**Video transcript: Scene 1 calculating body mass index (BMI)**

>>DIANE: Okay, Orla, I'll take your weight and your height, thank you.

>>ORLA: Just sit down?

>>DIANE: So you take a seat.

>>DIANE: Okay, perfect. That's lovely. Thank you very much.

>>DIANE: And then I'm going to take your height, so what I'm going to do is get you to stand over here with your back towards the wall, feet up against the end, up nice and tall. Lovely. And I'll pull this down and that is your height at 172.

>>DIANE: You can go forward. Okay so if you can take a seat. What we're using this for is we're going to work out your body mass index, which is a ratio of your height to your weight.

>>DIANE: What we have is one of these BMI charts so we can see here you wear roughly about here and your height came up to here and your BMI is sitting well within the nice healthy range for weight and height.

>>ORLA: Good.

>>DIANE: Perfect. What I'm also going to do is your hand grip strengths. So I'll get you to do a measurement of how strong you are. So that gives us an idea of muscle as well as just height and weight.

>>ORLA: Okay.

>>DIANE: So I'm going to get you to do a grip on this with your non-dominant arm.

>>ORLA: Okay.

>>DIANE: And you just hold it down to the side and squeeze as hard as you can for me.

>>DIANE: Lovely. That's perfect.

>>DIANE: So what I'm going to do is just use that as a guide against our reference ranges.

>>ORLA: Yeah.

>>DIANE: So here we go. We use this against your, whether your male female and what age you are. And this, you can see for your age you were sitting between sort of the 25th and the 50th centile, which again, absolutely spot on. Perfect.

>>ORLA: Brilliant.

>>DIANE: Well done.

>>ORLA: So that's good?

>>DIANE: Yes.