

# Body Fat Percentage

Keeping track of your body fat percentage is a much more useful assessment tool than the scale or the tape measure, especially if you're exercising regularly to lose weight. It is simply the percentage of your body weight that consists of fat. Once you know that, you also know the approximate weight of your lean mass (muscle, blood, tissue, etc.) and the approximate weight of your fat. Tiger Coaching can check your body fat percentage so you can set your goal through your fitness program.

Below is a chart that gives basic guidelines for men and women, which can be very useful in setting realistic goals. Please keep in mind that **becoming TOO lean is just as unhealthy as becoming overweight**, so if you're a regular person, it's probably wisest to shoot for a number in the "ideal" or "average" category, depending on your current status.

	Women	Men
<b>Minimum amount to stay alive</b> - (this is not a healthy range for most people)	10-12%	2-4%
<b>Lean</b> - mainly found with serious athletes	14-20%	6-13%
<b>Ideal</b> - indicates a good level of fitness - a healthy range for most people to shoot for	21-24%	14-17%
<b>Average</b> - most people fall somewhere into this category	25-31%	18-25%
<b>Overweight or obese</b>	32% plus	25% plus