



# RECOMMENDED MAXIMUM PERCENTAGE OF BODY FAT

Age	MEN				WOMEN			
	Excellent	Good	Fair	Risky	Excellent	Good	Fair	Risky
20-24	10.8	14.9	19.0	23.3	18.9	22.1	25.0	29.6
25-29	12.8	16.5	20.3	24.3	18.9	22.0	25.4	29.8
30-34	14.5	18.0	21.5	25.2	19.7	22.7	26.4	30.5
35-39	16.1	19.3	22.6	26.1	21.0	24.0	27.7	31.5
40-44	17.5	20.5	23.6	26.9	22.6	25.6	29.3	32.8
45-49	18.6	21.5	24.5	27.6	24.3	27.3	30.9	34.1
50-54	19.5	22.3	25.2	28.3	25.8	28.9	32.3	35.5
55-59	20.0	22.9	25.9	28.9	27.0	30.2	33.5	36.7
60+	20.3	23.4	26.4	29.5	27.6	30.9	34.2	37.7