

Body Composition

Recommended Body Fat Ranges and BMI (Males) For the Omron Body Fat Analyzer

AGE	LOW (BMI < 18.5)	NORMAL (BMI 18.5 – 24.9)	HIGH (BMI 25.0 – 29.9)	VERY HIGH (BMI ≥ 30.0)
20-39	< 8.0	8.0 – 19.9	20.0 – 24.9	≥ 25.0
40-59	< 11.0	11.0 – 21.9	22.0 – 27.9	≥ 28.0
60-79	< 13.0	13.0 – 24.9	25.0 – 29.9	≥ 30.0

Recommended Body Fat Ranges and BMI (Females) For the Omron Body Fat Analyzer

Age	Low (BMI < 18.5)	Normal (BMI 18.5 – 24.9)	High (BMI 25.0 – 29.9)	Very High (BMI ≥ 30.0)
20-39	< 21.0	21.0 – 32.9	33.0 – 38.9	≥ 39.0
40-59	< 23.0	23.0 – 33.9	34.0 – 39.9	≥ 40.0
60-79	< 24.0	24.0 – 35.9	36.0 – 41.9	≥ 42.0

Based on NIH/WHO guidelines for BMI

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