

# Body Composition Measurements

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age: \_\_\_\_\_ Height: \_\_\_\_\_ ft \_\_\_\_\_ in Waist: \_\_\_\_\_ in

Weight: \_\_\_\_\_ lbs BMI: \_\_\_\_\_ Body Fat: \_\_\_\_\_ % Body Fat Percentile: \_\_\_\_\_ %

Skeletal Muscle: \_\_\_\_\_ % Resting Metabolism: \_\_\_\_\_ kcal Body Age: \_\_\_\_\_

Visceral Fat: \_\_\_\_\_ BMI/W CAD Risk:  Very Low  Low  Mod  High

Using the years of life lost compared to waist-to-height ratio of adults age 18 to 85 years that were recorded over a 20-year follow-up, the women’s healthy waist-to-height ratio range was between 42 – 49% for all ages. The men’s healthy waist-to-height ratio range was between 43 – 53% for all ages (Ashwell 2014). Model: Omron HBF-514c. Notes: The age range for the skeletal muscle %, resting metabolism, body age and visceral fat level is 18 to 80 years old.

Goals:  30  60  90 days Waist: \_\_\_\_\_ in

Weight: \_\_\_\_\_ lbs BMI: \_\_\_\_\_ Body Fat: \_\_\_\_\_ % Body Fat Percentile: \_\_\_\_\_ %

Skeletal Muscle: \_\_\_\_\_ % Resting Metabolism: \_\_\_\_\_ kcal Body Age: \_\_\_\_\_

Visceral Fat: \_\_\_\_\_ BMI/W CAD Risk:  Very Low  Low  Mod  High

## Women’s Waist Measurements

Height	Healthy	Overweight	Obese
4’ 10”	24 – 28	28 – 31	>31
4’ 11”	24 – 28	28 – 31	>31
5’ 00”	25 – 29	29 – 32	>32
5’ 01”	25 – 29	29 – 32	>32
5’ 02”	26 – 30	30 – 33	>33
5’ 03”	26 – 30	30 – 34	>34
5’ 04”	26 – 31	31 – 34	>34
5’ 05”	27 – 31	31 – 35	>35
5’ 06”	27 – 32	32 – 35	>35
5’ 07”	28 – 32	32 – 36	>36
5’ 08”	28 – 33	33 – 37	>37
5’ 09”	28 – 33	33 – 37	>37
5’ 10”	29 – 34	34 – 37	>37
5’ 11”	29 – 34	34 – 38	>38
6’ 00”	30 – 35	35 – 38	>38
6’ 01”	30 – 35	35 – 39	>39
6’ 02”	31 – 36	36 – 39	>39
6’ 03”	31 – 36	36 – 40	>40
6’ 04”	31 – 37	37 – 41	>41
6’ 05”	32 – 37	37 – 41	>41

## Men’s Waist Measurements

Height	Healthy	Overweight	Obese
5’ 04”	27 – 33	33 – 37	>37
5’ 05”	27 – 34	34 – 37	>37
5’ 06”	28 – 34	34 – 38	>38
5’ 07”	28 – 35	35 – 38	>38
5’ 08”	29 – 36	36 – 39	>39
5’ 09”	29 – 36	36 – 40	>40
5’ 10”	30 – 37	37 – 40	>40
5’ 11”	30 – 37	38 – 41	>41
6’ 00”	30 – 38	38 – 41	>41
6’ 01”	31 – 38	38 – 42	>42
6’ 02”	31 – 39	39 – 42	>42
6’ 03”	32 – 39	39 – 43	>43
6’ 04”	32 – 40	40 – 44	>44
6’ 05”	33 – 40	40 – 44	>44

## Coronary Artery Disease (CAD) Risk

BMI	Waist Circumference in Inches				
	<33	33-35	35-38	38-41	>41
18.5-21.9	L	M	M	H	H
22-24.9	VL	L	M	M	H
25-29.9	VL	VL	VL	L	M
≥ 30	VL	VL	VL	VL	L

Sources: Ashwell et. al. (2014) PLoS ONE 9(9). Coutinho, et al. (2013). J Am Coll Cardiol 61(5): 553-560.

## Interpreting the BMI Result

< 18.5	Underweight
18.5 to < 25	Normal
≥ 25 to < 30	Overweight
≥ 30	Obese

Source: Values for obesity judgement proposed the World Health Organization

## Interpreting the Visceral Fat Level Result

≤ 9	Normal
10 to 14	High
≥ 15	Very high

Visceral fat area distribution with 30 levels.

