

**Normal or Ideal % Bodyfat**

Men	Up to 30	9 to 15% is good
	From 30 to 50	11 to 17% is good
	From 50+	12 to 19% is good
Women	Up to 30	14 to 21% is good
	From 30 to 59	15 to 23% is good
	From 50+	16 to 25% is good

**Reference Ranges for Bodyfat %**  
(Source: Fitech)

**Males**

Ratings	Age Groups		
	16-29	30-49	50+
Very Low Fat	<7	<9	<11
Slim	7-12	9-14	11-16
Acceptable	13-17	15-19	17-21
Over Fat	18-28	20-30	22-32
Obese	>28	>30	>32

**Females**

Ratings	Age Groups		
	16-29	30-49	50+
Very Low Fat	<13	<14	<16
Slim	13-20	14-22	16-24
Acceptable	21-25	23-27	25-29
Over Fat	26-32	28-34	30-35
Obese	>32	>34	>35

**Safety Categories**

	Male	Female
<b>Medical Referral</b>	>30%	>40%
<b>Special Attention</b>	<6% or >25%	<10% or >30%
<b>Fit and Healthy</b>	6% to 25%	10% to 30%