

Body Composition Analysis

Have you been wondering what the benefit is to body composition testing? Here is an example of how one of our members is using this tool to hold himself accountable and to be able to accurately measure his results. This participant is a 60 year old male who is currently exercising 5 days a week, completing cardiovascular and strength workouts and also yoga.

	Initial test: 1/14/11	Second test: 3/31/11	Third test: 6/3/11	Change from initial to third test:
Weight	209.9 lbs	191.4 lbs	188.5lbs	21.4 lbs lost
Skeletal Muscle	91 lbs	87.2 lbs	88.1 lbs	2.9 lbs. lost but still has an above average amount of muscle
Body Fat Mass	50.8 lbs	38.7 lbs	34.3 lbs	16.5 lbs lost
Body Fat percentage	24.2	20.2	18.2	6 % reduction
Recommended weight loss	-22.7lbs	-11.7lbs	-7.1	Currently has 7.1lbs of body fat to lose to reach his recommended weight
Basal Metabolic Rate	1929	1866	1881	Small decrease in basal metabolic

Have you signed up for your own Body Composition test yet?
 Make an appointment today at the Welcome Center!
 Testing and consultation takes less than 15 minutes.

Re-testing is recommended every 3-4 months as you work toward
 accomplishing your long term goals!