Body Fat Caliper
KABFCXXPROA
Quick Start Guide

Product Usage

Since the majority of fat on the body is located directly below the skin, a very efficient and practical method of measuring body fat is taking a skinfold measurement. A fat-measurement caliper is designed to make this a simple and accurate procedure that you can perform on yourself in private.
Although taking a skinfold measurement is technically simple to learn and perform, you should take some time to familiarize yourself with the correct procedure.

How to take an accurate skinfold measurement using a body fat caliper

1. The site you will use for the skinfold measurement is the suprailliac, which is located approximately one inch above the point of your right hipbone. To find your suprailliac, put your left index finger on the point of your right hipbone and move up one inch (see figure 1).
2. While standing with your fingers about 2-3 inches apart, firmly grasp the suprailliac skinfold between your thumb and forefinger on your lefthand. Gently pull the skinfold away from your body. Pull the skin and underlying fat away from the muscle tissue (see figures 2 and 3).
   Note: if the sit contains a large amount of fat, you will need to increase the distance between your thumb and index finger. Be sure to grasp the skin directly – not through clothing.
3. With the caliper in your right hand, place the jaws over your skinfold about 1/4” from your left thumb and forefinger (see figures 4 and 5). The caliper heads should be halfway between the crest and the base of the fold, right in the middle of the fold. The caliper must be perpendicular to the skinfold.
4. While continuing to hold the skinfold with your left hand, press with a thumb where indicated on the caliper until you feel a slight 'click'. The indicator will automatically move across the measurement arm and stop at the correct reading. Stop pinching when you hear the 'click'. Release the jaws of the calipers and record your measurement to the nearest millimeter.
5. Once you have taken one reading, take another measurement. If the second reading is more than 1mm different to the first reading, take another measurement, and work out the average number.
6. Refer to to the appropriate MALE or FEMALE body fat measurement chart to determine your body fat percentage at the intersection of your age and millimeter reading.

Figure 1 Figure 2

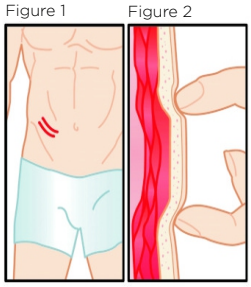


Figure 3 Figure 4

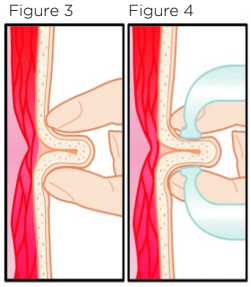
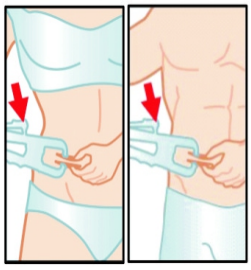


Figure 5



Measurement tips for the fat-measurement caliper

- Take all measurements on the right side of the body.
- Measurements should not be taken on broken, damaged or unhealthy skin.
- To grasp the skinfold easily, make sure your skin is dry and lotion free.
- If you are obese, it is not recommended that you take skinfold measurements – instead you should take measurements with a tape measure.
- Don't take measurements after physical activity or if you are overheated. Added fluid under the skin may increase skinfold thickness.
- Always use the same caliper and take readings at the same time of day for consistent monitoring.
- If you are female, avoid measuring during the menstrual cycle when there is a significant or noticeable weight gain.

The importance of body fat

What health risks are associated with too much body fat?
Excess body fat is associated with increased chances of heart disease, high blood pressure, high cholesterol, diabetes, stroke and some cancers. Emotional health and well being are also unfortunately often at risk due to society pressures.

What health risks are associated with too little body fat?
Just as with having too much body fat, there are health risks with having too little. Some of these include hypothermia, vitamin toxicity and cessation of the menstrual cycle and osteopororis in women. Fat is necessary for the healthy functioning of the human body. The fat that surrounds the spinal cord, heart and vital organs is called 'essential' fat. As people age, essential fat makes up approximately 9-10% of total body weight in females and 2-3% in males. The difference in the amounts of essential fats between men and women is due to reproductive and hormonal factors.

