

Men's Age	Below Normal Fat % for men	Healthy Range Fat % for men	Above Normal Fat % for men	Elevated Fat % for men
20-40 yrs	Under 8%	8-19%	19-25%	Over 25%
41-60 yrs	Under 11%	11-22%	22-27%	Over 27%
61-79 yrs	Under 13%	13-25%	25-30%	Over 30%

Body Fat % Recommendation Charts Source: World Health Organization and the National Institute of Health.

Woman's Age	Below Normal fat % for women	Healthy Range Fat % for women	Above Normal Fat % for women	Elevated Fat % for women
20-40 yrs	Under 21%	21-33%	33-39%	Over 39%
41-60 yrs	Under 23%	23-35%	35-40%	Over 40%
61-79 yrs	Under 24%	24-36%	36-42%	Over 42%