

HEALTHY BODY NUMBERS / BODY FAT

Healthy v. unhealthy levels of fatness for
males and females of different ages

GENDER	FATNESS	BF%: AGE 20-39	BF%: AGE 40-59	BF%: AGE 60-79
MALE	Underfat	< 8%	< 11%	< 13%
	Normal	8 - 20%	11 - 22%	13 - 25%
	Overfat	20 - 25%	22 - 28%	25 - 30%
	Obese	> 25%	> 28%	> 30%
FEMALE	Underfat	< 21%	< 23%	< 24%
	Normal	21 - 33%	23 - 34%	24 - 36%
	Overfat	33 - 39%	34 - 40%	36 - 42%
	Obese	> 39%	> 40%	> 42%

Based on World Health Organisation guidelines