Body Fat Measurement Chart for Men

SKIN FOLD MEASUREMENTS IN MILLIMETERS

AGE	2-3	4-5	6-7	8-9	10-11	12-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30-31	32-33	34-36
Up to 20	2.0	3.9	6.2	8.5	10.5	12.5	14.3	16.0	17.5	18.9	20.2	21.3	22.3	23.1	23.8	24.3	24.9
21--25	2.5	4.9	7.3	9.5	11.6	13.6	15.4	17.0	18.6	20.0	21.2	22.3	23.3	24.2	24.9	25.4	25.8
26--30	3.5	6.0	8.4	10.6	12.7	14.6	16.4	18.1	19.6	21.0	22.3	23.4	24.4	25.5	25.9	26.5	26.9
31--35	4.5	7.7	9.4	11.7	13.7	15.7	17.5	19.2	20.7	22.1	23.4	24.5	25.5	26.3	27.0	27.5	28.0
36--40	5.6	8.1	10.5	12.7	14.8	16.8	18.6	20.2	21.8	23.2	24.4	25.6	26.5	27.4	28.1	28.6	29.0
41--45	6.7	9.2	11.5	13.8	15.9	17.8	19.6	21.3	22.8	24.7	25.5	26.6	27.6	28.4	29.1	29.7	30.1
46--50	7.7	10.2	12.6	14.8	16.9	18.9	20.7	22.4	23.9	25.3	26.6	27.7	28.7	29.5	30.2	30.7	31.2
51--55	8.8	11.3	13.7	15.9	18.0	20.0	21.8	23.4	25.0	26.4	27.6	28.7	29.7	30.6	31.2	31.8	32.2
56&UP	9.9	12.4	14.7	17.0	19.1	21.0	22.8	24.5	26.0	27.4	28.7	29.8	30.8	31.6	32.3	32.9	33.3
	LEAN						IDEAL				AVERAGE				OVER		

Body Fat Measurement Chart for Women

SKIN FOLD MEASUREMENTS IN MILLIMETERS

AGE	2-3	4-5	6-7	8-9	10-11	12-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30-31	32-33	34-36
Up to 20	11.3	13.5	15.7	17.7	19.7	21.5	23.2	24.8	26.3	27.7	29.0	30.2	31.3	32.3	33.1	33.9	34.6
21--25	11.9	14.2	16.3	18.4	20.3	22.1	23.8	25.5	27.0	28.4	29.6	30.8	31.9	32.9	33.8	34.5	35.2
26--30	12.5	14.8	16.9	19.0	20.9	22.7	24.5	26.1	27.6	29.0	30.3	31.5	32.5	33.5	34.4	35.2	35.8
31--35	13.2	15.4	17.6	19.6	21.5	23.4	25.1	26.7	28.2	29.6	30.9	32.1	33.2	34.1	35.0	35.8	36.4
36--40	13.8	16.0	18.2	20.2	22.2	24.0	25.7	27.3	28.8	30.2	31.5	32.7	33.8	34.8	35.6	36.4	37.0
41--45	14.4	16.7	18.8	20.8	22.8	24.6	26.3	27.9	29.4	30.8	32.1	33.3	34.4	35.4	36.3	37.0	37.7
46--50	15.0	17.3	19.4	21.5	23.4	25.2	26.9	28.6	30.1	31.5	32.8	34.0	35.0	36.0	36.9	37.6	38.3
51--55	15.6	17.9	20.0	22.1	24.0	25.9	27.6	29.2	30.7	32.1	33.4	34.6	35.6	36.6	37.5	38.3	38.9
56&UP	16.3	18.5	20.7	22.7	24.6	26.5	28.2	29.8	31.3	32.7	34.0	35.2	36.3	37.2	38.1	38.9	39.5
	LEAN						IDEAL				AVERAGE				OVER		