

"CHOOSE TO LOSE"

BODY COMPOSITION ANALYSIS

This analysis includes a number of measurements giving you an in-depth look at your body composition. You and your professional will use this analysis to assess your current health, risk for serious preventable disease, and to develop a fitness and nutrition program that, over time, will reduce risk.

Why Check Body Composition?

Professionals use body composition analysis to measure increased risk for serious disease including hypertension, type II diabetes, dyslipidemia, prostate cancer, stroke, breast cancer, gallbladder disease, colon cancer, osteoarthritis, coronary heart disease, sleep apnea and respiratory problems.

WEIGHT ALONE CAN BE DECEIVING!

Proper fitness goals can best be achieved with increased physical activity and sensible diet over an extended period of time. Weight loss without appropriate exercise can actually increase the percent of body fat, as indicated by body composition assessment and your risk for disease.

PERCENT BODY FAT (%)

Body fat is vital to daily body functions. It cushions the joints and protects the organs, helps regulate body temperature, stores vitamins and helps the body sustain itself when food is scarce. However, serious health risks have been associated with both too much and too little body fat. Below is the table for body fat measurements.

Body Fat Guidelines from American Council on Exercise (ACE):

Classification	Women (% Fat)	Men (% Fat)
Essential Fat	10-12 percent	2-4 percent
Athletes	14-20 percent	6-13 percent
Fitness	21-24 percent	14-17 percent
Acceptable	25-31 percent	18-25 percent

Body Type:	
Gender:	
Age:	
Height:	
Weight:	
BMI:	
Fat%:	
BMR:	
Impedance:	
Fat Mass:	
FFM:	
TBW:	
Target BF%:	

FAT FREE MASS (FFM) AND FAT MASS (FAT MASS)

Fat Free Mass is your weight excluding all body fat. It includes the weight of bone, muscle tissue and water. Fat Mass includes all body fat. Female bodies require a higher percentage of fat to be healthy.

BODY MASS INDEX (BMI)

BMI, a weight and height ratio is often used to diagnose obesity by approximating body fat levels. The index helps determine your risk of developing one or more of 34 specific diseases linked to obesity. The National Institutes of Health and the World Health Organization have determined that a healthy BMI is between 18.6 and 24.9. BMI between 25 and 29.9 indicates an individual is overweight. BMI is not a reliable tool for everyone, for example competitive athletes, body builders, elderly, women who are pregnant or breast feeding, some inactive adults, children and chronically ill patients. Over time, Body Composition Analysis can provide additional information about actual changes in body fat and improved health.

BASAL METABOLIC RATE (BMR)

BMR measures the energy used by the body to maintain normal body functions when the body is at rest. Normal daily activities and exercise increase your metabolism (calorie use). If the amount of calories you eat in a day exceeds the amount of calories you use, your body weight will increase. BMR is used by professionals to develop diet and exercise programs to help you achieve your target fitness levels.

TOTAL BODY WATER (TBW)

Total body water reflects the amount of water in your body. Care must be taken to avoid becoming dehydrated during exercise and diet. Healthy hydration for men ranges from 60%-70% and for females 50%-60% of body weight.

Note: Individuals who are severely dehydrated may receive an inaccurate measurement.

TARGET BF%

Indicates your target percentage body fat and an estimate of the fat you will need to lose or gain to achieve the target body fat percentage. This measurement is an estimate only, you should consult your physician to set an appropriate target and before beginning any weight management program.

IMPEDANCE, BODY TYPE AND GENDER

Impedance (Ω) reflects the strength and speed of a mild electrical signal sent through the body. Different types of tissues (i.e. muscle and fat) conduct the signal differently. The impedance value is interpreted differently depending on an individual's gender and body type.