

Name: Alex Example

Group ID:

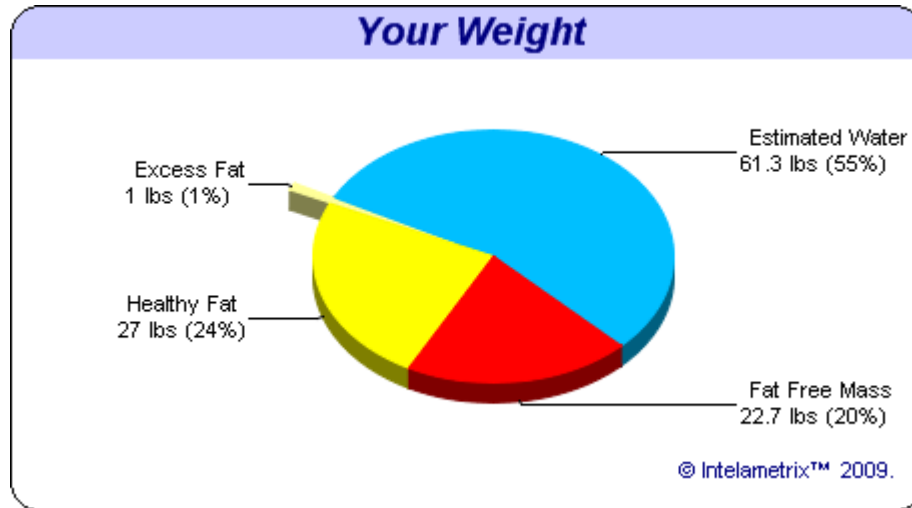
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## MY HEALTH

### Your Weight - 112 lbs

Your BMI is within the “**Healthy**” range for a **65 in**, **20 year old female**. A healthy weight range is **97 to 111 lbs** .

While BMI alone is not the best measure of health, it can give you a general idea of your health. However, these are standard norms that do not take into consideration actual body composition which is a better measure of health. For example, a well conditioned muscular athlete could fall within the overweight category based on the density of muscle mass. On the other hand, an individual within the normal range of these norms might be overweight or obese with an excessive amount of body fat.



### Your Body Fat - 25.1 %

Your percent body fat is **25.1 %** and falls in the **Acceptable** category. A healthy range for a **20 year old female** is **13.0 to 24.0**.

Fat is one of the basic components that make up the structure of your body. Lean mass is everything else including muscle, bone and your organs. All are necessary for normal, healthy functioning. Body fat can be divided into two categories, essential fat and storage fat. A minimum amount of body fat (essential fat) is required to cushion and protect body organs from injury. Fat also serves the important function of storing and releasing energy (fat) in response to metabolic demands. If your caloric intake exceeds your metabolic demands, the excess energy is stored as fat.

Studies show that the percent of body fat has the closest correlation to predicting your health. Higher percent of body fat significantly increases the risk of coronary heart disease, strokes, diabetes, certain types of cancer, other chronic illnesses and a decrease in life expectancy. Research also shows that the location of body fat is a contributing factor to greater health risks. For example, excessive fat in the abdomen represents a greater health risk than excess in the thighs.



### Your BMI - 18.6

According to your BMI, you are **Healthy**.

Body Mass Index (BMI) is a common measure expressing the relationship (or ratio) of weight-to-height. It is a mathematical formula in which a person's body weight is divided by the square of his or her height. BMI is more highly correlated with body fat than any other indicator of height and weight. Individuals with a BMI of 25 to 29.9 are considered overweight, while individuals with a BMI of 30 or more are considered obese. However, BMI, like weight, may not be the best measure of your health. For example, a well conditioned muscular athlete might have a higher BMI based on the density of muscle mass. On the other hand, an individual within a lower BMI might be overweight.



**Your BMR - 1193.0 kcal/day**

Based on your activity level, your BMR is **1789.4 kcal/day**.

Basal Metabolic Rate (BMR) is the minimal caloric requirement for basic sustenance or the amount of energy your body would burn if you remained lying down all day (24 hours). The Katch & McArdle formula uses the variables of a person’s lean weight to calculate BMR. Multiplying your BMR by an activity level factor further defines your body’s calorie needs. The equation provides a great dietary planning basis for people who wish to lose or maintain their weight.

## MY HEALTH Recommendations

Based on all your information, it is recommended that you lose **1 lbs** of body fat. A healthy rate of fat loss that is generally considered to be safe is no more than 2 lbs per week. At this rate, it should take you **4 days** to reach your target.

Based on your reported current activity level and BMR, it is estimated that you require **1789.4 kcal/day** calories to keep your weight stable. To achieve your ideal body weight and lose 1 lbs of fat, you should decrease your daily caloric intake while maintaining your current activity level. If you were to increase your activity level, you would not need such a restrictive diet to achieve your goal. If you exercise consistently, then your BMR and daily energy expenditure will improve and increase your efficiency in burning calories.

Establishing a life long commitment to good nutrition and exercise will help you maintain a healthy body composition. The National Institutes of Health (NIH) has found that: “Evidence is now overwhelming that obesity, the excessive storage of fat, has adverse effects on health and longevity.” In addition to maintaining an active lifestyle, some general nutrition advice includes choosing a diet moderate in sugars, salt and sodium, a diet low in fat, saturated fat and cholesterol but high in grain products, vegetables, and fruits. A health care professional should always be consulted about a healthy way to lose excess body fat or before beginning any exercise or nutrition program.

## Relative Disease Risks

