



# A Snapshot Of Your Health & Fitness



## The Importance of Body Composition

Body composition can have a direct impact on your health, athletic performance, and even your life expectancy. The National Institutes of Health (NIH) states: "Evidence is now overwhelming that obesity, the excessive storage of fat, has adverse effects on health and longevity." Obesity is clearly associated with heart disease, strokes, hypertension, diabetes, certain forms of cancer, and other medical problems.

Body composition can also have a direct impact on athletic performance. Body fat content must be low enough to achieve peak performance, yet high enough to reduce the risk of injury.

## It's Not The Weight – It's The Fat

Body Fat Percentage is a more accurate way to determine your level of fitness. Weight loss alone (without exercise) can actually decrease your lean mass and increase your body fat level. You may be lighter and smaller, but actually be "fatter!"

By tracking body fat percentage, you can ensure that you will effectively meet your fitness goals.

## Body Fat Percentage

A minimum amount of body fat is crucial to the human body to cushion and protect body organs from injury. Fat serves the important function of storing and releasing energy and vitamins when needed.

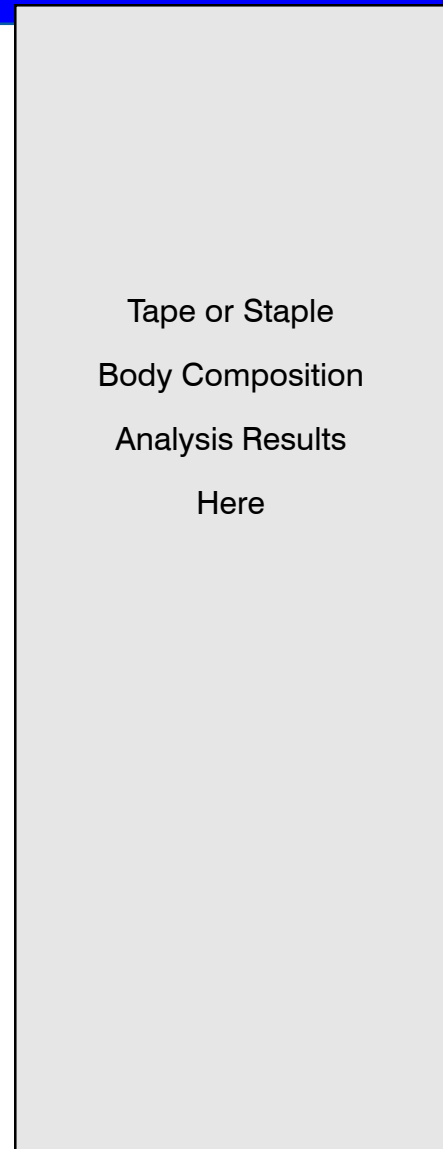
However, too much or too little body fat can cause serious health risks. The table at the bottom of this page provides the optimum body fat percentage for your age and gender.

## Lean Body Mass

All parts of the body exclusive of body fat -- bones, organs, muscle, connective tissue, and fluids -- make up your Lean Body Mass. The higher the percentage of Lean Body Mass, the more muscular the body with a higher bone density. A more muscular body is normally considered attractive, and improves athletic performance.

## Total Body Water

Total Body Water is the estimated amount of water in your body. Great care should be taken during diet and exercise to avoid becoming dehydrated. Optimal water content for women is approximately 55% - 60%. The optimal range for men is approximately 60% - 65%.



Tape or Staple  
Body Composition  
Analysis Results  
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MEN	Under Age 30	Age 30-39	Age 40-49	Age 50-59	Over Age 60
Excellent	Up to 11.8%	Up to 15.9%	Up to 18.1%	Up to 19.8%	Up to 20.3%
Good	11.9-15.9%	16.0-19.0%	18.2-21.1%	19.9-22.7%	20.3-23.5%
Fair	16.0-19.5%	19.1-22.3%	21.2-24.1%	22.8-25.7%	23.6-26.7%
Needs Improvement	Over 19.5%	Over 22.3%	Over 24.1%	Over 25.7%	Over 26.7%
Risky	Less Than 6%	Less Than 6%	Less Than 6%	Less Than 6%	Less Than 6%

