

OMRON®

Recommended Body Fat Ranges and BMI.

KIT 33 c.1

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Recommended Body Fat Ranges and BMI.

Gender	Age	Low (BMI < 18.5)	Normal (BMI 18.5 - 24.9)	High (BMI 25.0 - 29.9)	Very High (BMI ≥ 30.0)
Female	20-39	< 21.0	21.0 - 32.9	33.0 - 38.9	≥ 39.0
	40-59	< 23.0	23.0 - 33.9	34.0 - 39.9	≥ 40.0
	60-79	< 24.0	24.0 - 35.9	36.0 - 41.9	≥ 42.0
Male	20-39	< 8.0	8.0 - 19.9	20.0 - 24.9	≥ 25.0
	40-59	< 11.0	11.0 - 21.9	22.0 - 27.9	≥ 28.0
	60-79	< 13.0	13.0 - 24.9	25.0 - 29.9	≥ 30.0

Based on NIH/WHO guidelines for BMI

Based on Gallagher et al., American Journal of Clinical Nutrition. Vol. 72, Sept. 2000