

Fat Percentage

High body fat can increase the risk of conditions such as diabetes and cardiovascular disease. Having too little body fat can also be harmful, potentially affecting fertility, immunity, and heart health.

In general, men have a lower body fat to lean tissue ratio than women, which explains the differences in the ranges. Reproduction plays a role in the higher body fat percentages for women.

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+%