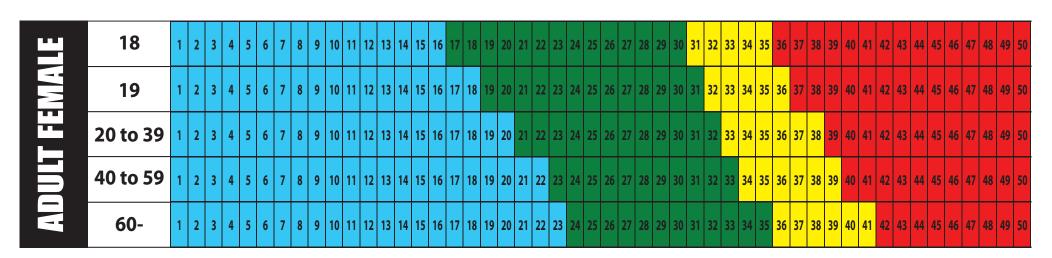
BODY FAT RANGES FOR STANDARD ADULTS



UNDERFAT HEALTHY OVERFAT OBESE

	18	1	2	3	4	5	6	7	8	9 10	11	12	13	14	15	16 1	17 1	18 1	9 20	21	22	23	24	25	26 2	27 2	8 2	9 30	31	32	33	34 3	35 3	5 37	38	39	40	41	42	13	44 4	45 4	l6 4	7 48	8 4	50
	19	1	2	3	4	5	6	7	8	9 10	11	12	13	14 1	15	16 1	17 1	18 1	9 20	21	22	23	24	25	26 2	27 2	8 2	9 30	31	32	33	34 3	3	5 37	38	39	40	41	42	13	44 4	45 4	16 4	7 48	8 4	50
	20 to 39	1	2	3	4	5	6	7	8	9 10	11	12	13	14 1	15	16 1	17 1	18 19	20	21	22	23	24	25	26 2	27 2	8 2	9 30	31	32	33	34 3	35 3	5 37	38	39	40	41	42	13	44 4	45 4	6 4	7 48	8 4	50
	40 to 59	1	2	3	4	5	6	7	8	9 10	11	12	13	14 1	15	16 1	7 1	18 19	9 20	21	22	23	24	25	26 2	27 2	8 2	9 30	31	32	33	34 3	5 3	5 37	38	39	40	41	42	13	44 4	45 4	6 4	7 48	8 4	50
4	60-	1	2	3	4	5	6	7	8	9 10	11	12	13	14 1	15	16 1	17 1	18 19	9 20	21	22	23	24	25	26 2	27 2	8 2	9 30	31	32	33	34 3	5 3	5 37	38	39	40	41	42	13	44 4	45 4	6 4	7 48	8 4	50

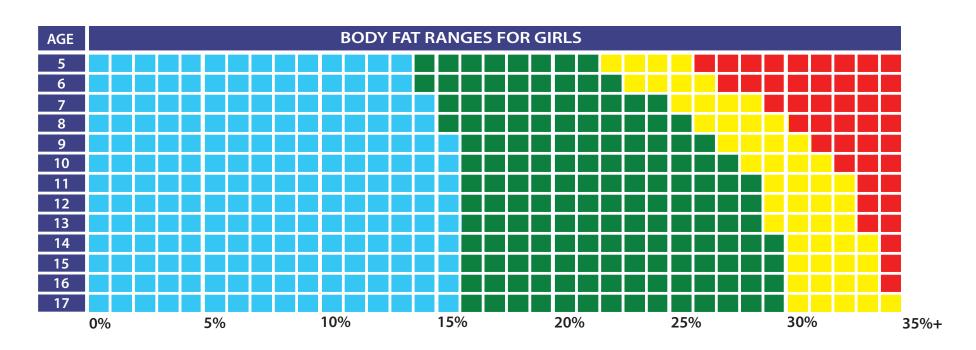
UNDERFAT HEALTHY OVERFAT OBESE

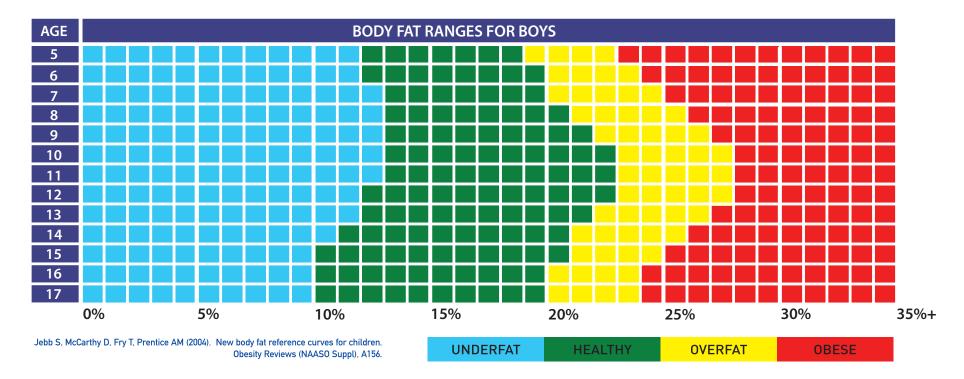
BODY MASS INDEX (BMI)

