

TYPICAL VALUES FOR BODY FAT RESULTS

The gold standard for body fat is underwater weighing; however, most people do not have easy access to an exercise physiology lab to have this test performed. The guidelines from the American College of Sports Medicine (ACSM) and American Council on Exercise (ACE) are listed below but are not age-adjusted. Once you have your results from the Tonus Body Mass Calculator, you can use the tables to see if you are comfortable with your status or if you want to make changes with your body.

Body Type - ACSM	Female	Male
Athlete	<17%	<10%
Lean	17-22%	10-15%
Normal	22-25%	15-18%
Above Average	25-29%	18-20%
Over-fat	29-35%	20-25%
Obese	35+%	25+%

Body Type - ACE	Female	Male
Essential Fat	10-13%	2-5%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Acceptable	25-31%	18-25%
Obese	>31%	>25%

These values are just guidelines compiled for reference only. As you age, the acceptable level of body fat increases. There is no recognized or government sanctioned agency to approve body fat % categories. Please consult a physician if you are concerned about your results.