WOMEN	Under Age 30	Age 30-39	Age 40-49	Age 50-59	Over Age 60
Excellent	Up to 19.0%	Up to 20.0%	Up to 23.5%	Up to 26.6%	Up to 27.5%
Good	19.1-22.1%	20.1-23.1%	23.6-26.4%	26.7-30.1%	27.6-30.9%
Fair	22.2-25.4%	23.2-27.0%	26.5-30.1%	30.2-33.5%	31.0-34.3%
Needs Improvement	Over 25.4%	Over 27.0%	Over 30.1%	Over 33.5%	Over 34.3%
Risky	Less Than 9%	Less Than 9%	Less Than 9%	Less Than 9%	Less Than 9%

## Body Mass Index (BMI)

Body Mass Index (BMI) is a relationship between weight and height that is often associated with health risks.

The Centers For Disease Control uses the following guidelines:

RATING	Body Mass Index (BMI)
Underweight	Less Than 18.5
Ideal	18.6 - 24.9
Overweight	25.0 - 29.9
Obese	More Than 30.0

# Making Changes – Setting Goals

Use Your Body Composition Analysis to make positive changes with a healthy lifestyle. A good exercise program coupled with a proper nutrition plan can help you maintain your target weight and body fat %.

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## Food Guide Pyramid



Use the pyramid to help you

- Make smart choices from every food group,
- Find your balance between food and physical activity, and
- Get the most nutrition out of your calories.

Know the limits on fats, sugars, and salt

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, margarine, shortening and lard as well as foods that contain these
- Check the Nutrition Facts label to keep saturated fats, *trans* fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any nutrients.

How Much To Eat?	GRAINS	VEGETABLES
For a 2,000 calorie diet, you need the amounts shown below each food group.	Make half your grains whole	Vary your vegetables
To find the amounts that are right for you, go to: <a href="http://MyPyramid.gov">MyPyramid.gov</a>	Eat at least 3 oz. of whole grain cereals, breads, crackers, rice or pasta every day.  1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta	Eat more dark green veggies like broccoli, spinach, and other dark leafy greens  Eat more orange vegetables like carrots and sweet potatoes  Eat more dry beans and peas
	Eat 6 oz. every day	Eat 2 1/2 cups every day
FRUIT	MILK	MEATS & BEANS
Eat a variety of fruit  Choose fresh, frozen, canned or dried fruit  Go easy on fruit juices	Go low-fat or fat-free when you choose milk, yogurt and other milk products  If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.	Go lean with protein  Choose low-fat or lean meats and poultry  Bake it, broil it, or grill it  Vary your routine -- chose more fish beans, peas, nuts, and seeds
Eat 2 cups every day	Get 3 cups every day <small>for kids aged 2 to 8, it's 2 cups</small>	Eat 5 1/2 oz. every day

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## Activities To Get You On Your Way

Combine physical activity with a well balanced nutrition plan.

### Reading The Chart

The numbers on this chart correspond to how many calories individuals of various weights burn during 20 minutes of different activities.

Look for little ways to increase the number of calories you burn each day. Doing things like using the stairs instead of the elevator, walking to the mailbox instead of driving, and doing chores around the house are great ways to burn additional calories.

Activity	Weight Of Person			
	120 lb.	140 lb.	160 lb.	180 lb.
Basketball	150	176	200	226
Bowling	24	28	32	36
Cycling (10 MPH)	110	128	146	164
Dancing (aerobic)	148	172	196	222
Dancing (social)	58	66	74	84
Gardening	100	116	134	150
Golf (cart, no clubs)	92	106	120	140
Golf (walking)	42	48	54	64
Hiking	90	104	118	134
Jogging	196	216	248	278
Running	228	268	302	340
Sitting, quietly	24	26	30	34
Skating (ice and roller)	118	138	158	176
Skating (cross country)	150	176	200	226
Skating (water and downhill)	114	132	152	170
Swimming (moderate pace)	156	180	206	232
Tennis	120	138	158	178
Walking	130	152	174	194
Weight Training	132	152	174	196

Source: American Council On Exercise



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Measuring Health & Fitness