

Body Composition Analysis

Date: 3/3/2009
Time: 08:09 AM
Location: WA 24 Hour DT Seattle
Operator: Brian

206-920.4686

About Your Analysis

The human body is composed of 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: Dan Vogel
Phone: 412-414-6820
Sex: M
Age: 28
Height (in.): 74.5
Residual Volume (L): 2.138
Dry Weight (lb): 230.8
Wet Weight (lb): 6.16
Water Temperature (°F): 94

Body Fat:

Body Fat Percentage: 23.6 %
Weight of Body Fat (lb): 54.6

Lean Body Mass:

Lean Body Mass Percentage: 76.35 %
Weight of Lean Body Mass (lb): 176.2

Client History:	Date	Weight	Lean Lb.	Fat Lb.	Body Fat%
Current Test:	3/3/2009	230.8	176.2	54.6	23.6 %
Previous Test:	1/8/2009	228.8	168.6	60.2	26.3 %
		<i>+2</i>	<i>+7.6</i>	<i>-5.6</i>	

For additional information, please access www.BodyFatTest.com
Or Contact
Brian@BodyFatTest.com

Current Status and Goals:

According to your age group and your percent fat of **23.6 %**, the closest value on the chart is 23.9, placing you at the **15 %** percentile with a rating of '**Poor**'.

PERCENT BODY FAT (%) - Males

Percentile	20-29	30-39	40-49	50-59	60+	Rating
99	2.4	5.2	6.6	8.8	7.7	ESSENTIAL FAT
95	5.2	9.1	11.4	12.9	13.1	
90	7.1	11.3	13.6	15.3	15.3	HEALTHY RANGE
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	TRANSITION LINE
65	12.9	16.6	18.8	20.6	21.1	GOOD
60	14.1	17.5	19.6	21.3	22.0	
55	15.0	18.2	20.3	22.1	22.6	
50	15.9	19.0	21.1	22.7	23.5	FAIR
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	
30	19.5	22.3	24.1	25.7	26.7	POOR
25	20.7	23.2	25.0	26.6	27.6	
20	22.4	24.2	26.1	27.5	28.5	
15	<u>23.9</u>	25.5	27.3	28.8	29.7	
10	25.9	27.3	28.9	30.3	31.2	VERY POOR
5	29.1	29.9	31.5	32.4	33.4	
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 **23.6 %** at a weight of **230.8** 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 at a lower body fat percentage than the boxed in values on the previous page.

The following chart is what your body fat percentage will be if you lose **FAT ONLY**.

<u>%Fat</u>	<u>Target Wgt</u>	<u>To Lose</u>
23.6	230.8	0
23	229.	1.8
22	226.1	4.7
21	223.2	7.6
20	220.4	10.4
19	217.7	13.1
18	215.	15.8
17	212.4	18.4
16	209.9	20.9
15	207.4	23.4
14	205.	25.8

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 understanding of how the body uses and metabolizes carbohydrates, fats and protein. Finally, most need initial help in meal planning.

The nutritional facet of this equation is offered by Body Fat Test as a courtesy to all who have been tested. Simply go to the web site (www.BodyFatTest.com) and click the **Nutritional Program Link**. Start with **number 1 (Program Overview)**. Download it, and follow it to the letter.

To determine the proper exercise we strongly recommend you get the help of a professional. You can usually have a courtesy personal training session at the club where you are being tested. Often, that one session can give you enough basic information to get you off on the right foot.

Resting Metabolic Rate:

Resting metabolic rate accounts for approximately 70% of daily energy expenditure. It is the amount of energy needed to sustain the body at a minimal resting level. This rate varies between individuals, but according to your body size and body composition, you have a resting metabolic rate of **2233** calories per day.

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.

<u>Calories burned in 30 minutes</u>	<u>Activity</u>
262	Aerobics, hi impact (step, cardio kick boxing)
367	Aerobics, high impact
314	Bicycling, 10-11.9 mph, light
419	Bicycling, 12-13.9 mph, moderate
524	Bicycling, 14-15.9 mph, vigorous
419	Rope jumping, slow
524	Rope jumping, moderate
629	Rope jumping, fast
419	Running, 5 mph (12 min/mile)
655	Running, 7.5 mph (8 min/mile)
839	Running, 10 mph (6 min/mile)
314	Swimming, leisurely, not lap swimming, general
419	Swimming laps, freestyle, slow, moderate
524	Swimming laps, freestyle, fast, vigorous
183	Walking 3.0 mph, level, moderate
209	Walking 3.5 mph, level, brisk
209	Walking 4.0 mph, level, very brisk
209	Water aerobics, water calisthenics
419	Circuit training, general or elevated pulse rate, vigorous
314	Stair-treadmill-elliptical trainer, general
498	Ski machine, general
288	Bicycling, stationary, 100 watts, light
367	Bicycling, stationary, 150 watts, moderate
550	Bicycling, stationary, 200 watts, vigorous
183	Rowing, stationary, 50 watts, light
367	Rowing, stationary, 100 watts, moderate
445	Rowing, stationary, 150 watts, vigorous
157	Weight lifting (free weights or machine), light to moderate
314	Weight lifting (free weights or machine), vigorous
