

ABSTRACT

Background: The Density of lectures at the Faculty of Medicine, University of Airlangga demands to have an adequate physical healthiness and also need to have good health that can be affected by the amount of Body Mass Index (BMI).

Objective: The author analyzes the coherency between BMI with Fitness

Method: Measure the Body Mass Index (BMI) of Faculty of Medicine, University of Airlangga's college students (the correspondent). Then divided them into groups of with normal Body Mass Index (BMI) and overweight Body Mass Index (BMI). Followed with *Harvard step-up test*.

Results: The correspondent from normal Body Mass Index (BMI) groups as much as 55.56% have a Body Fitness Index which was included in the medium category. While the correspondent from overweight Body Mass Index (BMI) group obtained Body Fitness Index in the low categories with total of 72.22%. There were significant differences between normal body mass index (BMI) with overweight Body Mass Index (BMI).

Keywords: *body mass index, body fitness index, harvard step-up test.*