

Recommended Body Fat Ranges

	Age	Low	Recommended	High	Very High
Female	20-39	5-20	21-33	34-38	>38
	40-59	5-22	23-34	35-40	>40
	60-79	5-23	24-36	37-41	>41
Male	20-39	5-7	8-20	21-25	>25
	40-59	5-10	11-21	22-27	>27
	60-79	5-12	13-25	26-30	>30

Based on NIH/WHO guidelines for BMI

Based on Gallagher et al. American Journal of Clinical Nutrition, Vol. 72, Sept. 2000