



Healthy Living



Body Composition Report

Weight = 171.0 lbs

Weight of Bodyfat = 37.4 lbs

Percent Bodyfat = 21.9 %

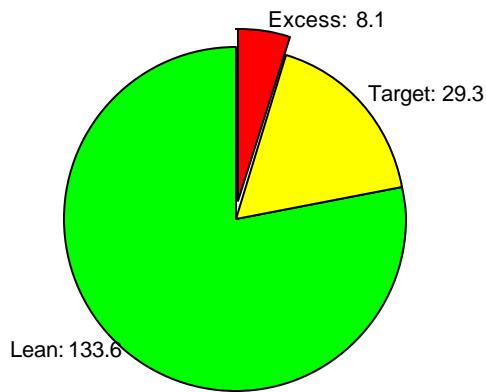
Lean Body Weight = 133.6 lbs

Lean to Fat Ratio = 3.6

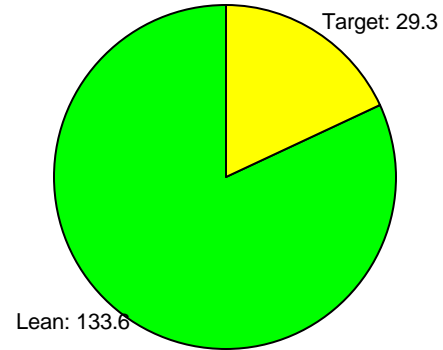
Target Bodyfat = 18.0 %

Target Weight = 162.9 lbs

LatestBodyCompositionforJohnSample

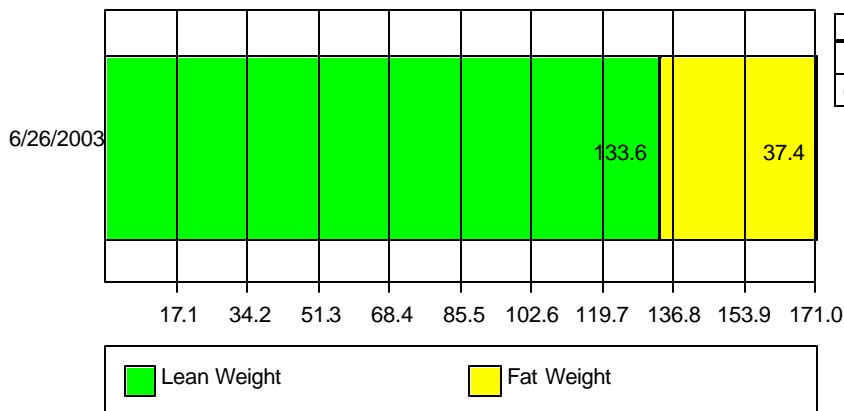


GoalBodyCompositionforJohnSample



The typical percent bodyfat for a 29 year old man is between 9 and 16%. One pound of stored fat represents about 3500 calories. The 37.4 lbs of fat on your body represents about 131071 calories of stored energy. The 8.1 lbs of excess fat on your body represent 28465 calories. Stored fat is a valuable source of energy in your body and is healthy when not excessive. However, if more energy is consumed (calories) than your body is able to use, you will store these extra calories as fat.

Lean Weight vs. Bodyfat Comparison



Body Composition History			
Date	Weight	Lean	Fat
6/26/2003	171.0	133.6	37.4

Weight Change Recommendations

Based upon your Body Composition Assessment it has been determined that your bodyfat is above your optimal level. Consider beginning or continuing a program of exercise and changes in your dietary patterns in order to reduce overall bodyfat and risk of disease.

Based on your results, you should strive to lose 8.1 lbs of fat from your body while maintaining or gaining lean tissue. If all of the weight you lose is fat, you should reach your goal in 9 weeks. Note that it is unwise to lose weight too quickly since it is likely to be only water weight. Nor do you want to cut into lean tissue mass. To make sure you are on the right path, have your body composition monitored regularly.

Projected Weight Loss Schedule

