

BODY MASS INDEX (BMI)

CLASSIFICATION	BMI SCORE (kg/m ²)
Underweight	< 18.5
Normal	18.5 - 24.9
Overweight	25.0 - 29.0
Obese	30.0 - 40.0
Extreme Obese	> 40.0

BODY FAT PERCENTAGE

Female

Age	Athlete	Ideal	Average	Above Ave.	Overweight
16-25	12-19%	20-23%	24-30%	31-33%	34+%
26-35	13-20%	21-26%	27-32%	33-35%	36+%
36-45	14-23%	24-27%	28-35%	36-38%	39+%
46-55	15-24%	25-30%	31-37%	38-40%	41+%
55+	16-28%	29-33%	34-38%	39-41%	42+%

Male

Age	Athlete	Ideal	Average	Above Ave.	Overweight
16-25	3-8%	9-16%	17-22%	23-25%	26+%
26-35	6-12%	13-18%	19-25%	26-28%	29+%
36-45	7-13%	14-22%	23-27%	28-30%	31+%
46-55	9-18%	19-25%	26-30%	31-33%	34+%
55+	10-20%	21-26%	27-32%	33-35%	36+%

WAIST CIRCUMFERENCE

Health risk	WOMEN	MEN
Low Risk	below 31.5 inches	below 37 inches
Moderate Risk	31.5 to 35* inches	37 to 40 inches
High Risk	35* inches or more	40.2 inches or more

BLOOD PRESSURE

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

RESTING HEART RATE

Men						
Age	18-25	26-35	36-45	46-55	56-65	65+
Athlete	49-55	49-54	50-56	50-57	51-56	50-55
Excellent	56-61	55-61	57-62	58-63	57-61	56-61
Good	62-65	62-65	63-66	64-67	62-67	62-65
Above Average	66-69	66-70	67-70	68-71	68-71	66-69
Average	70-73	71-74	71-75	72-76	72-75	70-73
Below Average	74-81	75-81	76-82	77-83	76-81	74-79
Poor	82+	82+	83+	84+	82+	80+

Women						
Age	18-25	26-35	36-45	46-55	56-65	65+
Athlete	54-60	54-59	54-59	54-60	54-59	54-59
Excellent	61-65	60-64	60-64	61-65	60-64	60-64
Good	66-69	65-68	65-69	66-69	65-68	65-68
Above Average	70-73	69-72	70-73	70-73	69-73	69-72
Average	74-78	73-76	74-78	74-77	74-77	73-76
Below Average	79-84	77-82	79-84	78-83	78-83	77-84
Poor	85+	83+	85+	84+	84+	84+