

SKINFOLD MEASUREMENTS FOR PERCENT BODY FAT

Percent Body Fat: Standards for Healthy Fitness Zone®

Age	Boys				Girls			
	Very Lean	HFZ	NI— Some Risk	NI— High Risk	Very Lean	HFZ	NI— Some Risk	NI— High Risk
5	≤8.8	8.9-18.8	18.9	≥27.0	≤9.7	9.8-20.8	20.9	≥28.4
6	≤8.4	8.5-18.8	18.9	≥27.0	≤9.8	9.9-20.8	20.9	≥28.4
7	≤8.2	8.3-18.8	18.9	≥27.0	≤10.0	10.1-20.8	20.9	≥28.4
8	≤8.3	8.4-18.8	18.9	≥27.0	≤10.4	10.5-20.8	20.9	≥28.4
9	≤8.6	8.7-20.6	20.7	≥30.1	≤10.9	11.0-22.6	22.7	≥30.8
10	≤8.8	8.9-22.4	22.5	≥33.2	≤11.5	11.6-24.3	24.4	≥33.0
11	≤8.7	8.8-23.6	23.7	≥35.4	≤12.1	12.2-25.7	25.8	≥34.5
12	≤8.3	8.4-23.6	23.7	≥35.9	≤12.6	12.7-26.7	26.8	≥35.5
13	≤7.7	7.8-22.8	22.9	≥35.0	≤13.3	13.4-27.7	27.8	≥36.3
14	≤7.0	7.1-21.3	21.4	≥33.2	≤13.9	14.0-28.5	28.6	≥36.8
15	≤6.5	6.6-20.1	20.2	≥31.5	≤14.5	14.6-29.1	29.2	≥37.1
16	≤6.4	6.5-20.1	20.2	≥31.6	≤15.2	15.3-29.7	29.8	≥37.4
17	≤6.6	6.7-20.9	21.0	≥33.0	≤15.8	15.9-30.4	30.5	≥37.9
>17	≤6.9	7.0-22.2	22.3	≥35.1	≤16.4	16.5-31.3	31.4	≥38.6



Triceps skinfold measurement.

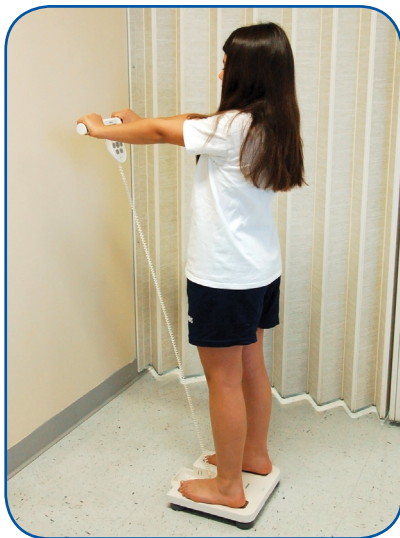


Placement of the leg for locating the calf skinfold site.

This body composition test measures percentage of body fat using the triceps and calf as skinfold sites.

BIOELECTRICAL IMPEDANCE ANALYZER (BIA) INFORMATION

- Portable BIA devices provide rough estimates of body fat levels by measuring your body's resistance to the flow of electrical current through your body tissues. You cannot feel the low-grade current, so BIA devices are safe to use.
- Someone with less fat will have a higher amount of water in his or her body since muscles store water. Water is a good conductor of electricity, so the BIA device would show lower resistance to current flow. Someone with more fat would have less stored water in his or her body relative to weight. In this case, the device would show more resistance to current flow.



BIA scale.



BIA hand-held device.

- As you can see in the photos, a person either stands barefoot on a scale-type device or holds handles of a handheld device.
- Because this method is based on water content, it is important to be adequately hydrated when using a BIA device. If you exercise hard and sweat a lot, you should not use a BIA device after your workout.