



A Snap-Shot of Your Health & Fitness

Name: _____ D.O.B: _____ / _____ / _____ Height: _____ cm

Date: _____ / _____ / _____

Total Body Weight _____ kg

Total Body Fat: _____ %

Fat Weight: _____ kg

Lean Weight: _____ kg

Essential Fat: _____ kg

Reserve Fat: _____ kg

Excess Fat: _____ kg

BMR: _____ kcal

Total Body Water: _____ %

BMI: _____

MEN	Under Age 30	Age 30-39	Age 40-49	Age 50-59	Over Age 60
Excellent	Up to 11.8%	Up to 15.9%	Up to 18.1%	Up to 19.8%	Up to 20.3%
Good	11.9-15.9%	16.0-19.0%	18.2-21.1%	19.9-22.7%	20.3-23.5%
Fair	16.0-19.5%	19.1-22.3%	21.2-24.1%	22.8-25.7%	23.6-26.7%
Needs Improvement	Over 19.5%	Over 22.3%	Over 24.1%	Over 25.7%	Over 26.7%
Risky	Less Than 6%	Less Than 6%	Less Than 6%	Less Than 6%	Less Than 6%

WOMEN	Under Age 30	Age 30-39	Age 40-49	Age 50-59	Over Age 60
Excellent	Up to 19.0%	Up to 20.0%	Up to 23.5%	Up to 26.6%	Up to 27.5%
Good	19.1-22.1%	20.1-23.1%	23.6-26.4%	26.7-30.1%	27.6-30.9%
Fair	22.2-25.4%	23.2-27.0%	26.5-30.1%	30.2-33.5%	31.0-34.3%
Needs Improvement	Over 25.4%	Over 27.0%	Over 30.1%	Over 33.5%	Over 34.3%
Risky	Less Than 9%	Less Than 9%	Less Than 9%	Less Than 9%	Less Than 9%



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Making Exercise Personal

Making Changes - Setting Goals

Use your Body Composition Analysis to take positive steps toward a healthier lifestyle. A good exercise program coupled with a proper nutrition plan can help you maintain your target weight and percent body fat.

Good Body Fat, Bad Body Fat and Lean Body Mass

There is a common misconception that all body fat is bad. In truth, some body fat is needed to protect the person's health as well as supplying a reservoir of energy for performing various body functions. The total weight of body fat can be subdivided into three separate categories:

Essential Body Fat - This amount of body fat is needed to protect the body from infectious diseases and to protect the internal organs from bruising damage.

Reserve Body Fat - The amount of additional body fat that does not cause any medical risks, and provides a reservoir of "fuel" for use by the body.

Excess Body Fat - The amount of body fat that is over and above the combination of Essential Body Fat plus Reserve Body Fat. Excess Body Fat causes the risk of serious health problems such as strokes, heart attacks, diabetes and certain forms of cancer.

Lean Body Mass - All parts of the body exclusive of body fat -- bones, organs, muscle, connective tissue, and fluids -- make up your Lean Body Mass. The higher the percentage of Lean Body Mass, the more muscular the body with a higher bone density. A more muscular body is normally considered attractive, and improves athletic performance.

Basal Metabolic Rate [BMR]

Your BMR is the daily amount of energy required for the body's basic functions while at rest, but not sleeping (e.g. pumping blood, regulating temperature, breathing, thinking, etc).

Total Body Water

This is a calculation of your normal hydration state. Percent body water is based on research that has shown lean tissue to be approximately 73% water. Fat contains approximately 4-8% water. Optimal hydration for women is approximately 55% - 60%. The optimal range for men is approximately 60% - 65%.

Body Mass Index (BMI)

BMI is a relationship between weight and height that is often associated with health risks. The Centers For Disease Control uses the following guidelines:

RATING	Body Mass Index (BMI)
Underweight	Less Than 18.5
Ideal	18.6 - 24.9
Overweight	25.0 - 29.9
Obese	More Than 30.0



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