

# Body Composition Data Page



| Know Your Numbers Campaign  |                      |                  |  |  |                  |                           |                  |                              |               |             |
|-----------------------------|----------------------|------------------|--|--|------------------|---------------------------|------------------|------------------------------|---------------|-------------|
| Email:                      |                      |                  |  |  |                  |                           |                  |                              |               |             |
|                             | <b>First Measure</b> | <b>Remeasure</b> |  |  |                  |                           |                  |                              |               |             |
| Date                        | Jul 6, 2017          |                  |  | <b>Waist Circumference Risk</b>        |                  |                           |                  |                              |               |             |
| Name                        | Jane Doe             |                  |  | <u>First Measure</u>                   | <u>Remeasure</u> |                           |                  |                              |               |             |
| Gender                      | 2 female             |                  |  | Very Low Risk                          |                  |                           |                  |                              |               |             |
| Age                         | 31                   |                  |  | <b>Ideal Weight Equation</b>           | Upper            | Lower                     |                  |                              |               |             |
| Weight                      | 111.2                |                  |  |  | 109.5            | 144.5                     |                  |                              |               |             |
| Height (inches)             | 63                   |                  |  | <b>Body Mass Index</b>                 |                  |                           |                  |                              |               |             |
| Frame size                  | Medium               |                  |  | <u>First Measure</u>                   | <u>Remeasure</u> |                           |                  |                              |               |             |
| Body mass index             | 19.7                 |                  |  | desirable                              |                  |                           |                  |                              |               |             |
| Ideal weight equation range | 109.5                | 144.5            |  | 19.7                                   |                  |                           |                  |                              |               |             |
| Waist (inches)              | 28                   |                  |  | <b>Waist to Hip Ratio</b>              |                  |                           |                  |                              |               |             |
| Hip (inches)                | 37                   |                  |  | <u>First Measure</u>                   | <u>Remeasure</u> | <u>First Measure</u>      | <u>Remeasure</u> |                              |               |             |
| Waist to Hip Ratio          | 0.76                 |                  |  | good                                   |                  | <u>Body Shape</u>         |                  |                              |               |             |
| Suggested ideal weight      | 111                  |                  |  | 0.76                                   |                  | Pear Shaped               |                  |                              |               |             |
| <b>Circumferences</b>       |                      |                  |  | <b>Ideal Circumferences</b>            |                  |                           |                  | <b>Lohman Classification</b> | <b>Female</b> | <b>Male</b> |
| Shoulder                    | 38                   |                  |  | 37.61                                  |                  |                           |                  | Lean                         | < 13 %        | < 8 %       |
| Chest                       | 32.5                 |                  |  | 32.70                                  |                  |                           |                  | Optimal                      | 13-20 %       | 8-15 %      |
| Arm                         | 9.5                  |                  |  | 9.67                                   |                  |                           |                  | Slightly Overfat             | 21-25 %       | 16-20 %     |
| Waist (inches)              | 28                   |                  |  | 26.10                                  |                  |                           |                  | Fat                          | 26-32 %       | 21-24 %     |
| Buttock                     | 37                   |                  |  | 34.19                                  |                  |                           |                  | Obese                        | > 32 %        | > 25 %      |
| Leg                         | 19                   |                  |  | 17.03                                  |                  |                           |                  |                              |               |             |
| Calf                        | 13                   |                  |  | 12.35                                  |                  |                           |                  |                              |               |             |
| <b>Skinfolds (Fatfolds)</b> |                      |                  |  | <b>Fat Score (1-10)</b>                |                  | <b>Fat Classification</b> |                  |                              |               |             |
| Chest                       | 6                    |                  |  | 10.5                                   |                  | very,very lean            |                  |                              |               |             |
| Abdomen                     | 22                   |                  |  | 5.6                                    |                  | average fat               |                  |                              |               |             |
| Triceps                     | 11                   |                  |  | 9.7                                    |                  | very,very lean            |                  |                              |               |             |
| Leg                         | 22                   |                  |  | 7.7                                    |                  | lean                      |                  |                              |               |             |
| Sacroiliac                  | 22                   |                  |  | 4.5                                    |                  | average fat               |                  |                              |               |             |
| <b>Optional</b>             |                      |                  |  | <b>Frame Chart</b>                     |                  |                           |                  |                              |               |             |
| Mid-Back                    | 16                   |                  |  | Wrist Medium Frame Women 6-6.25"       |                  |                           |                  |                              |               |             |
| Lowerback                   | 25                   |                  |  | Wrist Medium Frame Men 6.5-7.5"        |                  |                           |                  |                              |               |             |
| Calf                        | 18                   |                  |  | Elbow Breadth Medium Women 2.25-2.5 cm |                  |                           |                  |                              |               |             |
| % Body Fat                  | 22.1                 |                  |  | Elbow Breadth Medium Men 2.75-3 cm     |                  |                           |                  |                              |               |             |

