

How Can I Determine My Healthy Goal Weight?

Knowing your body fat will help you determine a realistic target weight. This information is particularly valuable for those on a weight loss program. Oftentimes diets will result in loss of mostly lean body tissue and water. By tracking body fat you can closely monitor what body composition changes are actually happening. Just knowing how many pounds you have lost is insufficient. The goal of any weight control program is going to involve adjusting your exercise and dietary habits to reach that healthy percentage of body fat.

Current weight _____ Body Fat % _____

$$\frac{\text{Current Weight}}{\text{Body Fat \%}} \times \text{Body Fat \%} = \text{Fat Weight} \qquad 100\% - \frac{\text{Current Weight}}{\text{Body Fat \%}} = \text{Lean Body \%}$$

$$\frac{\text{Current Weight}}{\text{Fat Weight}} = \text{Lean Weight} \qquad \text{OR} \qquad \frac{\text{Current Weight}}{\text{Lean Body \%}} \times \text{Lean Body \%} = \text{Lean Weight}$$

Recommended Body Fat Ranges and BMI

	Age	Low (BMI <18.5)	Recommended (BMI 18.5-24.9)	High (BMI 25-29.9)	Very High (BMI >30)
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	>24
	40-59	5-10	11-21	22-27	>27
	60-79	5-12	13-25	26-30	>30

Based on NIH/WHO guidelines for BMI

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

$$100\% - \frac{\text{Desired Body Fat \%}}{\text{Desired Lean \%}} = \text{Lean Weight} \div \frac{\text{Desired Lean \%}}{\text{Goal Weight}}$$



Fed up with how her diet is going, Charlene takes a more serious aim at her target weight.

Body composition is an integral component of total health and physical fitness. Losing body fat weight has a positive impact in reducing the risk of a number of diseases including coronary heart disease, diabetes, hypertension and musculo-skeletal problems. Think of leanness, not thinness, for lifetime physical and mental well-being!