

REFERENCE CHARTS

Frame Size:	(R	Value)
<u>Frame Size</u>	<u>Women</u>	<u>Men</u>
Small	>10.9	>10.4
Medium	10.9-9.9	10.4-9.6
Large	<9.9	<9.6

BMI

Quetlet's Index (BMI) Classification

<16	Too lean (may indicate an eating disorder)
16-19.9	Lean, underweight
20-24.9	Desirable
25-29.9	Grade I Obesity
30-40	Grade II Obesity
>40	Grade III Obesity

Waist-to-Hip Ratio

Desired:	Females	<0.8
	Males	<0.9

Suggested Percent Body Fat Standards for Adults (Skinfolds and Bioelectrical Impedence)

<u>Classification</u>	<u>Males</u>	<u>Females</u>
Lean	<8%	<13%
Optimal	8-15%	13-23%
Slightly Overfat	16-20%	24-27%
Fat	21-24%	28-32%
Obese	=25%	=33%