Body Fat Percentage of Urban South African Children: Implications for Health and Fitness

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Synopsis: School children in Central Pretoria, South Africa, have a high level of excessive percentage body fat, with girls having significantly higher percentage body fat compared to boys. Racially, black children were fatter than white children. The excessive percentage body fat observed among the children in this study has implications for their health and fitness.

Keywords: Anthropometry, children, percentage body fat, sex and racial differences, South Africa