

# Normal Body Fat Percentage Chart

Description	Women	Men
ESSENTIAL FAT	10 - 13%	2 - 5%
ATHLETES	14 - 20%	6 - 13%
FITNESS	21 - 24%	14 - 17%
ACCEPTABLE	25 - 31%	18 - 24%
OBESITY	More than 32%	More than 25%

## Healthy Body Fat Percentages by Age

Age	Healthy Body Fat % Women	Healthy Body Fat % Men
20 - 39 years	21 - 32%	8 - 19%
40 - 59 years	23 - 33%	11 - 21%
60 - 79 years	24 - 35%	13 - 24%