



Healthy Tips

- Exercise! Get at least 30 minutes of moderate exercise 5 days a week. Alternate with resistance training.
- Get at least 8 hours of sleep a night.
- Get more fiber in your diet.
- Drink more water! Drink at least 8 to 10 glasses of water a day.
- Eat foods rich in omega-3 such as salmon, walnuts, flax seeds, and dark leafy greens.
- Reduce your saturated fat consumption such as red meats, bacon, sausage, cheeses, whole dairy milk, and full-fat yogurt.

The Body Composition Analysis

The Body Composition Analysis uses bioelectrical impedance, one of the most accurate and accessible methods of screening body fat, to quickly and accurately provide a detailed report which includes weight, bioelectrical impedance, body fat percentage, body mass index, fat mass, fat-free mass and hydration levels. This allows you to fully understand what makes up your total body weight so that you can better assess your health and physical condition.

Bioelectrical Impedance = the resistance as the current hits the fat tissue.

Total Body Water (TBW) is the amount of water retained in the body. The TBW is said to contain between 50 to 70% of total body weight.

Basal Metabolic Rate (BMR) is the total energy expended by the body to maintain normal functions. BMR is the number of calories you'd burn if you stayed in bed all day. Your Basal Metabolic Rate decreases as you age. Exercise can increase your BMR, improving overall health.

Metabolic Age is the calculation of your BMR. IF your BMR is higher than your actual age, you need to improve your metabolic age. You can do this by increasing your exercise to build healthy muscle tissue.

Visceral Fat Rating is the fat in the internal abdominal cavity. 1-12 is healthy – 13-59 indicates you should make changes through diet and exercise.

Body Mass Index is a height to weight ratio. The recommended range is 18.5 to 24.9 and those numbers correspond with lower health risks. BMI does not take into account weight from muscle + bone vs. weight from fat. It may overestimate body fat in athletes or adults with a more muscular build.

Fat Mass is total pounds of fat in the body.

Fat Percentage is the percentage of total body weight that is fat.

Fat Free Mass is comprised of muscle, bone, tissue water and all other fat free mass in the body.

What Your Numbers Mean

Body Mass Index	BMI	Weight Status	
	Below 18.5	LOW (Underweight)	
	18.5 - 25	NORMAL (Normal)	
	25.0 - 30	HIGH (Pre-obese)	
	30.0 or more	VERY HIGH (Obesity)	

Body Composition	Age	Recommended Range	
		Women	Men
	20 - 39 yrs	21 - 33%	8 - 20%
	40 - 59 yrs	23 - 34%	11 - 21%
	60 - 79 yrs	24 - 36%	13 - 25%