

Body Composition Analysis

Date: 5/6/2009
Time: 9:18:02 AM
Location: WA 24 Hour Fitness-DT Se
Operator: Brian



www.BodyFatTest.com

About Your Analysis

- * Accurate assessment 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: Dan Vogel
Phone: 412-414-6820
Email: dmv@transeint.net
Sex: M
Age: 29
Height (in.): 74.5
Residual Volume (L): 2
Dry Weight (lb): 223
Wet Weight (lb): 2.95
Water Temp (F): 94

Body Fat

Weight (lb): 49.15 Percentage: 22%

Lean Body Mass

Weight (lb): 173.85 Percentage: 77.95%

Client History

	Date	Weight	Lean Lb.	Fat Lb.	Body Fat%
Current Test	5/6/2009	223	173.85	49.15	22
Previous 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

For more information visit www.BodyFatTest.com or email info@bodyfattest.com

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 22% at a weight of 223 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 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
22	223	0
21	220	3
20	217	6
19	215	8
18	212	11
17	210	13
16	207	16
15	205	18
14	202	21
13	200	23

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, or purchase our book 'Extreme Moderation'. Start with Ch 1 (Program Overview), and follow it to the letter.

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 **2209** calories per day.