**J&P Body Fat Classifications**

**Very, Very Lean**  
**Very Lean**  
**Lean**  
**Leaner than Average**  
**Average**  
**Somewhat Fat**  
**Fat**  
**Over fat**

| Know Your Numbers Campaign       |                  |
|----------------------------------|------------------|
| Body Fat Score from 1-10         | 7.2              |
| Body Fat Classification          | Lean             |
| Fat Weight                       | 24.5             |
| Lean Weight                      | 86.7             |
| Goal % Body Fat                  | 19.0             |
| Goal Weight % Body Fat           | 107.0            |
| Original Weight                  | 111.2            |
| Weight Change Goal               | -4.2             |
| You need to lose weight (pounds) | -4.2             |
| ACE Body Fat Classification      | Fitness          |
| Lohman Body Fat Classification   | Slightly Overfat |

| ACE Body Fat % Chart |        |        |
|----------------------|--------|--------|
| Description          | Women  | Men    |
| Essential Fat        | 10-13% | 2-5%   |
| Athletes             | 14-20% | 6-13%  |
| Fitness              | 21-24% | 14-17% |
| Average              | 25-31% | 18-24% |
| Obese                | 32%+   | 25%+   |

| J&P Body Fat Classifications |
|------------------------------|
| Very, Very Lean              |
| Very Lean                    |
| Lean                         |
| Leaner than Average          |
| Average                      |
| Somewhat Fat                 |
| Fat                          |
| Over fat                     |

## Interpreting Your Numbers

### Height & Weight and Frame Size

**Anthropometry and body composition** are the measures of your height and weight and the amount of lean and fat weight. Many health problems including heart disease, hypertension, strokes, atherosclerosis, and diabetes, along with decreased work capacity, relate to excess weight, more specifically body fat.

Your frame size is **Medium**

Another way to know what you should weigh is through frame size. Use your frame size to determine where your suggested weight is on the height/frame size chart to the right.

Knowing your frame size will help you set realistic weight loss goals. We do not all have the same size of frame; some people have a smaller and lighter frame, while others will possess a heavier build. As such, if you have a large frame size you cannot expect to weigh the same as someone with a small frame.

| Range of Healthy Weight for Height |                                      |                                      |
|------------------------------------|--------------------------------------|--------------------------------------|
| Height                             | Female                               | Male                                 |
|                                    | Frame Size<br>Small • Medium • Large | Frame Size<br>Small • Medium • Large |
| 5' 0"                              | 90 • 100 • 110                       | 95 • 106 • 117                       |
| 5' 1"                              | 95 • 105 • 116                       | 101 • 112 • 123                      |
| 5' 2"                              | 99 • 110 • 121                       | 106 • 118 • 130                      |
| 5' 3"                              | 104 • 115 • 127                      | 112 • 124 • 136                      |
| 5' 4"                              | 108 • 120 • 132                      | 117 • 130 • 143                      |
| 5' 5"                              | 113 • 125 • 138                      | 122 • 136 • 150                      |
| 5' 6"                              | 117 • 130 • 143                      | 128 • 142 • 156                      |
| 5' 7"                              | 122 • 135 • 149                      | 133 • 148 • 163                      |
| 5' 8"                              | 126 • 140 • 154                      | 139 • 154 • 169                      |
| 5' 9"                              | 131 • 145 • 160                      | 144 • 160 • 176                      |
| 5' 10"                             | 135 • 150 • 165                      | 149 • 166 • 183                      |
| 5' 11"                             | 140 • 155 • 171                      | 155 • 172 • 189                      |
| 6' 0"                              | 144 • 160 • 176                      | 160 • 178 • 196                      |
| 6' 1"                              | 149 • 165 • 182                      | 166 • 184 • 202                      |
| 6' 2"                              | 153 • 170 • 187                      | 171 • 190 • 209                      |
| 6' 3"                              | 158 • 175 • 193                      | 176 • 196 • 216                      |
| 6' 4"                              | 162 • 180 • 198                      | 182 • 202 • 222                      |
| 6' 5"                              | 167 • 185 • 204                      | 187 • 208 • 229                      |

