

The Importance of

What are some of the health risks associated with having Excess body fat is associated with increased chances for heart disease, cholesterol, diabetes, stroke, and some cancers. Emotional health and well-being are also at risk due to societal pressure on being thin.

What health risks are associated with too little body fat? High blood pressure, high cholesterol, and osteoporosis for women. Excess body fat is also unfortunately often associated with too little body fat. Some of these include hypothermia, vitamin toxicity, and cessation of menstruation. Essential fat and is necessary to sustain life. As people age, essential fat is called visceral fat between men and women is due to reproductive and hormonal factors.

BODY FAT% MEASUREMENT CHART FOR MEN

AGE	2-3	4-5	6-7	8-9	10-11	12-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30-31	32-33	34-36
Up to 20	8.5	9.5	10.5	11.5	12.5	13.5	14.5	15.5	16.5	17.5	18.5	19.5	20.5	21.5	22.5	23.5	24.5
21--25	9.5	10.5	11.5	12.5	13.5	14.5	15.5	16.5	17.5	18.5	19.5	20.5	21.5	22.5	23.5	24.5	25.5
26--30	10.5	11.5	12.5	13.5	14.5	15.5	16.5	17.5	18.5	19.5	20.5	21.5	22.5	23.5	24.5	25.5	26.5
31--35	11.5	12.5	13.5	14.5	15.5	16.5	17.5	18.5	19.5	20.5	21.5	22.5	23.5	24.5	25.5	26.5	27.5
36--40	12.5	13.5	14.5	15.5	16.5	17.5	18.5	19.5	20.5	21.5	22.5	23.5	24.5	25.5	26.5	27.5	28.5
41--45	13.5	14.5	15.5	16.5	17.5	18.5	19.5	20.5	21.5	22.5	23.5	24.5	25.5	26.5	27.5	28.5	29.5
46--50	14.5	15.5	16.5	17.5	18.5	19.5	20.5	21.5	22.5	23.5	24.5	25.5	26.5	27.5	28.5	29.5	30.5
51--55	15.5	16.5	17.5	18.5	19.5	20.5	21.5	22.5	23.5	24.5	25.5	26.5	27.5	28.5	29.5	30.5	31.5
56&UP	16.5	17.5	18.5	19.5	20.5	21.5	22.5	23.5	24.5	25.5	26.5	27.5	28.5	29.5	30.5	31.5	32.5

LEAN IDEAL AVERAGE OVERFAT

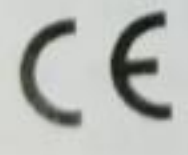
BODY FAT% MEASUREMENT CHART FOR WOMEN

AGE	2-3	4-5	6-7	8-9	10-11	12-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30-31	32-33	34-36
Up to 20	16.5	17.5	18.5	19.5	20.5	21.5	22.5	23.5	24.5	25.5	26.5	27.5	28.5	29.5	30.5	31.5	32.5
21--25	17.5	18.5	19.5	20.5	21.5	22.5	23.5	24.5	25.5	26.5	27.5	28.5	29.5	30.5	31.5	32.5	33.5
26--30	18.5	19.5	20.5	21.5	22.5	23.5	24.5	25.5	26.5	27.5	28.5	29.5	30.5	31.5	32.5	33.5	34.5
31--35	19.5	20.5	21.5	22.5	23.5	24.5	25.5	26.5	27.5	28.5	29.5	30.5	31.5	32.5	33.5	34.5	35.5
36--40	20.5	21.5	22.5	23.5	24.5	25.5	26.5	27.5	28.5	29.5	30.5	31.5	32.5	33.5	34.5	35.5	36.5
41--45	21.5	22.5	23.5	24.5	25.5	26.5	27.5	28.5	29.5	30.5	31.5	32.5	33.5	34.5	35.5	36.5	37.5
46--50	22.5	23.5	24.5	25.5	26.5	27.5	28.5	29.5	30.5	31.5	32.5	33.5	34.5	35.5	36.5	37.5	38.5
51--55	23.5	24.5	25.5	26.5	27.5	28.5	29.5	30.5	31.5	32.5	33.5	34.5	35.5	36.5	37.5	38.5	39.5
56&UP	24.5	25.5	26.5	27.5	28.5	29.5	30.5	31.5	32.5	33.5	34.5	35.5	36.5	37.5	38.5	39.5	40.5

