

## **Body Composition**

### Healthy Body Weight Chart

<b>Healthy Weight Ranges for Men and Women</b>	
<b>Height</b>	<b>Weight (pounds)</b>
4'10"	91-119
4'11"	94-124
5'0"	97-128
5'1"	101-132
5'2"	104-137
5'3"	107-141
5'4"	111-146
5'5"	114-150
5'6"	118-155
5'7"	121-160
5'8"	125-164
5'9"	129-169
5'10"	132-174
5'11"	136-179
6'0"	140-184
6'1"	144-189
6'2"	148-195
6'3"	152-200
6'4"	156-205
6'5"	160-211
6'6"	164-216

Source: United States Department of Agriculture (2005).  
USDA Dietary Guidelines for Americans.

## Percentage of Body Fat

The Percentage of Body Fat can be measured by calipers (a personal trainer can assist with this), a hand held device or scale that measures body fat or equation.

**Purpose:** To estimate body fat percentage in order to assist in the development of an appropriate exercise and nutrition program and assess the outcome and effectiveness of the exercise and nutrition program.

### Classification:

Men Age	20-29	30-39	40-49	50-59	60+
Excellent	<10	< 11	<13	<14	<15
Good	11-13	12-14	14-16	15-17	16-18
Average	14-20	15-21	17-23	18-24	19-25
Fair	21-23	22-24	24-26	25-27	26-28
Poor	>24	>25	>27	>28	>29

Women Age	20-29	30-39	40-49	50-59	60+
Excellent	<15	<16	<17	<18	<19
Good	16-19	17-20	18-21	19-22	20-23
Average	20-28	21-29	22-30	23-31	24-32
Fair	29-31	30-32	31-33	32-34	33-36
Poor	>32	>33	>34	>35	>36



Move On

## BMI

Body Mass Index (BMI) is a tool used to determine an individual's level of risk for the development of certain health problems. BMI is a calculation of a person's height versus their weight. BMI calculation is limited due to the fact that it is based on body weight rather than the composition of that weight (fat versus lean tissue). BMI and BMI classification can be determined by the charts below.

### BMI CHART:

BMI	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (inches)	Weight in pounds													
4'10"	91	95	100	105	110	115	119	124	129	134	138	143	167	191
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	173	198
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5'1"	100	106	111	116	121	127	132	137	143	148	153	158	185	211
5'2"	104	109	115	120	125	131	136	142	147	153	158	164	191	218
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	203	233
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5'6"	117	124	130	136	142	148	155	161	167	173	179	185	216	247
5'7"	121	127	134	140	147	153	159	166	172	178	185	191	223	255
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	230	263
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	237	270
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	243	278
5'11"	136	143	150	157	165	172	179	186	193	200	207	215	250	286
6'0"	140	147	155	162	169	177	184	191	199	206	213	221	258	294
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	265	303
6'2"	148	155	163	171	179	187	194	202	210	218	225	233	272	311
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	279	319
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	287	328

BMI Reference Chart	
BMI Range	Category
< 18.5	Underweight
18.5 – 24.9	Normal weight
25.0 – 29.9	Overweight
30.0 – 34.9	Grade I Obesity
35.0 – 39.9	Grade II Obesity
> 40	Grade III Obesity

### Waist to Hip Ratio

This is used to determine body-fat distribution. Upper body or abdominal obesity is known to increase your risk for type 2 diabetes, hypertension and hypercholesterolemia. It is a simple measurement of the smallest part of your waist divided by the widest part of your hips:

Waist circumference \_\_\_\_ ÷ hip circumference \_\_\_\_ = Waist-to-hip ratio \_\_\_\_

Waist -to-Hip Ratio Classification and Risk				
Gender	Excellent	Good	Average	At Risk
Males	< 0.85	0.85 – 0.89	0.90 – 0.95	> 0.95
Females	< 0.75	0.75 – 0.79	0.80 – 0.86	> 0.86

