

Supplementary material

Table S1 Classification of body fat values for youth individuals [16]

Body Fat category	Female	Male
Very Low	≤12%	≤6%
Low	12.01-15.0%	6.01-10.0%
Normal	15.01-25.0%	10.01-20.0%
Moderately high	25.01-30.0%	20.01-25.0%
High	30.01-36.0%	25.01-31.0%
Very high	≥36.01%	≥31.01%

Table S1b Classification of body fat values for adults 18-25 years old [18]

Body Fat category	Female	Male
Excellent	13-16%	4-6%
Good	17-19%	8-10%
Above average	20-22%	12-13%
Average	23-25%	14-16%
Below average	26-28%	17-20%
Bad	29-31%	20-24%
Very bad	33-43%	26-36%