



Body Composition Analysis

www.BodyAnalyticsTX.com

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Date: 9/29/2014
Time: 5:35:45 PM
Location: Default Location
Operator: Aaron W

About Your Analysis

- * Accurate measurement of your body fat % and lean mass
- * Detailed tracking of previous tests
- * A reference table showing where you are and where you should be
- * Calculation of your resting metabolic rate and total caloric burn

The human body is composed of metabolically active "lean" tissues like bone, muscle, internal organs, water, and adipose tissue (i.e., fat tissue). From both health and cosmetic standpoints, the relative amount of adipose tissue in your body is of concern. A variety of techniques have been developed to evaluate the total body fat percentage. Hydrostatic body fat testing is referred to as THE GOLD STANDARD, or the method by which all other methods measure their own accuracy.

Client Data

Name: John Smith
Phone: --
Email: default test
Sex: M
Age: 41
Height (in): 72
Dry Weight (lb): 175
Water Temp (F): 88

Body Fat

Weight (lb): 23.2 Percentage: 13.2%

Lean Body Mass

Weight (lb): 151.8 Percentage: 86.8%

Client History

	Date	Height	Weight	RMR	Lean Lb.	Fat Lb.	Body Fat %	Change
Current Test	9/29/2014	72	175	2015	151.8	23.2	13.2	-3.7
	10/27/2012	72	182	2009	151.2	30.8	16.9	

contact Aaron@bodyanalyticstx.com or 512-230-2501

Current Status and Goals

According to your age group and your percent fat of 13.2%, the closest value on the chart is 13.6, placing you at the 90% percentile with a rating of Athletic.

Percent Body Fat (%) - Males

Percentile	Twenties	Thirties	Forties	Fifties	Over 60	Rating
99	2.4	5.2	6.6	8.8	7.7	ESSENTIAL
95	5.2	9.1	11.4	12.9	13.1	
90	7.1	11.3	13.6	15.3	15.3	ATHLETIC
85	8.3	12.7	15.1	16.9	17.2	
80	9.4	13.9	16.3	17.9	18.4	
75	10.6	14.9	17.3	19.0	19.3	
70	11.8	15.9	18.1	19.8	20.3	HEALTHY
65	12.9	16.6	18.8	20.6	21.1	
60	14.1	17.5	19.6	21.3	22.0	
55	15.0	18.2	20.3	22.1	22.6	AVERAGE
50	15.9	19.0	21.1	22.7	23.5	
45	16.8	19.7	21.8	23.4	24.3	
40	17.4	20.5	22.5	24.1	25.0	
35	18.3	21.4	23.3	24.9	25.9	UNHEALTHY
30	19.5	22.3	24.1	25.7	26.7	
25	20.7	23.2	25.0	26.6	27.6	
20	22.4	24.2	26.1	27.5	28.5	
15	23.9	25.5	27.3	28.8	29.7	
10	25.9	27.3	28.9	30.3	31.2	
5	29.1	29.9	31.5	32.4	33.4	VERY UNHEALTHY
1	36.4	35.6	37.4	38.1	41.3	

Source: Data provided by Dr. Kenneth Cooper's Institute for Aerobics Research, Dallas, TX.

Adapted by permission.

Target Weight

Obesity, or excessive body fat, is generally defined as a value greater than 30%. However, the detrimental health value of obesity does have a relationship to your age. It is far more severe to be at or above 30% at 50 years old than it is at 20 years old. your calculated percent body fat of 13.2% at a weight of 175 pounds is Below that level.

In general, normal health range of body fat percentage changes based on age. Therefore, your goal for optimum health should be at or a lower body fat percentage that is boxed in on the previous page, also known as the 70th percentile. The following chart is what your body fat percentage will be if you lose FAT ONLY.

% Fat	Target Weight	To Lose (lbs.)
13.2	175	Current
12.9	174	1
12.6	174	1
12.3	173	2
11.9	172	3
11.6	172	3
11.3	171	4

If you need to increase body fat to maintain a healthier level, use this chart to determine what your body fat percentage will be if you gain FAT ONLY:

% Fat	Target Weight	To Gain (lbs.)
13.2	175	Current
13.5	176	1
13.8	176	1
14.1	177	2
14.5	177	2
14.8	178	3
15.1	179	4

Another method of decreasing overall body fat percentage is to increase LEAN MUSCLE.

Weight Control Recommendations

Should you have a desire to reduce your percentage body fat, begin with a reasonable goal. Keep in mind that most of the current research indicates that if you want to lose fat only, you should keep your body weight loss at or below one pound per week, while maintaining an exercise program that is geared to maintain or increase lean muscle mass.

