



# Body Composition Analysis

www.BodyAnalyticsTX.com

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**Date:** 9/29/2014  
**Time:** 5:37:50 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: Jane Smith  
Phone: ( ) - -  
Email: default test  
Sex: F  
Age: 41  
Height (in): 64  
Dry Weight (lb): 122  
Water Temp (F): 88

### Body Fat

Weight (lb): 17.5                      Percentage: 14.3%

### Lean Body Mass

Weight (lb): 104.5                      Percentage: 85.7%

## Client History

	Date	Height	Weight	RMR	Lean Lb.	Fat Lb.	Body Fat %	Change
<b>Current Test</b>	<b>9/29/2014</b>	<b>64</b>	<b>122</b>	<b>1543</b>	<b>104.5</b>	<b>17.5</b>	<b>14.3</b>	<b>-2.4</b>
	10/27/2012	64	120	1497	99.9	20.1	16.7	

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

## Current Status and Goals

According to your age group and your percent fat of 14.3%, the closest value on the chart is 16.1, placing you at the 95% percentile with a rating of Athletic.

### Percent Body Fat (%) - Females

Percentile	Twenties	Thirties	Forties	Fifties	Over 60	Rating
99	5.4	7.3	11.6	11.6	15.4	ESSENTIAL
95	10.8	13.4	<b>16.1</b>	18.8	16.8	
90	14.5	15.5	18.5	21.6	21.1	ATHLETIC
85	16.0	16.9	20.3	23.6	23.5	
80	17.1	18.0	21.3	25.0	25.1	
75	18.2	19.1	22.4	25.8	26.7	
70	19.0	20.0	23.5	26.6	27.5	HEALTHY
65	19.8	20.8	24.3	27.4	28.5	
60	20.6	21.6	24.9	28.5	29.3	
55	21.3	22.4	25.5	29.2	29.9	AVERAGE
50	22.1	23.1	26.4	30.1	30.9	
45	22.7	24.0	27.3	30.8	31.8	
40	23.7	24.9	28.1	31.6	32.5	
35	24.4	26.0	29.0	32.6	33.0	UNHEALTHY
30	25.4	27.0	30.1	33.5	34.3	
25	26.6	28.1	31.1	34.3	35.5	
20	27.7	29.3	32.1	35.6	36.6	
15	29.8	31.0	33.3	36.6	38.0	
10	32.1	32.8	35.0	37.9	39.3	
5	35.4	35.7	37.8	39.6	40.5	VERY UNHEALTHY
1	40.5	40.0	45.5	50.8	47.0	

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 14.3% at a weight of 122 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.

<b>% Fat</b>	<b>Target Weight</b>	<b>To Lose (lbs.)</b>
<b>14.3</b>	<b>122</b>	<b>Current</b>
14	121	1
13.6	121	1
13.3	121	1
12.9	120	2
12.6	120	2
12.3	119	3

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:

<b>% Fat</b>	<b>Target Weight</b>	<b>To Gain (lbs.)</b>
<b>14.3</b>	<b>122</b>	<b>Current</b>
14.6	122	0
15	123	1
15.3	123	1
15.7	124	2
16	124	2
16.3	125	3

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 **1543** calories per day and an approximate daily expenditure of **2204**.

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
103	2.8	Walking, 2.0 Mph, Level, Firm Surface	276	7.5	Aerobic, Step, With 6 - 8 Inch Step
158	4.3	Walking, 3.5 Mph, Level	434	11.8	Rope Jumping, Moderate Pace, 100-120/Min
220	6	Walking, Backwards, 3.5 Mph, Level	287	7.8	Dancing (E.G., Disco, Folk, Irish Step Dancing, Line Dancing, Polka, Contra, Country)
195	5.3	Walking, 2.9 To 3.5 Mph, Uphill, 1-5% Grade	202	5.5	Ballroom, Fast
220	6	Jog/Walk Combination	92	2.5	Yoga, Hatha
305	8.3	Running, 5 Mph (12 Min/Mile)	110	3	Pilates
434	11.8	Running, 8 Mph (7.5 Min/Mile)	294	8	Basketball, Football Game
533	14.5	Running, 10 Mph (6 Min/Mile)	158	4.3	Golf, Walking, Carrying Clubs
698	19	Running, 12 Mph (5 Min/Mile)	257	7	Racquetball
129	3.5	Bicycling, Leisure, 5.5 Mph	268	7.3	Tennis (Doubles are 4.5)
294	8	Bicycling, 12-13.9 Mph	147	4	Volleyball (Competitive is 6)
367	10	Bicycling, 14-15.9 Mph	257	7	Soccer (Competitive is 10)
514	14	Bicycling, Mountain, Uphill, Vigorous	452	12.3	Rollerblading
294	8	Bicycling, 12-13.9 Mph	257	7	Backpacking
514	14	Bicycling, Mountain, Uphill, Vigorous	184	5	Kayaking
250	6.8	Bicycling, Stationary, 90-100 Watts	129	3.5	Canoeing, Rowing, For Pleasure
312	8.5	Bicycling, Spin Class	441	12	Canoeing, Rowing, In Competition
294	8	Circuit Training, With Kettlebells & Arobics	331	9	Skiing, Cross Country, 4.0-4.9 Mph
184	5	Elliptical Trainer	158	4.3	Skiing, Downhill, Alpine Or Snowboarding
184	5	Resistance (Weight) Training, Squats	257	7	Skating, Ice
129	3.5	Resistance (Weight) Training, Multiple Exercises	514	14	Skating, Ice Dancing
220	6	Resistance Training Power Lifting Or Body Building	360	9.8	Swimming Laps, Freestyle, Fast, Vigorous Effort
349	9.5	Aerobic, Step, With 10 - 12 Inch Step	213	5.8	Swimming Laps, Freestyle, Light or Moderate Effort