LEAN IDEAL AVERAGE OVERFAT

1) Obtain your body fat measurement in millimeter. 2) Find where the millimeter reading intersects with the row with your age. 3) The intersection is your body fat percentage. 4) The intersection is your body fat percentage. 5) The intersection is your body fat percentage. 6) The intersection is your body fat percentage. 7) The intersection is your body fat percentage. 8) The intersection is your body fat percentage. 9) The intersection is your body fat percentage. 10) The intersection is your body fat percentage. 11) The intersection is your body fat percentage. 12) The intersection is your body fat percentage. 13) The intersection is your body fat percentage. 14) The intersection is your body fat percentage. 15) The intersection is your body fat percentage. 16) The intersection is your body fat percentage. 17) The intersection is your body fat percentage. 18) The intersection is your body fat percentage. 19) The intersection is your body fat percentage. 20) The intersection is your body fat percentage. 21) The intersection is your body fat percentage. 22) The intersection is your body fat percentage. 23) The intersection is your body fat percentage. 24) The intersection is your body fat percentage. 25) The intersection is your body fat percentage. 26) The intersection is your body fat percentage. 27) The intersection is your body fat percentage. 28) The intersection is your body fat percentage. 29) The intersection is your body fat percentage. 30) The intersection is your body fat percentage. 31) The intersection is your body fat percentage. 32) The intersection is your body fat percentage. 33) The intersection is your body fat percentage. 34) The intersection is your body fat percentage. 35) The intersection is your body fat percentage. 36) The intersection is your body fat percentage. 37) The intersection is your body fat percentage. 38) The intersection is your body fat percentage. 39) The intersection is your body fat percentage. 40) The intersection is your body fat percentage. 41) The intersection is your body fat percentage. 42) The intersection is your body fat percentage. 43) The intersection is your body fat percentage. 44) The intersection is your body fat percentage. 45) The intersection is your body fat percentage. 46) The intersection is your body fat percentage. 47) The intersection is your body fat percentage. 48) The intersection is your body fat percentage. 49) The intersection is your body fat percentage. 50) The intersection is your body fat percentage. 51) The intersection is your body fat percentage. 52) The intersection is your body fat percentage. 53) The intersection is your body fat percentage. 54) The intersection is your body fat percentage. 55) The intersection is your body fat percentage. 56) The intersection is your body fat percentage. 57) The intersection is your body fat percentage. 58) The intersection is your body fat percentage. 59) The intersection is your body fat percentage. 60) The intersection is your body fat percentage. 61) The intersection is your body fat percentage. 62) The intersection is your body fat percentage. 63) The intersection is your body fat percentage. 64) The intersection is your body fat percentage. 65) The intersection is your body fat percentage. 66) The intersection is your body fat percentage. 67) The intersection is your body fat percentage. 68) The intersection is your body fat percentage. 69) The intersection is your body fat percentage. 70) The intersection is your body fat percentage. 71) The intersection is your body fat percentage. 72) The intersection is your body fat percentage. 73) The intersection is your body fat percentage. 74) The intersection is your body fat percentage. 75) The intersection is your body fat percentage. 76) The intersection is your body fat percentage. 77) The intersection is your body fat percentage. 78) The intersection is your body fat percentage. 79) The intersection is your body fat percentage. 80) The intersection is your body fat percentage. 81) The intersection is your body fat percentage. 82) The intersection is your body fat percentage. 83) The intersection is your body fat percentage. 84) The intersection is your body fat percentage. 85) The intersection is your body fat percentage. 86) The intersection is your body fat percentage. 87) The intersection is your body fat percentage. 88) The intersection is your body fat percentage. 89) The intersection is your body fat percentage. 90) The intersection is your body fat percentage. 91) The intersection is your body fat percentage. 92) The intersection is your body fat percentage. 93) The intersection is your body fat percentage. 94) The intersection is your body fat percentage. 95) The intersection is your body fat percentage. 96) The intersection is your body fat percentage. 97) The intersection is your body fat percentage. 98) The intersection is your body fat percentage. 99) The intersection is your body fat percentage. 100) The intersection is your body fat percentage.

Importer: Cheaperito, Flevolaan 50B, 1392JZ, The Netherlands



Manufacturer: Shenzhen Most Technology Service Co., Ltd. No. 5, 2nd Langshan Road, North District, Nanshan, Shenzhen, China

For accuracy, its result is same with Harpenden and Slim. alipers, and in be use in research, teaching, clinic and home.