



Do you know your body composition?

Recommended Body Fat Ranges (%)

GENDER	AGE	LOW	NORMAL	HIGH	VERY HIGH
female	20 to 39	< 21.0	21.0 – 32.9	33.0 – 38.9	> or = 39.0
	40 to 59	< 23.0	23.0 – 33.9	34.0 – 39.9	> or = 40.0
	60 to 79	< 24.0	24.0 – 35.9	36.0 – 41.9	> or = 42.0
male	20 to 39	< 8.0	8.0 – 19.9	20.0 – 24.9	> or = 25.0
	40 to 59	< 11.0	11.0 – 21.9	22.0 – 27.9	> or = 28.0
	60 to 79	< 13.0	13.0 – 24.9	25.0 – 29.9	> or = 30.0

Recommended Body Mass Index (BMI)

Underweight	18.5	Obesity (Class I)	30.0 – 34.9
Healthy	18.5 – 24.9	Obesity (Class II)	35.0 – 39.9
Overweight (or lean athletes)	25.0 – 29.9	Obesity (Class III) (also referred to as severe, extreme, or massive obesity)	> = 40.0

Disclaimer: This analysis is provided for educational purposes and is not intended to replace the advice of your primary care physician (PCP) or other health care providers. Only medical professionals who examine you can give you medical advice or diagnose medical problems. You should discuss your body composition numbers with your PCP and begin diet and/or exercise modification only after consulting with your PCP.

