

Name: D. Sample Age: 26 Height: 69" BMI 28 Date: 8/16/2013



1. Skinfold Measurements:

Sum of 3 Skinfolds			
Men		Women	
Chest	17	Triceps	
Abdomen	25	Suprailiac	
Thigh	16	Thigh	
Sum	58	Sum	
%Fat	16.7	%Fat	

2. BOD POD Analysis

Body Fat	20.1	%
Lean Body Mass	149.7	lbs.
Fat Mass	37.7	lbs.
Total Weight	187.4	lbs.
Est. RMR	1821	Calories

3. Hydrostatic Weighing Analysis

	Heyward	ACSM	
Body Fat	15.9	17.85	%
Lean Body Mass	157.3	153.66	lbs.
Fat Mass	29.75	33.39	lbs.
Total Weight	187	187	lbs.

	Body Fat Rating	Men	Women	Explanation
	Risky (too low)	<5%	<15%	Too little body fat can present health risks, especially for women.
	Ultra Lean	5-8%	15-18%	Fat levels sometimes found in elite athletes
	Lean	9-12%	19-22%	Lower body fat levels than many people.
X	Moderately Lean (recommended)	13-20%	23-30%	Fat level is acceptable for good health.
	Excess Fat	21-30%	31-40%	Indicates an excess accumulation of fat over time.
	Risky (too high)	>30%	>40%	Too much body fat can pose serious health risks.

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Classification: Below Norm Within Norm **Above Norm**

LEAN BODY MASS NORMS											
	Height (inches)										
MEN	65"	66"	67"	68"	69"	70"	71"	72"	73"	74"	75"
LBM-lbs.	108-120	110-125	112-129	118-132	122-137	127-145	133-153	137-163	140-168	143-176	145-183
WOMEN	60"	61"	62"	63"	64"	65"	66"	67"	68"	69"	70"
LBM-lbs.	70-86	73-89	75-91	78-93	81-96	83-99	86-102	90-105	93-109	95-115	98-119

- **Calculation of desirable weight range.** Note: body composition should be retested to determine if Lean Body Mass has changed as a result of losing weight and/or participating in a fitness program:

LBM	Desired % BF	Weight Range
149.7	9%	164
	12%	170

Summarize body composition results and make any recommendations to maintain/improve your body composition.

Your body composition (body fat level) is in a recommended zone for health, but more importantly your lean body mass (LBM) is well above the norm for your height. Having a high LBM is always helpful for strength as well as raising your metabolism.

Obesity reduces life expectancy by increasing the risks of coronary artery disease, hypertension, Type II diabetes, obstructive pulmonary disease, osteoarthritis, and certain types of cancer. Obesity, or over fatness, constitutes one of the most significant health risks in the United States today. Studies show higher levels of blood fats, elevated blood pressure, and an increased risk of various cardiovascular and metabolic diseases in men over 20-25% fat and in women over 30-35%. Obesity is directly or indirectly associated with 15-20% of the annual mortality in the U.S.

Too little body fat also poses a health risk because the body needs a certain amount of fat for normal physiological functions. Essential and nonessential lipids found in adipose tissue, provide thermal insulation and store metabolic fuel. In addition, lipids are involved in the transport and storage of fat-soluble vitamins (A, D, E, and K); in the functioning of the nervous system, the menstrual cycle, and the reproductive system; and in growth and maturation during pubescence.

To lose 1 pound of body fat a person must expend or create a deficit of 3500 calories. The Fitness Testing Lab suggests you achieve the deficit through a combination of exercise and eating a healthy diet of calories specific to your body's needs. If you have additional questions concerning your results or wish to complete additional testing to achieve your goals please call the Clark Fitness Testing Lab.

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