

Body Composition

Name: **Sample Man**

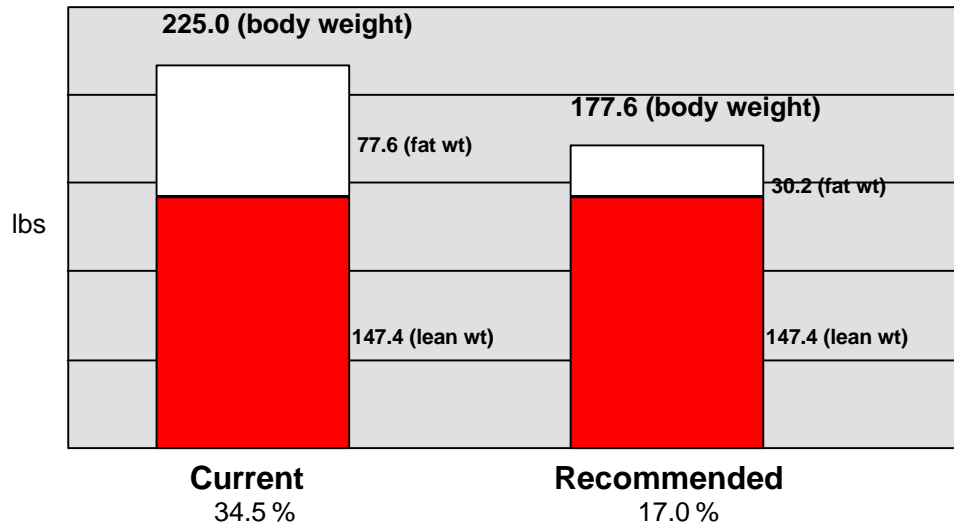
Test Date: 08/29/1993

Male, 47.9 years

The Heart Place

Measurements		Calculations	
Weight (lbs):	225.00	Percent Body Fat (%):	34.5
Height (in):	73.00	Fat Weight (lbs):	77.63
Waist (in):	38.0	Fat Free Weight (lbs):	147.38
Hips (in):	40.0	Ideal Weight (lbs):	177.56
Body Composition Protocol: Jackson, Pollock and Ward - 7 Site Skinfold		BMI:	29.7
		Waist To Hip Ratio:	0.95

The chart shows your current body composition compared to a recommended body composition for your age and gender.



Your percentage of body fat is above the recommended level for maintaining optimal health. Generally, people with excess body fat are at increased risk for a variety of health problems. Reducing your body fat below 17% may substantially reduce your risk for heart attack and stroke. In order to attain a healthy body composition, it is important to balance diet with exercise. Set realistic weight loss goals. Plan to lose no more than one to two pounds a week. Be patient and persistent. * Note: The average body fat for men your age is 21%.

Establishing a life long habit of regular exercise will help preserve lean body mass while controlling healthy levels of body fat. It is important to remember that exercise increases the body's metabolic rate and fat burning capabilities.

- .. Eat a variety of foods
- .. Balance the food you eat with physical activity -- maintain or improve your weight
- .. Choose a diet with plenty of grain products, vegetables, and fruits
- .. Choose a diet low in fat, saturated fat, and cholesterol
- .. Choose a diet moderate in sugars
- .. Choose a diet moderate in salt and sodium
- .. If you drink alcohol, do so in moderation