



GENERAL BODY FAT PERCENTAGE CHART

Female

Diet Free Life's General Body Fat Percentage Categories

AGE	HEALTH RISK*	ATHLETIC	HEALTHY**	OVER FAT	OBESE
18-39	Under 12%	13-20%	21-32%	33-38%	39%+
40-59	Under 12%	15-22%	23-33%	34-39%	40%+
60-99	Under 12%	17-23%	24-35%	36-41%	42%+

Male

Diet Free Life's General Body Fat Percentage Categories

AGE	HEALTH RISK*	ATHLETIC	HEALTHY**	OVER FAT	OBESE
18-39	Under 6%	6-13%	14-20%	21-24%	25%+
40-59	Under 6%	8-14%	15-22%	23-27%	28%+
60-99	Under 6%	12-20%	21-25%	26-29%	30%+

*When body fat percentage drops too low, you can be at risk for various health problems.

**Please note that "healthy" in this chart is used to indicate an average range and does not necessarily mean that if you have more or less body fat you are unhealthy.

This Diet Free Life Body Fat Percentage Chart is based on guidelines from the American Council on Exercise (ACE), the National Institute of Health, and the World Health Organization as reported by the New York Obesity Research Center.

It's important to know that fat is essential for maintaining the integrity of your cell walls and other body functions. As well, women require a higher body fat percentage than men in order to maintain menstruation and for child bearing. Furthermore, men have more lean muscle tissue, and, therefore, less body fat.