

Body Composition

Name: John Sample
Age: 46

Standard: 40-49 years
Gender: Male

Nov 29, 2005

Description	Score	Water	Prot/Min	Fat
Component Body Weight (lbs)	205.0	128.4	45.6	31.0

		Needs Work	Fair	Ideal
Body Fat (% Body Weight)	15.1	45.0	25.0	18.0
Weight at Body Fat (lbs)	205.0	316.4	232.0	212.2

Description	Feb 17, 2005	Nov 29, 2005	Difference	Percent
Total Weight (lbs)	217.4	205.0	- 12.4	- 5.7%
Body Fat (% body weight)	23.6	15.1	- 8.5	- 36.0%
Body Fat Weight (lbs)	51.3	31.0	- 20.3	- 39.6%
Lean Weight (lbs)	166.1	174.0	+ 7.9	+ 4.8%
Water Weight (lbs)	122.6	128.4	+ 5.8	+ 4.7%
Protein/Mineral Weight (lbs)	43.5	45.6	+ 2.1	+ 4.8%
Chest Skinfold (mm)	22.1	14.3	- 7.8	- 35.3%
Abdomen Skinfold (mm)	33.8	19.2	- 14.6	- 43.2%
Thigh Skinfold (mm)	18.4	10.8	- 7.6	- 41.3%

Comment

Body composition describes your weight in terms of water weight, protein/mineral weight and fat weight. The MicroFit assessment measured your body fat at 15.1 percent of your weight or 31 lbs. About 75 percent of your lean weight is made up of water or 128.4 lbs. The other 45.6 lbs of your lean weight is proteins and minerals, the building blocks of muscles, bones and other body tissues.

John, your body fat score is in the 'Ideal' category. No weight loss is recommended unless you want to change your appearance or improve athletic performance. On average, male athletes have a body fat score of 8-12 percent. A body fat score below 6 percent is considered too low for men and may have an adverse effect on health. We suggest you talk with a health professional if you are considering changing your body composition.