

## Body Composition

# Height and Weight Standards for Adults

1959 Metropolitan Standards for height without shoes and weight without clothing.

## Men

Feet	Inches	Inches	Centi-meters	Small		Medium		Large	
				Lower	Upper	Lower	Upper	Lower	Upper
5	1	61	154.9	106	114	112	123	120	135
5	2	62	157.5	109	117	115	127	123	138
5	3	63	160.0	112	120	118	130	126	142
5	4	64	162.5	115	123	121	133	129	146
5	5	65	165.1	118	127	124	137	132	146
5	6	66	167.6	122	131	128	141	136	150
5	7	67	170.2	126	135	132	146	141	155
5	8	68	172.7	130	139	136	150	145	160
5	9	69	175.7	134	144	140	154	153	164
5	10	70	177.8	138	148	144	159	155	168
5	11	71	180.3	142	152	148	164	158	178
6	0	72	182.9	146	156	152	169	162	183
6	1	73	185.4	150	161	156	174	167	188
6	2	74	188	156	165	161	179	172	193
6	3	75	190.5	158	169	166	184	176	198