

# BODY FAT TABLE

Body Fat/ Age	Low %	Normal %	High %	Too High %
Female 18-29	<20	20-29	29-36	36+
30-39	<22	22-31	31-38	38+
40-49	<24	24-33	33-40	40+
50+	<26	26-35	35-42	42+
Male 18-29	<8	8-18	18-25	25+
30-39	<11	11-20	20-26	26+
40-49	<13	13-22	22-27	27+
50+	<15	15-25	25-30	30+