**Know Your Numbers Campaign**

**BMI-Body Mass Index**

**BMI**-Another widely used way to determine body composition is through body mass index (BMI) (a ratio of weight to height). It is a commonly used, but flawed measure. Many who strength train, play sports, have big bones, or who are very muscular can have body weights way beyond the ideal height and weight range and can have high BMI values, which may classify them as obese. This classification may be wrong due to the presence of high levels of lean tissue. There are some people who have ideal weights and BMI, but have high levels of body fat with low levels of lean tissue. There are also some ethnic groups who have lower BMI standards (see below). Therefore BMI does not work for all.

Your body mass index (BMI) is

**20**

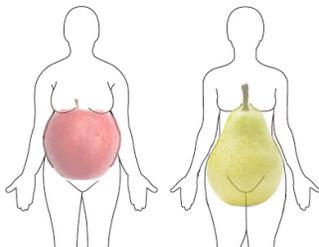
Your body mass index (BMI) classification is

desirable

**ETHNIC GROUPS and BMI** - In 2004, the World Health Organization weighed the evidence on Asians' higher risk of weight-related diseases at lower BMIs. It declined to set different cutoff points for Asians, citing a lack of agreement among researchers as to what those lowered cutoffs should be. With the emergence of more research, however, several groups have begun to set lower cutoff points for BMI and abdominal obesity metrics among Asians. China and Japan define overweight as a BMI of 24 or higher and obesity a BMI of 28 or higher; in India, overweight is defined as a BMI of 23 or higher, and obesity, a BMI of 27 or higher. from HSPH



**WHR-Waist to Hip Ratio**



**Pear versus Apple Shaped-What shape are you?**

People who have metabolic syndrome typically have apple-shaped bodies, meaning they have larger waists and carry a lot of weight around their abdomens. It's thought that having a pear-shaped body — that is, carrying more of your weight around your hips and having a narrower waist — puts you at a lower risk of developing diabetes, heart disease and other complications of metabolic syndrome.

|   |             |
|---|-------------|
| <b>Know Your Numbers Campaign</b>                 |             |
| <b>Your Waist to Hip Ratio is</b>                 | <b>0.76</b> |
| <b>Your Waist to Hip Ratio Risk is considered</b> | <b>good</b> |
| <b>Your Body Shape is</b>                         | Pear Shaped |

Body Shape Classifications

- Pear Shape
- Normal Shape
- Apple Shape

**Waist to Hip Ratio (WHR)** has been found to be a more efficient predictor of mortality in older people (>75 years of age) than waist circumference or BMI. If obesity is redefined using WHR instead of BMI, the proportion of people categorized as at risk of heart attack worldwide increases threefold. The **body fat percentage** is considered to be an even more accurate measure of relative weight. Of these three measurements, only the waist-hip ratio takes account of the differences in body structure. Hence, it is possible for two women to have vastly different body mass indices but the same waist-hip ratio, or to have the same body mass index but vastly different waist-hip ratios. WHR has been shown to be a better predictor of cardiovascular disease than waist circumference and body-mass index. However, other studies have found waist circumference, not WHR, to be a good indicator of cardiovascular risk factors, body fat distribution, and hypertension in type 2 diabetes.



**Circumferences (girths)**

**Circumferences (girths)** are measures of specific muscle groups and locations recorded in inches. It can be used as a reliable and valid indicator of muscle size and body shape. Ideal circumferences are from an athletic comparison model of the same height and goal weight.

| Your girths proportionally are | average       |                      |          |
|--------------------------------|---------------|----------------------|----------|
| <b>Circumferences</b>          | Your measures | Ideal Circumferences | Goal     |
| <b>Shoulder</b>                | 38            | 37.61                | -----    |
| <b>Chest</b>                   | 32.5          | 32.70                | -----    |
| <b>Arm</b>                     | 9.5           | 9.67                 | -----    |
| <b>Waist (inches)</b>          | 28            | 26.10                | Decrease |
| <b>Buttock</b>                 | 37            | 34.19                | Decrease |
| <b>Leg</b>                     | 19            | 17.03                | Decrease |
| <b>Calf</b>                    | 13            | 12.35                | Decrease |

**Waist Circumference**  
 Although waist circumference and BMI are interrelated, waist circumference provides an independent prediction of risk over and above that of BMI. Waist circumference measurement is particularly useful in patients who are categorized as normal or overweight on the BMI scale. At BMIs of 35, waist circumference has little added predictive power of disease risk beyond that of BMI. It is therefore not necessary to measure waist circumference in individuals with BMIs 35.



