

Percentile Distributions of Anthropometric and Fitness Variables by Sex and Age (Canadians aged 7 and older)
Campbell Survey on Well-Being in Canada (1988)

Age Group	Total 7+		7-9		10-14		15-19		20-24		25-44		45-64		65+		
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
Height (cm)																	
<i>Percentile</i>	15	166	154	121	120	141	141	167	155	170	156	169	155	167	154	166	153
	25	169	156	124	125	146	146	170	158	173	159	171	158	169	156	168	155
	50	174	161	130	131	152	153	174	163	178	163	176	162	173	160	173	158
	75	179	165	135	138	162	162	179	167	182	167	181	166	178	164	178	162
	85	182	168	141	141	166	165	183	170	185	169	183	169	181	167	180	164
Weight (kg)																	
<i>Percentile</i>	15	62	50	23	23	34	35	57	49	65	50	66	52	69	55	69	52
	25	67	54	24	25	36	38	60	53	68	52	70	55	73	59	72	55
	50	76	60	28	28	43	45	67	57	76	57	77	60	80	66	79	63
	75	85	68	32	34	52	54	74	63	83	65	85	67	87	73	88	68
	85	89	73	35	39	57	60	79	67	86	70	91	73	91	79	93	76
VO₂ max (ml•kg⁻¹•min⁻¹)																	
<i>Percentile</i>	15	36	30	-	-	-	-	47	42	45	40	41	35	30	25	23	21
	25	40	34	-	-	-	-	48	43	47	41	42	36	33	26	24	21
	50	45	39	-	-	-	-	51	45	49	42	45	39	36	30	28	25
	75	49	43	-	-	-	-	53	46	50	44	48	41	40	34	29	26
	85	50	44	-	-	-	-	53	48	51	45	49	43	42	35	30	27

Age Group	Total 7+		7-9		10-14		15-19		20-24		25-44		45-64		65+		
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
Sum of Skinfolds (mm)																	
<i>Percentile</i>	15	36	49	28	34	29	42	30	47	32	45	36	49	45	63	47	55
	25	42	57	29	36	33	45	33	54	37	52	43	56	50	72	50	60
	50	56	74	34	46	40	55	41	67	49	69	59	73	61	92	62	79
	75	72	96	44	65	57	75	54	82	65	82	75	92	78	110	78	103
	85	83	108	58	78	74	89	66	91	77	94	85	104	87	122	95	116
Waist/Hip Ratio																	
<i>Percentile</i>	15	.81	.70	.80	.77	.78	.71	.77	.69	.79	.69	.81	.70	.87	.72	.88	.75
	25	.83	.72	.83	.79	.79	.73	.79	.70	.80	.70	.84	.71	.89	.74	.89	.77
	50	.88	.76	.85	.81	.82	.76	.80	.73	.83	.73	.87	.74	.92	.78	.94	.81
	75	.92	.80	.89	.84	.85	.80	.84	.76	.86	.76	.91	.78	.96	.83	.97	.86
	85	.95	.83	.90	.85	.87	.82	.86	.77	.88	.78	.94	.81	.99	.86	.99	.88
Body Mass Index (kg•m⁻²)																	
<i>Percentile</i>	15	21	20	14	15	16	17	19	19	21	20	22	20	24	22	23	21
	25	22	21	15	15	17	18	20	20	22	21	23	21	25	23	25	22
	50	25	23	16	17	18	19	22	22	24	22	25	23	27	26	27	24
	75	27	26	18	19	20	22	24	23	26	24	27	25	29	29	29	28
	85	29	28	19	21	22	23	25	24	26	26	29	27	30	30	29	30

Age Group	Total 7+		7-9		10-14		15-19		20-24		25-44		45-64		65+		
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
Sit-Ups (no. in 60 seconds)																	
<i>Percentile</i>	15	14	2	8	13	22	16	28	23	25	23	19	10	4	0	0	0
	25	20	12	14	17	25	22	30	26	28	26	22	14	10	0	0	0
	50	28	23	21	22	30	26	37	31	35	31	30	22	18	10	0	0
	75	36	30	29	28	35	30	44	36	40	36	35	28	24	17	13	0
	85	40	33	33	31	40	33	48	39	46	39	39	31	28	20	20	10
Push-Ups																	
<i>Percentile</i>	15	5	3	1	4	2	6	11	7	15	9	10	5	3	0	0	0
	25	10	6	1	6	5	8	15	10	19	11	13	8	5	3	0	0
	50	17	12	6	13	11	15	22	16	28	17	20	13	10	8	0	0
	75	26	20	11	20	19	24	31	25	33	26	27	20	15	12	4	8
	85	31	25	15	25	21	29	40	31	40	30	31	25	20	19	5	11
Trunk Forward Flexion (cm)																	
<i>Percentile</i>	15	16	22	21	23	17	23	17	26	19	25	18	23	14	19	1	21
	25	20	25	22	24	20	27	21	29	24	28	22	26	18	21	10	24
	50	26	31	26	29	23	31	29	36	30	34	27	31	22	27	13	28
	75	32	37	30	33	28	36	33	40	36	39	34	37	29	33	20	34
	85	35	39	33	34	31	39	36	42	39	41	37	39	31	36	21	39
Combined Right and Left Hand Grip Strength (kg)																	
<i>Percentile</i>	15	71	42	19	13	32	25	72	46	84	42	86	48	74	43	50	38
	25	81	47	20	18	37	30	79	48	91	47	92	52	81	46	67	39
	50	95	54	24	25	45	39	88	53	104	55	103	58	91	52	74	47
	75	107	62	31	31	55	50	103	60	113	65	111	66	100	58	80	53
	85	113	67	32	32	62	53	111	64	124	68	116	70	104	62	81	57

