

Your Name & Phone # Here!

Body Comp Data Report

Client Data:

Impedance: 27
Age: 43

Height: 66.00
Weight: 190.00

Sex: Female

Lean Body Mass:

Weight of Lean Body Mass: 138.70 lbs
Percentage of Lean Body Mass: 73.0%
Lean Body Mass to Fat Ratio: 2.7 to 1
Total Body Water: n/a

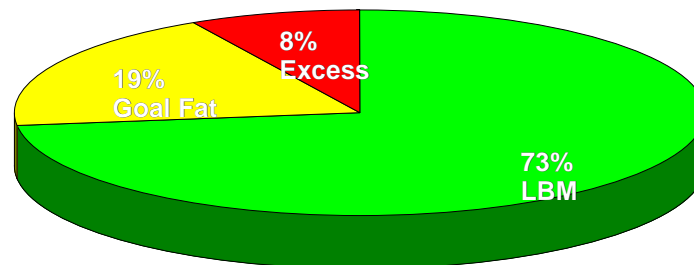
Fat Free Mass is composed of muscles, body fluid, connective tissue and bones. The optimal **Lean to Fat** ratio for you is at least **3.2 to 1**

Body Fat:

Weight of Body Fat: 51.30 lbs
Percentage of Body Fat: 27.0%

Fat is calories stored as energy reserve for your body. The desired range of percent **Body Fat** for you is **18-26%** (or 30-48 lbs). If you consume more calories than your body burns, the excess calories are stored as **Body Fat**. Excess **Body Fat** "frequently results in a significant impairment of health."

Current Status & Goals:



The graph above shows your current body composition. "**LBM**" represents your **Lean Body Mass** and includes all body components except fat. "**Norm Fat**" represents **Normal Body Fat** which is necessary for proper physical health. "**Excess**" is **Fat** which is in excess of normal limits, and is unhealthy.

Your Goal: 171 lbs (19.0% Fat)

Your goal on the **Your Name & Phone # Here!** will be to lose **Excess Body Fat**. Optimizing your body composition will help you lose those extra pounds, make you feel better and will promote a healthier style of living. The National Institute of Health (N.I.H.) estimates that more than 60% of the adult population is overweight. More than 30% are obese, a disease which can dramatically increase risk of cardiovascular disease, cancer, diabetes, and hypertension.

Through proper eating and exercise habits, you will lose approximately **2.2 lbs** per week.