**Cardiovascular Abdominal Risk (girth)**

| Risk         | MEN     | WOMEN   |
|--------------|---------|---------|
| Very Low     | < 31.5  | < 28.5  |
| Low          | 31.5-39 | 28.5-35 |
| High         | 39.5-47 | 35.5-43 |
| Very High    | >47     | >43     |
| Health Coach | <35     | <32.5   |

**Cardiovascular Abdominal Risk (girth)**

**Your Waist in inches is 28**  
**Your Waist Risk is a Very Low Risk**

**Know Your Numbers Campaign**

**% Body Fat- Lean and Fat Weight**

|   | First Measure           | Remeasure |               |
|---|-------------------------|-----------|---------------|
| <b>Your % Body Fat is</b>               | 22.1 %                  |           |               |
| <b>Body Fat Score from 1-10</b>         | 7.2                     |           |               |
| <b>J&amp;P Body Fat Classification</b>  | <b>Lean</b>             |           | <b>Change</b> |
| <b>Fat Weight</b>                       | 24.5                    |           |               |
| <b>Lean Weight</b>                      | 86.7                    |           |               |
| <b>Goal % Body Fat</b>                  | 19.0                    |           |               |
| <b>Goal Weight % Body Fat</b>           | 107.0                   |           |               |
| <b>Original Weight</b>                  | 111.2                   |           |               |
| <b>Weight Change Goal</b>               | -4.2                    |           |               |
| <b>You need to lose weight (pounds)</b> | -4.2                    |           |               |
| <b>ACE % Body Fat</b>                   | <b>Fitness</b>          |           |               |
| <b>Lohman % Body Fat</b>                | <b>Slightly Overfat</b> |           |               |

**% Body Fat** Many who strength train, play sports, have big bones, or who are very muscular can have body weights way beyond the ideal height and weight range and can have high BMI values, which may classify them as obese. This classification may be wrong due to the presence of high levels of lean tissue. There are some people who have ideal weights and BMI, but have high levels of body fat with low levels of lean tissue.

Most fitness professionals therefore believe a better way of measuring body composition is through determining percent body fat, a measure of fat and lean weight. FitTec uses the skinfold caliper technique to estimate percent body fat. This procedure has a low margin of error in estimating body fat. Specific measures of skinfolds are very reliable and tell individuals where there maybe specific problems.

Average % body fat levels for men and women in their twenties are 15% and 25%, where a healthy range for those in their thirties is between 6-21% for men and 15-25% for women. There are three classifications presented (J&P, Lohman, and Ace). I prefer the J&P over the ACE & Lohman since it is more specific.

Through a calculation we can estimate a suggested goal weight for a projected goal % body fat. This goal weight is most likely the best suggested goal weight for you. Someone starting a conditioning program should expect to gain 5 to 10 lbs. of lean weight due to the addition of muscle. The addition of muscle will enhance your appearance and improve your performance.

| Description   | Women  | Men    |
|---------------|--------|--------|
| Essential Fat | 10-13% | 2-5%   |
| Athletes      | 14-20% | 6-13%  |
| Fitness       | 21-24% | 14-17% |
| Average       | 25-31% | 18-24% |
| Obese         | 32%+   | 25%+   |

| Classification   | Male    | Female  |
|------------------|---------|---------|
| Lean             | < 8 %   | < 13 %  |
| Optimal          | 8-15 %  | 13-20 % |
| Slightly Overfat | 16-20 % | 21-25 % |
| Fat              | 21-24 % | 26-32 % |
| Obese            | > 25 %  | > 32 %  |

