBCs which is	7.5 micro meter
17. Pressure in arties	100 mm Hg
18. Pressure in Veins	2 mm Hg
19. Venules diameter	8-100 micrometer
20. Capillary length	60,000 miles
21. 1 mile =	1.602 Km
22. Capillaries volume	5 Liters
23. Capillary surface area	800-1000 m ²
24. Showing blood flow in mm/min.	

Organ	At rest	Exercise
Heart	250	750
Brain	750	750
Kidney	1200	600
Viscera	1400	600
Skeletal muscles	1000	12500
Skin	400	1900