

Healthy Body Fat Percentages

Together i Can

IDEAL BODY FAT PERCENTAGE CHART (American Council on Exercise)

Description	Men	Women
Essential fat	2-5%	10-13%
Athletes	6-13%	14-20%
Fitness	14-17%	21-24%
Average	18-24%	25-31%
Obese	25%+	32%+

IDEAL BODY FAT PERCENTAGE CHART (Jackson & Pollock)

Age (Years)	Body Fat %	
	Men	Women
20	8.5%	17.7%
25	10.5%	18.4%
30	12.7%	19.3%
35	13.7%	21.5%
40	15.3%	22.2%
45	16.4%	22.9%
50	18.9%	25.2%
55	20.9%	26.3%

References:

Jackson AS, Pollock ML. Generalized equations for predicting body density of men. Br J Nutr. 1978;40(3):497-504.

Jackson AS, Pollock ML, Ward A. Generalized equations for predicting body density of women. Med Sci Sports Exerc. 1980;12(3):175-81.