**Introduction to Fitness Health Guidelines**

**Activity Levels**

|  |  |  |
| --- | --- | --- |
| **Activity Level** | **Description** |  |
| Sedentary | Desk job, little physical activity | 1.2 |
| Light Activity | Jobs involving some standing such as retail sales, some walking as exercise, light housework | 1.375 |
| Moderate Activity | Mason, construction worker, or sedentary occupation with daily hour of moderate intensity exercise | 1.55 |
| High Activity | Strenuous work or exercise for several hours daily, hard manual labor such as non-mechanized farming, or non-sedentary occupation with 2 hours of moderate to intense exercise daily | 1.725 |
| Extreme Activity | Multiple bouts of long and intense exercise daily such as for serious athletes in season, or a strenuous occupation with additional leisure exercise | 1.9 |

Table 8.1: Values assigned to and examples for a variety of activity levels.

**Body Mass Index**

|  |  |
| --- | --- |
|  | **Health Status Category** |
| Below 18.5 | Underweight |
| Between 18.5 and 24.9 | Normal |
| Between 25.0 and 29.9 | Overweight |
| Above 29.9 | Obese |

Table 8.2: NIH ranges for interpreting BMI values.

**Waist to Height Ratio**

|  |  |
| --- | --- |
| **Waist to Height Ratio** | **Health Status Category** |
| Below 0.40 | Underweight |
| Between 0.40 and 0.50 | Healthy |
| Between 0.50 and 0.60 | Overweight |
| Above 0.60 | Obese |

Table 8.3: Ranges for interpreting WHR values.

**Body Fat %**

|  |  |  |
| --- | --- | --- |
|  | **Women** | **Men** |
| Essential Fat | 10-13% | 2-5% |
| Athletes | 14-20% | 6-13% |
| Fitness | 21-24% | 14-17% |
| Acceptable | 25-31% | 18-24% |
| Obesity | 32% or over | 25% or over |

Table 8.4: American Council on Exercise body fat percentage guidelines.