



# healthy range chart

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FEMALE BODY FAT PERCENTAGE				
FEMALE AGE	UNDERFAT	HEALTHY	OVERFAT	OBESE
20 - 39	0% - 21%	21% - 33%	33% - 39%	39%+
40 - 59	0% - 23%	23% - 34%	34% - 40%	40%+
60 - 79	0% - 24%	24% - 36%	36% - 42%	42%+

FEMALE BODY WATER %	
<b>STANDARD RANGE</b>	
DEHYDRATED	< 45%
HEALTHY	45%-60%
<b>ATHLETIC RANGE</b>	
DEHYDRATED	< 50%
HEALTHY	50%-65%

MALE BODY WATER %	
<b>STANDARD RANGE</b>	
DEHYDRATED	< 50%
HEALTHY	50%-65%
<b>ATHLETIC RANGE</b>	
DEHYDRATED	< 55%
HEALTHY	55%-70%

MALE BODY FAT PERCENTAGE				
MALE AGE	UNDERFAT	HEALTHY	OVERFAT	OBESE
20 - 39	0% - 8%	8% - 19%	19% - 25%	25%+
40 - 59	0% - 11%	11% - 21%	21% - 28%	28%+
60 - 79	0% - 13%	13% - 25%	25% - 30%	30%+

FEMALE PHYSIQUE RATING		
RESULT	PHYSIQUE RANGE	EXPLANATION
1	Hidden Overfat	High Body Fat % with Low Muscle Mass
2	Medium Frame Overfat	High Body Fat %, Moderate Muscle Mass
3	Solidly Built	Large frame, high Body Fat % & Muscle Mass
4	Low Muscle	Average Body Fat % & Low Muscle Mass
5	Standard	Average levels of Body Fat % & Muscle Mass
6	Muscular	Average Body Fat % & High Muscle Mass
7	Low Muscle & Underfat	Low Body Fat % & Low Muscle Mass
8	Thin & Muscular (Athlete)	Low Body Fat % & Adequate Muscle Mass
9	Very Muscular (Athlete)	Low Body Fat % & High Muscle Mass

FEMALE VISCERAL FAT	
<b>RATING GUIDE</b>	
HEALTHY LEVEL RATING	1-12
EXCESS LEVEL RATING	13-59

MALE VISCERAL FAT	
<b>RATING GUIDE</b>	
HEALTHY LEVEL RATING	1-12
EXCESS LEVEL RATING	13-59

MALE PHYSIQUE RATING		
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FEMALE BONE MASS	
FEMALE WEIGHT	HEALTHY BM WEIGHT
Less than 49kg	1.95kg*
Between 50kg-75kg	2.40kg*
Over 76kg	2.95kg*

note, \* indicates mean healthy weight (your reading should be around this mass)

MALE BONE MASS	
MALE WEIGHT	HEALTHY BM WEIGHT
Less than 64kg	2.65kg*
Between 65kg-95kg	3.29kg*
Over 95kg	3.69kg*

note, \* indicates mean healthy weight (your reading should be around this mass)