

Name	Age	Ht.	Wt.	Frame	BMI	Date
J. Sample	30	68"	204.2	Med.	28.5	

Body Composition Profile



Fitness Testing Lab

1. Skinfold Measurements:

Sum of 3 Skinfolds			
Men		Women	
Chest	10	Triceps	
Abdomen	27	Suprailiac	
Thigh	25	Thigh	
Sum	62	Sum	0
%Fat	18.1	%Fat	

2. BOD POD Analysis

Body Fat	15.9	%
Fat Mass	32.4	lbs.
Lean Body Mass	171.8	lbs.
Total Weight	204.2	lbs.
Est. RMR	2070	Kcal/day

You	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.

Classification:											
	Below Norm				Within Norm				Above Norm		
LEAN BODY MASS NORMS											
MEN Ht.	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 Ht.	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

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- **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.
- According to the World Health Organization your “ideal” weight should be between 135 to 175 Lbs. Because of your frame size, lean body mass and percentage body fat a more realistic goal weight for health would be **188 to 195** Lbs.

LBM	Desired % BF	Weight Range
171.8	9%	188
	12%	195

Variables that affect our ability to build muscle & lose fat:

- **Hydration:** Our body’s particularly metabolically active tissues like our muscles are made up of mostly water. When we are dehydrated we are not able to function properly and our metabolism slows down. Try and drink half your bodyweight in ounces each day plus 16-20 oz. for every hour of exercise. <http://www.webmd.com/diet/water-for-weight-loss-diet>
- **Stress:** Stress hormones like cortisol can cause us to overeat by increasing insulin which in turn drops blood sugar and we crave sugary, fatty foods. Shoot for 20 min. a day of de-stressing, try meditation, reading, yoga or walking. <http://www.webmd.com/diet/stress-weight-gain>
- **Sleep:** Our bodies need sleep to recover and for hormonal balance, without sufficient rest the hard work we put in won’t have much impact. Studies suggest that most people need 7 to 9 hrs. of sleep each night to be fully rested and ready for an active day. <http://www.webmd.com/diet/sleep-and-weight-loss>
- **Exercise & Activity:** Exercise is important to weight management and we should break a sweat 3 to 5 times a week for at least 30 minutes, but what may be more important is how active you are outside of the gym. We burn 200 to 900+ Kcals a day from non-exercise activity thermogenesis or N.E.A.T. depending on how much we move. Try and meet a goal of not sitting more than 30 minutes without taking a 2 to 3 minute “movement snack”.
- **Nutrition & Eating for Good Health:** Choosing the right foods helps promote health and reduces your risk of chronic diseases. Your meals should emphasize fresh, unprocessed plant-based foods, with a few lean animal products. Eating whole foods, while limiting consumption of highly processed and refined foods, added sugar and solid fats can also help maintain calorie balance over time helping sustain a healthy weight. Our recommendation based on your TDEE (see chart below) is to eat at least **2500 to 2800** Kcals a day.

Your Total Daily Energy Expenditure (TDEE) to maintain your current body composition.

The number of calories you need to sustain regular activity* in the various intensity zones

Activity Zones	Max HR	197	REE	2070	Kcals
Activity Zones	HR	Zone	Kcals/day Range		
Zone 1 Light Activity (ADL)	Resting HR	79	2484	2898	
Zone 2 Moderate Activity	79	118	2898	3312	
Zone 3 Vigorous Activity	118	158	3312	3726	
Zone 4 Very Vigorous Activity	158	Max HR	3726	4140	

*Based on Harris-Benedict Standard Activity Factor Scores

Useful links:

<http://macronutrientcalculator.com/>

<http://www.precisionnutrition.com/calorie-control-guide>

<http://www.precisionnutrition.com/pn-my-plate>

<http://www.precisionnutrition.com/cmd.php?ad=801107> (download a PDF meal planning guide)

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