

BODY FAT % : HOW DOES YOURS RATE?

Your body fat % can indicate your risk of heart disease and other health problems. Yours will fall into one of three categories according to your age and gender - **NORMAL**, **ABOVE AVERAGE** or **HIGH**

Female
Aged 20-39



OVER 39%

33.01% - 39%

33% OR LESS

Male
Aged 20-39



OVER 25%

19.01% - 25%

19% OR LESS

Female
Aged 40-59



OVER 40%

35.01% - 40%

35% OR LESS

Male
Aged 40-59



OVER 28%

22.01% - 28%

22% OR LESS

Female
Aged 60-79



OVER 42%

36.01% - 42%

36% OR LESS

Male
Aged 60-79



OVER 30%

25.01% - 30%

25% OR LESS

**YOUR BODY FAT %
IS HIGH**

**YOUR HEALTH MAY
BE AT RISK. SEEK
ADVICE FROM A GP**

**YOUR BODY FAT % IS
ABOVE AVERAGE**

**THINK ABOUT
ASSESSMENT ON
YOUR DIET & EXERCISE
LEVELS**

**YOUR BODY FAT % IS
NORMAL**

**MAINTAIN A HEALTHY
DIET AND EXERCISE
REGIME**