

Body Composition

Percent Body Fat Norms for Females

Healthy range of percent fat is generally 12% to 26% for all ages.

Percentile Rank	Age				
	17 - 29	30 - 39	40 - 49	50 - 59	60+
99	5.4%	5.2%	11.6%	11.5%	5.4%
95	10.8%	13.4%	16.1%	18.8%	16.8%
90	14.5%	15.5%	18.5%	21.6%	21.1%
85	16.0%	16.9%	20.3%	23.6%	23.6%
80	17.1%	18.0%	21.3%	25.0%	25.1%
75	18.3%	19.1%	22.4%	25.8%	26.7%
70	19.0%	20.0%	23.5%	26.6%	27.5%
65	19.8%	20.8%	24.3%	27.4%	28.5%
60	20.6%	21.6%	24.9%	28.5%	29.3%
55	21.3%	22.4%	25.5%	29.2%	29.9%
50	22.1%	23.1%	26.4%	30.1%	30.9%
45	22.7%	24.0%	27.3%	30.8%	31.8%
40	23.7%	24.9%	28.1%	31.6%	32.5%
35	24.4%	26.0%	29.0%	32.6%	33.0%
30	25.4%	27.0%	30.1%	33.5%	34.3%
25	26.6%	28.1%	31.1%	34.3%	35.5%
20	27.7%	29.3%	32.1%	35.6%	36.6%
15	29.8%	31.0%	33.3%	36.6%	38.0%
10	32.1%	32.8%	35.0%	37.9%	39.3%
5	35.4%	35.7%	37.8%	39.6%	40.5%
1	40.5%	40.0%	45.5%	50.8%	47.0%
	638	1,336	1,175	708	250

Number of Subject in Research Study
From Cooper Clinic