HEIGHT													1	WEIGH	łT (LB	S)															
	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250
4' 11"	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	44	44	45	46	48	48	49	50
5' 0"	19	21	21	22	23	25	25	26	28	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
5' 1"	19	20	21	22	22	24	25	25	27	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	42	43	45	45	46	47
5' 2"	18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	35	37	37	38	40	40	41	42	43	44	45	46
5' 3"	18	19	20	20	21	22	23	24	25	26	27	27	29	29	30	31	32	33	34	34	36	36	37	38	39	40	41	42	43	43	44
5' 4"	17	18	19	20	20	22	22	23	24	25	26	27	28	28	29	30	31	32	33	33	34	35	36	37	38	39	39	41	41	42	43
5' 5"	17	18	18	19	20	21	22	22	24	24	25	26	27	28	28	29	30	31	32	32	33	34	35	36	37	37	38	39	40	41	42
5' 6"	16	17	18	19	19	20	21	22	23	24	24	25	26	27	27	28	29	30	31	31	32	33	34	35	36	36	37	38	39	40	40
5' 7"	16	17	17	18	19	20	20	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	34	35	35	36	37	38	38	39
5' 8"	15	16	17	17	18	19	20	20	22	22	23	24	25	25	26	27	28	28	29	30	31	31	32	33	34	34	35	36	37	37	38
5' 9"	15	16	16	17	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	33	34	35	36	36	37
5' 10"	14	15	16	17	17	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	30	30	31	32	32	33	34	35	35	36
5' 11"	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	24	25	26	27	27	28	29	29	30	31	31	32	33	34	34	35
6' 0"	14	14	15	16	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	26	27	28	29	29	30	31	31	32	33	33	34
6' 1"	13	14	15	15	16	17	17	18	19	19	20	20	21	22	22	23	24	25	25	26	27	27	28	29	29	30	30	31	32	32	33
6' 2"	13	14	14	15	15	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	32
6' 3"	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	28	28	29	30	30	31	31
6' 4"	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26	27	28	28	29	29	30	30
6' 5"	12	13	13	14	14	15	16	16	17	17	18	18	19	20	20	21	22	22	23	23	24	24	25	26	26	27	27	28	29	29	30

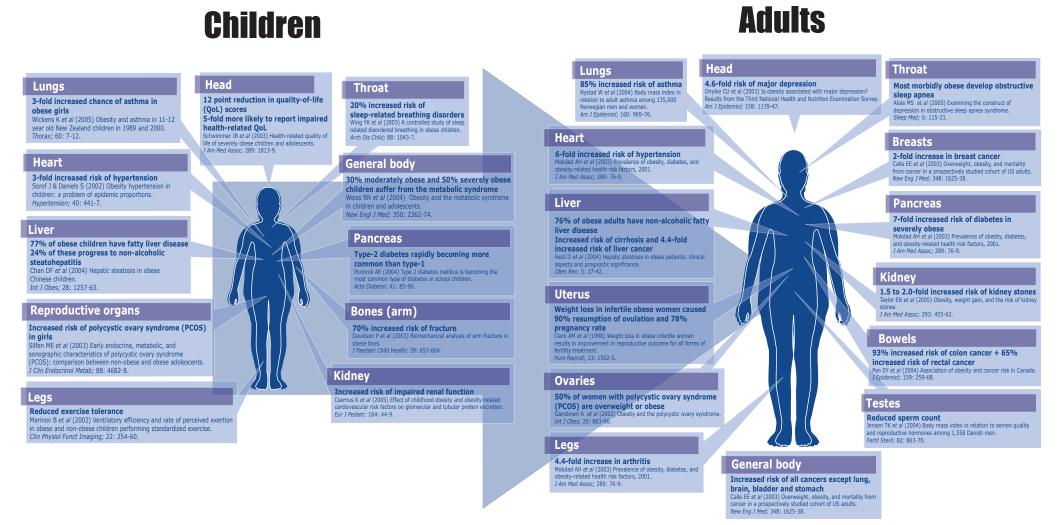
UNDERWEIGHT OVERWEIGHT OBESE

BODY FAT RANGES FOR CHILDREN





HEALTH RISKS OF EXCESS FAT IN CHILDREN



Children to Adults obesity = excess fat → disease