

APPENDIX- A : SOME STANDARDS FOR FITNESS

Breath per minute	:	12-14
Body Temperature	:	98.6 ° F
Pulse Rate	:	72
Blood Pressure	:	120/80 mm Hg
Blood Sugar	:	Fasting 70-110 mg/dl PP: 70-126 mg/dl
Hemoglobin	:	14-18 g/dl (Male) 12-16 g/dl (Female)
ESR	:	0-20
TLC	:	4.40-11.30 thous/mm ³
Lymphocytes	:	22.30-50.00%
S. Albumin	:	3.5-5.0
S. Creatinine	:	0.4-1.4
S. Bilurbin	:	<1.0
Blood Urea	:	10-45

Height/Weight Chart:

Women		
Height	Healthy Weight Range (Pounds)	kilograms
4'10"	109-121	49-54
5'0"	113-126	51-57
5'1"	115-129	52-58
5'2"	118-132	53-59
5'3"	121-135	54-61
5'4"	124-138	56-62
5'5"	127-141	57-63
5'6"	130-144	58-65
5'7"	133-147	60-66
5'8"	136-150	61-68
5'9"	139-153	63-69
5'10"	142-156	64-70
5'11"	145-159	65-72
6'0"	148-162	67-73

Men		
Height	Healthy Weight Range (pounds)	Kilograms
5'2"	131-141	59-63
5'3"	133-143	60-64
5'4"	135-145	61-65
5'5"	137-148	62-67
5'6"	139-151	63-68
5'7"	142-154	64-69
5'8"	145-157	65-71
5'9"	148-160	67-72
5'10"	151-163	68-73
5'11"	154-166	69-75
6'0"	157-170	71-77
6'1"	160-174	72-78
6'2"	164-178	74-80
6'3"	167-182	75-82
6'4"	171-187	77-84

(Courtesy: www.webindia123.com)