**Know Your Numbers Campaign**

**Skinfolds (Fat thickness)**

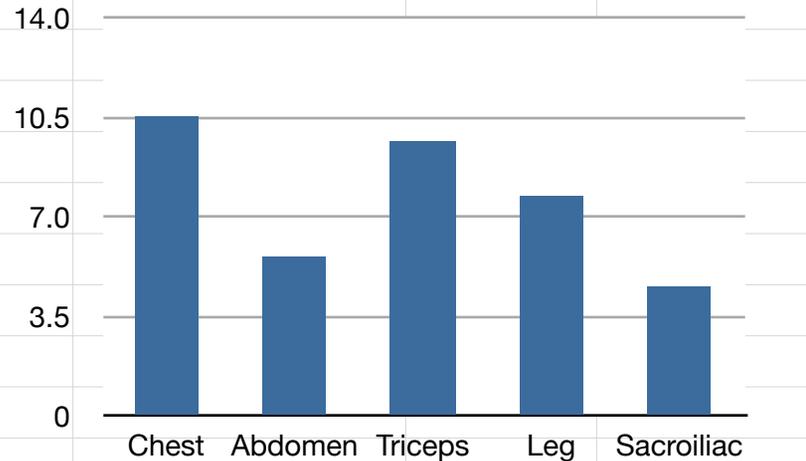
| Skinfolds (Fatfolds) | First Measure | Remeasure | Fat Score (1-10) | Fat Classification | % Change |
|----------------------|---------------|-----------|------------------|--------------------|----------|
| Chest                | 6             | 0         | 10.5             | very,very lean     |          |
| Abdomen              | 22            | 0         | 5.6              | average fat        |          |
| Triceps              | 11            | 0         | 9.7              | very,very lean     |          |
| Leg                  | 22            | 0         | 7.7              | lean               |          |
| Sacroiliac           | 22            | 0         | 4.5              | average fat        |          |
| <b>Optional</b>      |               |           |                  |                    |          |
| Mid-Back             | 16            | 0         |                  |                    |          |
| Lowerback            | 25            | 0         |                  |                    |          |
| Calf                 | 18            | 0         |                  |                    |          |

**Pinch Test - Abdominal Fat Thickness Risk if greater than 25.4 mm** **NO RISK**

**Pinch an Inch Test-if you can pinch more than 25.4 mm you're at risk**



**Fat Scores Distribution (> 6 is Ideal)**



**A Skinfold is a measure of subcutaneous fat taken at specific points across the body using a skinfold caliper. The measures are taken in millimeters. These measures are also used to determine site specific improvements. In other words if you lose millimeters off your abdomen that means you lose fat since skin thickness stays the same.**

|                                       |                           |           |
|---------------------------------------|---------------------------|-----------|
| <b>Know Your Numbers Campaign</b>     |                           |           |
|                                       | Measure                   | Remeasure |
| <b>Lean Mass Index</b>                | <b>15.3</b>               |           |
| <b>Lean Mass Index Score (1-10)</b>   | <b>3.7</b>                |           |
| <b>Your Lean Mass Classification</b>  | <b>below average</b>      |           |
| <b>Lean Mass Chart Classification</b> | <b>well below average</b> |           |

## Lean Mass Index or Fat Free Mass Index

### LMI or FFMI

The lean mass index or fat free mass index is an index that takes into account the amount of muscle mass a person is carrying and divides it by height. It is an indicator of muscle mass and used for comparison. A study of elite athlete (some admitted steroid users and some not) combined with an analysis of 20 Mr. America contest winners from the 1939-1959 pre-steroid era, determined that a fat free mass index of 25 is pretty much an upper limit for someone who does not use steroids. A fat free mass of 19 is the average for males.

#### Norms for FFMI in Men:

- 16-17 = Well below average (< = 20th percentile)
- 18-19 = Average (25-50th percentile)
- 20 = Above Average (50-75th percentile)
- 21 = Well above average (75-90th percentile)
- 22 = Excellent (95th percentile)
- 23-25 = Superior [Off the charts for normal adult men (Schutz et al., 2002)]
- 28-29 = It is possible but very unlikely to reach this level Naturally as research and science have clearly shown NO non-steroid users have ever gotten higher than 28.

