

BODY COMPOSITION



Body Mass Index (BMI)

BMI is a calculation based on your height and weight and is used to determine disease risk.

Underweight	<18.5
Healthy Weight	18.5 - 24.9
Overweight	25 - 29.9
Obese	>30

Waist Circumference

Waist circumference is used to determine how much fat tissue a person has around their abdomen. As waist circumference increases so does the risk for many chronic diseases including diabetes, heart disease and obesity.

Gender	Normal	High Risk
Men	< 40 inches	> 40 inches
Women	< 35 inches	> 35 inches

Body Fat Percentage

Body fat percentage is a measure of the amount of fat in your body. A high percentage of body fat can also put one at risk for developing chronic diseases. A person can be in a healthy BMI range and still have a high body fat percentage. Appropriate body fat percent can also vary based on age, gender and ethnicity.

Gender	Healthy Range
Men	14 - 24%
Women	21 - 31%