In general, most people think that in order to lose weight all they need to do is to cut back on the quantity of food that they eat. Losing weight in a healthy manner involves much more. It requires the incorporation of Behavior Modification, Nutritional Education, and understand of how the body uses and metabolizes carbohydrates, fats and proteins. Finally, most need initial help in meal planning.

The nutritional facet of this equation is offered as a courtesy to all who have been tested.

Resting Metabolic Rate

This rate varies between individuals, but according to your body composition, and assuming your body is functioning properly, you have a resting metabolic rate of 2015 calories per day and an approximate daily expenditure of 2879.

Creating a caloric deficit of at least 500 calories will result in a net weight loss of at least 1 pound per week.

One smartphone app that is useful for tracking calories is MyFitnessPal.

Exercise

One of the most significant factors in weight control is the amount of physical activity in which you engage. Since most people slowly add weight and body fat over a long period, the logical way to reverse this process is to gradually increase activity over similar periods. Over time, these small increases in caloric expenditure become significant. The following list estimates how many calories you will burn in 30 minutes when participating in various activities. Your exact caloric expenditure will vary based on your experience and efficiency in a particular activity. As you continue to participate in the same activity, you become more efficient, and consequently, burn fewer calories. Therefore, participating in a variety of activities or extending the time in the same activity may be the most effective way to maximize caloric expenditure.

A MET (Metabolic Equivalent) is a constant that defines how many more calories you will burn during exercise. For example you will burn 10 times as many calories Bicycling, 14-15.9 Mph as you will at rest. For additional activities visit <https://sites.google.com/site/compendiumofphysicalactivities/Activity-Categories>

Note: Make sure you eat a light snack both before and after workouts. Both protein and complex carbohydrates are required to maintain lean mass. 80-100 calories should be plenty.

Calories burned in 30 minutes	METS	Activity	Calories burned in 30 minutes	METS	Activity
134	2.8	Walking, 2.0 Mph, Level, Firm Surface	360	7.5	Aerobic, Step, With 6 - 8 Inch Step
206	4.3	Walking, 3.5 Mph, Level	566	11.8	Rope Jumping, Moderate Pace, 100-120/Min
288	6	Walking, Backwards, 3.5 Mph, Level	374	7.8	Dancing (E.G., Disco, Folk, Irish Step Dancing, Line Dancing, Polka, Contra, Country)
254	5.3	Walking, 2.9 To 3.5 Mph, Uphill, 1-5% Grade	264	5.5	Ballroom, Fast
288	6	Jog/Walk Combination	120	2.5	Yoga, Hatha
398	8.3	Running, 5 Mph (12 Min/Mile)	144	3	Pilates
566	11.8	Running, 8 Mph (7.5 Min/Mile)	384	8	Basketball, Football Game
696	14.5	Running, 10 Mph (6 Min/Mile)	206	4.3	Golf, Walking, Carrying Clubs
912	19	Running, 12 Mph (5 Min/Mile)	336	7	Racquetball
168	3.5	Bicycling, Leisure, 5.5 Mph	350	7.3	Tennis (Doubles are 4.5)
384	8	Bicycling, 12-13.9 Mph	192	4	Volleyball (Competitive is 6)
480	10	Bicycling, 14-15.9 Mph	336	7	Soccer (Competitive is 10)
672	14	Bicycling, Mountain, Uphill, Vigorous	590	12.3	Rollerblading
384	8	Bicycling, 12-13.9 Mph	336	7	Backpacking
672	14	Bicycling, Mountain, Uphill, Vigorous	240	5	Kayaking
326	6.8	Bicycling, Stationary, 90-100 Watts	168	3.5	Canoeing, Rowing, For Pleasure
408	8.5	Bicycling, Spin Class	576	12	Canoeing, Rowing, In Competition
384	8	Circuit Training, With Kettlebells & Arobics	432	9	Skiing, Cross Country, 4.0-4.9 Mph
240	5	Elliptical Trainer	206	4.3	Skiing, Downhill, Alpine Or Snowboarding
240	5	Resistance (Weight) Training, Squats	336	7	Skating, Ice
168	3.5	Resistance (Weight) Training, Multiple Exercises	672	14	Skating, Ice Dancing
288	6	Resistance Training Power Lifting Or Body Building	470	9.8	Swimming Laps, Freestyle, Fast, Vigorous Effort
456	9.5	Aerobic, Step, With 10 - 12 Inch Step	278	5.8	Swimming Laps, Freestyle, Light or Moderate Effort

