

Body Fat Analysis

Caution: It is not recommended to operate the Omron Body Fat Analyzer in combination with the following.

1. A pacemaker or other electronic device that is implanted in the body.
2. An artificial heart, artificial lung or any other electronic life support system.
3. An electrocardiograph or other portable electronic medical device.
4. Pregnant women.

Date _____ Name _____

Age _____ Ht _____ Wt _____

Body Fat % _____

Recommended Body Fat Ranges

	AGE	LOW	RECOMMENDED	HIGH	VERY HIGH
FEMALE	20-39	5-20	21-33	34-38	>38
	40-59	5-22	23-34	35-40	>40
	60-79	5-23	24-36	37-41	>41
MALE	20-39	5-7	8-20	21-25	>25
	40-59	5-10	11-21	22-27	>27
	60-79	5-12	13-25	26-30	>30

Based on HIHWHO guidelines for BMI

Based on Gallagher et al. American Journal of Clinical Nutrition, Vol. 72, Sept. 2000

BMI(Body Mass Index): _____

Underweight	<18.5
Normal	18.5 – 24.9
Overweight	25.0-29.9
Obese	30.0-39.9
Morbidly Obese	>40.0

Used with permission from Obesity Action Coalition (OAC) 2008

This is a screening and not a substitute for an examination by a physician.

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