

• IDEAL WEIGHTS FOR ADULTS

Weight Table (1959) + (Weight in lbs.)*

<i>MEN</i>				<i>WOMEN</i>			
<i>Height</i> (No Shoes)	<i>Small</i> <i>Frame</i>	<i>Medium</i> <i>Frame</i>	<i>Large</i> <i>Frame</i>	<i>Height</i> (No Shoes)	<i>Small</i> <i>Frame</i>	<i>Medium</i> <i>Frame</i>	<i>Large</i> <i>Frame</i>
5'2"	115-123	121-133	129-144	4'10"	96-104	101-113	109-125
4"	121-129	127-139	135-152	5'0"	102-110	107-119	115-131
6"	128-137	134-147	142-161	2"	108-116	113-126	121-138
8"	136-145	142-156	151-170	4"	114-123	120-135	129-146
10"	144-154	150-165	159-179	6"	122-131	128-143	137-154
6'0"	152-162	158-175	168-189	8"	130-140	136-151	145-163
2"	160-171	167-185	178-199	10"	138-148	144-159	153-173
4"	168-179	177-195	187-209				

**Includes one pound for ordinary indoor clothing.*

+Many established researchers consider the 1959 table of the Metropolitan Life Insurance Company more consistent with good health than the revised 1983 table with its higher values.