

# Recommended Maximum Percentage of Body Fat\*

## Males

Age	Percentage			
	Excellent	Good	Fair	Poor
<b>19 - 24</b>	10.8	14.9	19	23.3
<b>25 - 29</b>	12.8	16.5	20.3	24.3
<b>30 - 34</b>	14.5	18	21.5	25.2
<b>35 - 39</b>	16.1	19.3	22.6	26.1
<b>40 - 44</b>	17.5	20.5	23.5	26.9
<b>45 - 49</b>	18.6	21.5	24.4	27.6
<b>50 - 59</b>	19.8	22.7	25.6	28.7
<b>60+</b>	20.3	23.5	26.6	29.8

## Females

Age	Percentage			
	Excellent	Good	Fair	Poor
<b>19 - 24</b>	18.9	22	25	29.6
<b>25 - 29</b>	18.9	22	25.4	29.8
<b>30 - 34</b>	19.7	22.7	26.4	30.5
<b>35 - 39</b>	21	24	27.7	31.5
<b>40 - 44</b>	22.6	25.6	29.3	32.8
<b>45 - 49</b>	24.3	27.3	30.9	34.1
<b>50 - 59</b>	26.6	29.7	33.1	36.2
<b>60+</b>	27.6	31	34.4	38

\*According to the Metropolitan Life™ Index