#### Norms for FFMI in Women:

- 15-17 = Well below average (< / - 20th percentile)
- 17-18 = Average (25-50th percentile)
- 19 = Above Average (50-75th percentile)
- 20 = Well above average (75-90th percentile)
- 21 = Excellent (95th percentile)
- >22 = Superior



Know Your Numbers  
Campaign

Compare your Body Fat Goal to the Picture

Your Body  
Fat was

22.1 %

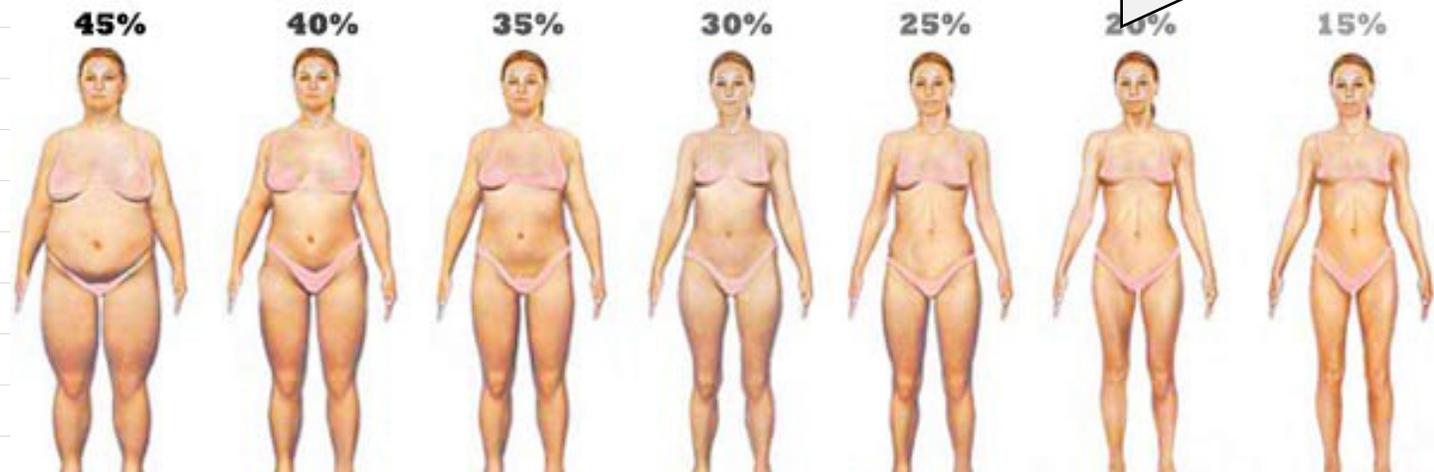
Goal

19.0 %

### BODY FAT PERCENTAGE MEN



### BODY FAT PERCENTAGE WOMEN



Know Your Number  
Campaign

**Questions answered - Summary Sheet**

|  |                  |              |   |                      |  |
|--|------------------|--------------|---|----------------------|--|
| What is my Frame Size?                             | <b>Medium</b>    |              | What is my Waist Girth Risk Classification? | <b>Very Low Risk</b> |  |
| What is my ideal weight range?                     | <b>109.5</b>     | <b>144.5</b> | Am I at risk based on the Pinch Test?       | <b>NO RISK</b>       |  |
| What is my Body Mass Index Classification?         | <b>desirable</b> |              | What is my % body Fat?                      | <b>22.1</b>          |  |
| What is my Waist to Hip Ratio Risk Classification? | <b>good</b>      |              | What is my fat weight?                      | <b>24.5</b>          |  |

| <b>Know Your Numbers Campaign</b>                     |                      |  |                                      |                       |  |
|---|----------------------|--|--------------------------------------|-----------------------|--|
| What is my Body Shape based on my Waist to Hip Ratio? | <b>Pear Shaped</b>   |  | What is my fat classification?       | <b>Lean</b>           |  |
| What is my Muscle Mass Classification?                | <b>below average</b> |  | What is the fat level at my chest?   | <b>very,very lean</b> |  |
| What is my goal weight?                               | <b>107.0</b>         |  | What is the fat level at my abdomen? | <b>average fat</b>    |  |
| What is my goal fat loss?                             | <b>-4.2</b>          |  | What is the fat level at my triceps? | <b>very,very lean</b> |  |
|   |                      |  | What is the fat level at my leg?     | <b>lean</b>           |  |
|   |                      |  |                                      |                       |  |

|                                       |  |  |   |                        |  |
|---------------------------------------|--|--|---|------------------------|--|
| <b>Know Your Numbers<br/>Campaign</b> |  |  |   |                        |  |
|                                       |  |  | What is the fat<br>level at my<br>side? | <b>average<br/>fat</b> |  |
|                                       |  |  |   |                        |  |