Percentile Distributions of Anthropometric and Fitness Variables by Sex and Age (Canadians aged 10 and older)
Campbell Survey on Well-Being in Canada (1988)

Age Group	Total 10+		10-19		20-29		30-39		40-49		50-59		60-69		
Gender	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
Height (cm)															
<i>Percentile</i>	15	166	154	150	149	170	156	169	156	167	155	167	154	167	154
	25	169	156	158	154	172	158	171	159	170	157	169	156	169	156
	50	174	161	170	161	177	163	176	162	174	161	174	159	173	159
	75	179	165	176	166	182	167	181	166	179	165	178	163	178	163
	85	182	168	180	168	184	169	184	170	182	168	180	166	181	167
Weight (kg)															
<i>Percentile</i>	15	63	51	41	43	63	50	68	52	69	54	70	57	69	54
	25	68	54	47	48	67	53	71	55	72	57	75	60	74	57
	50	76	61	62	54	75	57	77	60	80	63	80	66	80	65
	75	85	68	70	62	82	64	85	68	88	71	86	74	89	71
	85	89	73	75	65	86	68	91	73	93	76	90	80	93	79
VO₂ max (ml•kg⁻¹•min⁻¹)															
<i>Percentile</i>	15	36	30	47	42	45	39	42	36	37	32	33	25	24	21
	25	40	34	48	43	46	40	43	37	38	33	33	26	27	23
	50	45	39	51	45	48	42	45	39	41	35	36	29	28	25
	75	49	43	53	46	50	44	47	41	44	37	38	32	30	26
	85	50	44	53	48	51	45	48	42	45	38	39	32	31	27

Age Group	Total 10+		10-19		20-29		30-39		40-49		50-59		60-69		
Gender	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
Sum of Skinfolts (mm)															
<i>Percentile</i>	15	36	50	30	45	32	45	38	49	45	59	47	71	45	63
	25	42	58	33	50	36	51	44	56	52	66	51	78	50	72
	50	56	75	41	64	51	68	59	75	64	82	61	97	61	83
	75	73	97	54	79	67	83	74	91	82	105	78	117	79	108
	85	83	108	69	90	78	95	82	103	89	120	87	125	95	119
Waist/Hip Ratio															
<i>Percentile</i>	15	.81	.70	.77	.70	.80	.69	.81	.70	.85	.70	.88	.73	.88	.75
	25	.83	.72	.79	.70	.81	.70	.83	.71	.87	.72	.90	.75	.89	.77
	50	.88	.76	.81	.74	.84	.73	.87	.74	.90	.76	.93	.79	.94	.80
	75	.92	.80	.84	.77	.88	.76	.91	.78	.94	.80	.96	.84	.98	.85
	85	.95	.83	.86	.79	.90	.78	.94	.81	.97	.83	.98	.87	.99	.88
Body Mass Index (kg•m⁻²)															
<i>Percentile</i>	15	21	20	18	18	21	19	22	20	23	21	24	23	23	21
	25	22	21	19	19	22	20	23	21	24	22	25	24	25	23
	50	25	23	21	21	24	22	25	23	26	24	27	26	27	25
	75	28	26	23	23	26	24	27	26	29	27	28	30	29	28
	85	29	28	25	24	27	26	29	27	30	29	30	31	30	29

Age Group	Total 10+		10-19		20-29		30-39		40-49		50-59		60-69		
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
Sit-Ups (no. in 60 seconds)															
<i>Percentile</i>	15	14	2	26	21	25	18	20	11	9	0	4	0	0	0
	25	20	12	28	24	28	23	22	14	14	7	10	0	0	0
	50	28	23	34	29	33	29	29	22	22	15	18	4	10	0
	75	36	30	41	34	40	33	34	28	30	21	24	14	18	10
	85	40	33	46	37	45	37	37	31	33	24	27	18	20	14
Push-Ups															
<i>Percentile</i>	15	5	3	7	6	15	8	10	5	4	1	4	0	0	0
	25	10	6	10	10	17	10	12	8	9	4	6	3	0	0
	50	17	12	18	16	25	16	20	13	15	10	10	8	3	3
	75	26	20	27	24	31	25	28	21	20	17	13	11	7	11
	85	31	25	33	30	35	30	31	25	25	20	15	15	11	12
Trunk Forward Flexion (cm)															
<i>Percentile</i>	15	16	22	17	25	19	25	18	23	16	19	12	19	10	21
	25	20	25	21	28	23	28	22	26	20	22	15	20	13	24
	50	26	31	26	34	29	34	28	31	24	27	21	28	18	28
	75	32	37	32	39	35	39	34	36	30	35	28	33	23	33
	85	35	39	35	41	39	41	37	39	33	37	32	35	25	35
Combined Right and Left Hand Grip Strength (kg)															
<i>Percentile</i>	15	73	44	41	35	86	44	86	50	84	47	76	41	57	38
	25	82	48	52	43	92	49	91	53	87	50	80	45	71	39
	50	96	55	78	51	103	55	103	59	98	56	90	50	76	49
	75	107	62	94	58	111	65	112	67	107	62	101	56	87	54
	85	113	67	105	62	116	69	117	71	114	67	104	59	95	57