



## Body fat recommendations

### Women

Age	Underfat	Healthy Range	Overweight	Obese
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%

### Men

Age	Underfat	Healthy Range	Overweight	Obese
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%

Source: Gallagher et al. Am J Clin Nut 2000; 72:694-701

### Ways to reach a healthy weight:

- Make half of your plate fruits and veggies.
- Limit sweets and fats.
- Choose whole grains, lean meats, beans, and nuts.
- Limit sedentary activity
- Engage in some kind of moderate to vigorous activity for 30+ minutes, 3-5 days a week. The more you do, the more you'll lose!

