

Body Composition

Height and Weight Standards for Adults

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

Women

Feet	Inches	Inches	Centi- meters	Small		Medium		Large	
				Lower	Upper	Lower	Upper	Lower	Upper
4	8	56	142.2	89	95	93	104	101	116
4	9	57	144.8	91	98	95	107	103	119
4	10	58	147.3	93	101	98	110	106	122
4	11	59	149.9	96	104	101	113	109	125
5	0	60	152.4	99	107	104	116	112	128
5	1	61	154.9	102	110	107	119	115	131
5	2	62	157.5	105	113	110	123	118	135
5	3	63	160.0	108	116	113	127	122	139
5	4	64	162.5	111	120	117	132	126	143
5	5	65	165.1	115	124	121	136	130	147
5	6	66	167.6	119	128	125	140	134	151
5	7	67	170.2	123	133	129	144	138	155
5	8	68	172.7	127	137	133	148	142	160
5	9	69	175.7	131	141	137	152	146	165
5	10	70	177.8	135	145	141	156	150	173