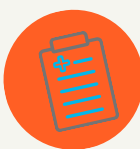
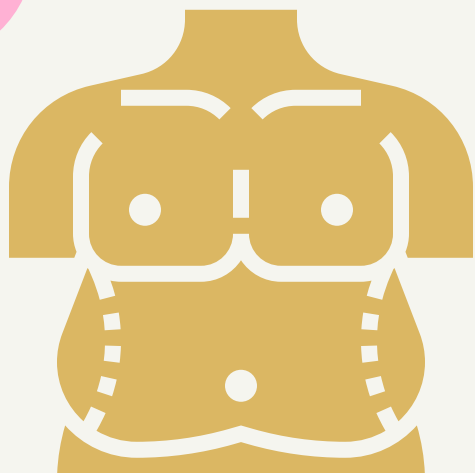


BMI AND BODY COMPOSITION



Body composition is defined as the percent of fat, bone, muscle and water in the body

TABLE 4.4							
Fitness Categories for Body Composition (% Body Fat) for Men by Age							
		Age (year)					
%		20–29	30–39	40–49	50–59	60–69	70–79
99	Very lean ^a	4.2	7.3	9.5	11.1	12.0	13.6
95		6.4	10.3	13.0	14.9	16.1	15.5
90		7.9	12.5	15.0	17.0	18.1	17.5
85	Excellent	9.1	13.8	16.4	18.3	19.2	19.0
80		10.5	14.9	17.5	19.4	20.2	20.2
75		11.5	15.9	18.5	20.2	21.0	21.1
70	Good	12.6	16.8	19.3	21.0	21.7	21.6
65		13.8	17.7	20.1	21.7	22.4	22.3
60		14.8	18.4	20.8	22.3	23.0	22.9
55	Fair	15.8	19.2	21.4	23.0	23.6	23.6
50		16.7	20.0	22.1	23.6	24.2	24.1
45		17.5	20.7	22.8	24.2	24.9	24.5
40	Poor	18.6	21.6	23.5	24.9	25.6	25.2
35		19.8	22.4	24.2	25.6	26.4	25.7
30		20.7	23.2	24.9	26.3	27.0	26.3
25	Very poor	22.1	24.1	25.7	27.1	27.9	27.1
20		23.3	25.1	26.6	28.1	28.8	28.0
15		25.1	26.4	27.7	29.2	29.8	29.3
10	Very poor	26.6	27.8	29.1	30.6	31.2	30.6
5		29.3	30.2	31.2	32.7	33.5	32.9
1		33.7	34.4	35.2	36.4	37.2	37.3
n =		1,938	10,457	16,032	9,976	3,097	571

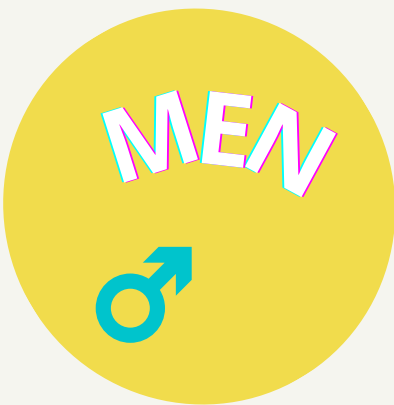
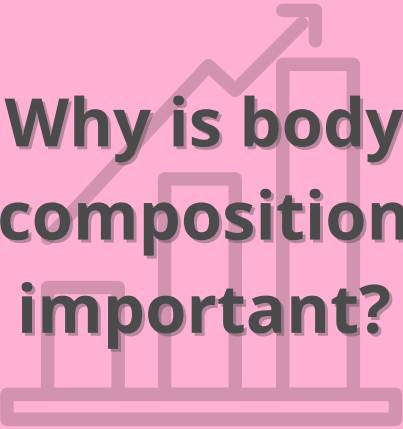


TABLE 4.5							
Fitness Categories for Body Composition (% Body Fat) for Women by Age							
		Age (year)					
%		20–29	30–39	40–49	50–59	60–69	70–79
99	Very lean ^a	11.4	11.0	11.7	13.8	13.8	13.7
95		14.1	13.8	15.2	16.9	17.7	16.4
90		15.2	15.5	16.8	19.1	20.1	18.8
85	Excellent	16.1	16.5	18.2	20.8	22.0	21.2
80		16.8	17.5	19.5	22.3	23.2	22.6
75		17.7	18.3	20.5	23.5	24.5	23.7
70	Good	18.6	19.2	21.6	24.7	25.5	24.5
65		19.2	20.1	22.6	25.7	26.6	25.4
60		20.0	21.0	23.6	26.6	27.5	26.3
55	Fair	20.7	22.0	24.6	27.4	28.3	27.1
50		21.8	22.9	25.5	28.3	29.2	27.8
45		22.6	23.7	26.4	29.2	30.1	28.6
40	Poor	23.5	24.8	27.4	30.0	30.8	30.0
35		24.4	25.8	28.3	30.7	31.5	30.9
30		25.7	26.9	29.5	31.7	32.5	31.6
25	Very poor	26.9	28.1	30.7	32.8	33.3	32.6
20		28.6	29.6	31.9	33.8	34.4	33.6
15		30.9	31.4	33.4	34.9	35.4	35.0
10	Very poor	33.8	33.6	35.0	36.0	36.6	36.1
5		36.6	36.2	37.0	37.4	38.1	37.5
1		38.4	39.0	39.0	39.8	40.3	40.0
n =		1,342	4,376	6,392	4,496	1,576	325



Why is body composition important?

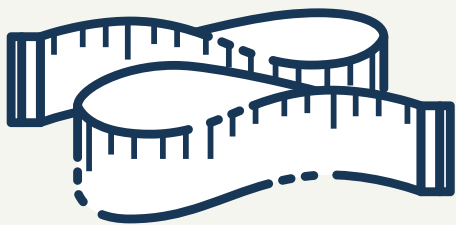


Individuals that are overweight and/or obese are more at risk for health problems such as:

- type 2 diabetes
- heart disease
- cancer

So lets work to prevent this!

WHAT IS BMI?



BMI, or Body Mass Index is a relative measurement used to estimate body fat percentage by comparing ones' weight to their height.

Body Mass Index Table																																																					
Normal						Overweight					Obese										Extreme Obesity																																
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54																	
Height (inches)	Body Weight (pounds)																																																				
	58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258																
	59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267																
	60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276																
	61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285																
	62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295																
	63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304																
	64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314																
	65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324																
	66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334																
	67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344																
	68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354																
	69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365																
	70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376																
	71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386																
	72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397																
	73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408																
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420																	
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431																	
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443																	

How to Interpret the BMI/Body Composition Charts

For **body composition**, first find the age range which includes your current age and move down the column until you fall upon your % fat

For **BMI**, simply locate the column with your weight and the row with your height. Once these are found, the place where these intersect will determine what your BMI is.

Personal Data Sheet

Fat-free mass % _____ Body Fat % _____

BMI _____

WAYS TO ACHIEVE A HEALTHY WEIGHT



INCREASE PHYSICAL ACTIVITY

Engage in 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity per week

Reduce the number of calories you eat to have a caloric deficit

REDUCE YOUR CALORIC INTAKE

CHANGE YOUR DIETARY CHOICES

Eat foods that are nutritious and healthy

Monitoring your lifestyle choices may help to keep you committed and on track

SELF MONITOR