Visceral fat levels are relative and not absolute values.

Source: Omron Healthcare

## Interpreting the Body Fat Percentage Result

%	Category	Men's Ages						Women's Ages					
		20-29	30-39	40-49	50-59	60-69	70-79	20-29	30-39	40-49	50-59	60-69	70-79
99	Very lean	4.2	7.3	9.5	11.1	12.0	13.6	11.4	11.0	11.7	13.5	13.8	13.7
95		6.4	10.3	13.0	14.9	16.1	15.5	14.1	13.8	15.2	16.9	17.7	16.4
90	Excellent	7.9	12.5	15.0	17.0	18.1	17.5	15.2	15.5	16.8	19.1	20.1	18.8
85		9.1	13.8	16.4	18.3	19.2	19.0	16.1	16.5	18.2	20.8	22.0	21.2
80		10.5	14.9	17.5	19.4	20.2	20.2	16.8	17.5	19.5	22.3	23.2	22.6
75	Good	11.5	15.9	18.5	20.2	21.0	21.1	17.7	18.3	20.5	23.5	24.5	23.7
70		12.6	16.8	19.3	21.0	21.7	21.6	18.6	19.2	21.6	24.7	25.5	24.5
65		13.8	17.7	20.1	21.7	22.4	22.3	19.2	20.1	22.6	25.7	26.6	25.4
60		14.8	18.4	20.8	22.3	23.0	22.9	20.0	21.0	23.6	26.6	27.5	26.3
55	Fair	15.8	19.2	21.4	23.0	23.6	23.6	20.7	22.0	24.6	27.4	28.3	27.1
50		16.7	20.0	22.1	23.6	24.2	24.1	21.8	22.9	25.5	28.3	29.2	27.8
45		17.5	20.7	22.8	24.2	24.9	24.5	22.6	23.7	26.4	29.2	30.1	28.6
40		18.6	21.6	23.5	24.9	25.6	25.2	23.5	24.8	27.4	30.0	30.8	30.0
35	Poor	19.8	22.4	24.2	25.6	26.4	25.7	24.4	25.8	28.3	30.7	31.5	30.9
30		20.7	23.2	24.9	26.3	27.0	26.3	25.7	26.9	29.5	31.7	32.5	31.6
25		22.1	24.1	25.7	27.1	27.9	27.1	26.9	28.1	30.7	32.8	33.3	32.9
20		23.3	25.1	26.6	28.1	28.8	28.0	28.6	29.6	31.9	33.8	34.4	33.6
15	Very poor	25.1	26.4	27.7	29.2	29.8	29.3	30.9	31.4	33.4	34.9	35.4	35.0
10		26.6	27.8	29.1	30.6	31.2	30.6	33.8	33.6	35.0	36.0	36.6	36.1
5		29.3	30.2	31.2	32.7	33.5	32.9	36.6	36.2	37.0	37.4	38.1	37.5
1		33.7	34.4	35.2	36.4	37.2	37.3	38.4	39.0	39.0	39.8	40.3	40.0
<b>n =</b>		1,938	10,457	16,032	9,976	3,097	571	1,342	4,376	6,392	4,496	1,576	325
		Total Men n = 39,644						Total women n = 18,507					

No less than 3% body fat recommended for men, no less than 10-13% body fat recommended for women.

Source: *Physical Fitness Assessments and Norms for Adults and Law Enforcement*. The Cooper Institute, Dallas, Texas. 2013. For more information: [www.cooperinstitute.org](http://www.cooperinstitute.org)

## Interpreting the Skeletal Muscle Percentage Result

Gender	Age	Low	Normal	High	Very High
Female	18 – 39	< 24.3	24.3 – 30.3	30.4 – 35.3	≥ 35.4
	40 – 59	< 24.1	24.1 – 30.1	30.2 – 35.1	≥ 35.2
	60 – 80	< 23.9	23.9 – 29.9	30.0 – 34.9	≥ 35.0
Male	18 – 39	< 33.3	33.3 – 39.3	39.4 – 44.0	≥ 44.1
	40 – 59	< 33.1	33.1 – 39.1	39.2 – 43.8	≥ 43.9
	60 – 80	< 32.9	32.9 – 38.9	39.0 – 43.6	≥ 43.7

Sources: Omron Healthcare