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How to Convert BMI to Body Fat Percentage

By [Artesia Peluso](#), eHow Contributor updated: December 30, 2010

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Use your BMI to find out what percentage of your mass is fat

BMI, or Body Mass Index, is the correlation between someone's height and weight. Body fat percentage is a breakdown of what percentage of a person's mass consists of fat.

Dietitians, nutritionists and trainers use these two tools to help determine a person's body type as well as his nutritional and physical activity needs.

You can use a simple equation using your BMI.

to determine your body fat percentage

Instructions

Difficulty: Easy

Men

- 1 Multiply your BMI by 1.2.
- 2 Multiply your age by 0.23.
- 3 Add the product in Step 1 to the product in Step 2.
- 4 Subtract 16.2. This is your body fat percentage.

things you'll need:

BMI calculator

calculator

Women

- 1 Multiply your BMI by 1.2.
- 2 Multiply your age by 0.23.
- 3 Add the product in Step 1 to the product in Step 2.
- 4 Subtract 5.4. This is your body fat percentage.

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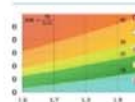
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VERY GOOD



GOOD



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POOR



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How to Determine Your
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Tips & Warnings

You can determine your BMI by using an online calculator, or use the following formula: Multiply your height in inches by your height in inches. Divide by your weight in pounds. Multiply by 703.

References

YouTube: Body Fat Percentage Versus BMI or Body Mass Index | Gaining Muscle and Losing Fat?

Resources

[BMI Calculator](#)

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