

# YOUR PERSONAL FITNESS ASSESSMENT

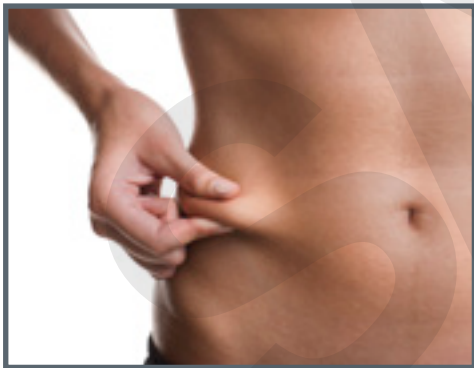
	NAME	ID NUMBER
	John Smith	43861
	TECHNICIAN NAME	DATE
	Alex Douglas	01 / 12 / 14

## YOUR PERSONALIZED ANALYSIS

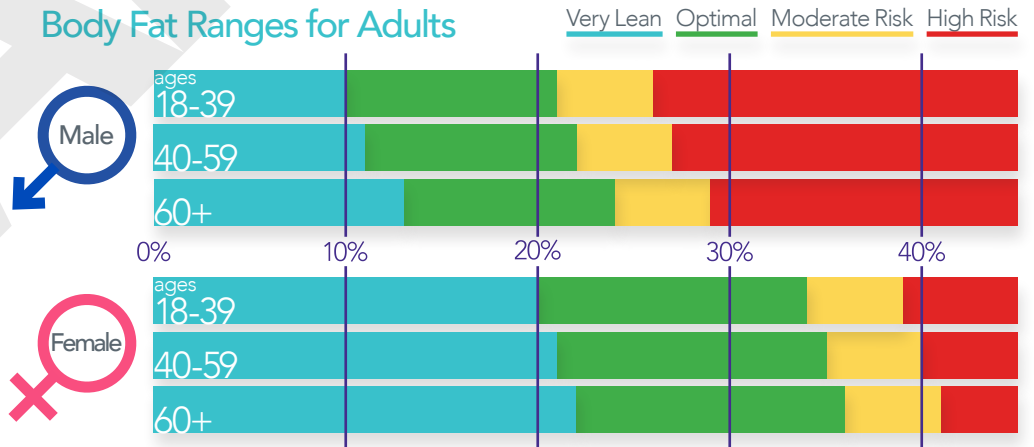
Weight	Body Fat	Muscle Mass	Total Body Water	BMR: 1892
178.3 Lbs	14.7%	33.5 Lbs	66.2%	BMI: 27.0
	26.0 Lbs			

### Body Fat & Muscle Mass What is the right amount?

Body fat and muscle tissue levels are key indicators of overall health & fitness. A high body fat percentage is associated with a variety of medical ailments, including heart disease, cancer, and stroke. Having more muscle mass can help increase bone density, ease pain from back and joint issues, help you better perform everyday activities and create an overall feeling of high energy.



### Body Fat Ranges for Adults



Increasing muscle mass:  
feel great  
look better

14.7%

26.0 Lbs

YOUR BODY FAT

33.5 Lbs

YOUR MUSCLE MASS

66.2%  
116.8 Lbs

YOUR BODY WATER

Maintaining proper hydration is essential for good health and is vital to every biological process. By comparing your hydration results with the chart below, you can better determine whether or not you are adequately hydrated.



## Proper Hydration Range

Body Fat %	% Total Body Water	
	Male	Female
10 - 15	72 - 65	60 - 56
16 - 23	64 - 59	55 - 49
24 - 28	58 - 54	48 - 44
29 - 34	53 - 49	43 - 39
35 - 40	48 - 45	38 - 33

# STAY HYDRATED!

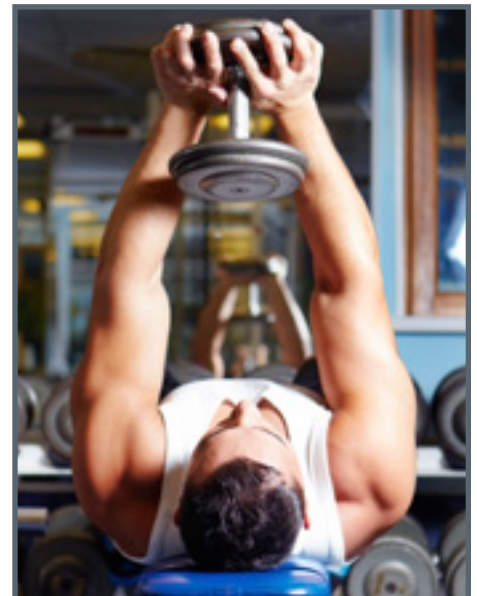


## Aerobic vs. Anaerobic Which is best to burn fat?

During aerobic exercise there **is** sufficient oxygen intake needed to sustain the level of activity without using additional energy from another energy source such as stored lipids, also known as fat.

During anaerobic exercise, oxygen consumption **is not** sufficient to supply the energy demands being placed on muscles. As a result, your muscles begin to break down sugars, resulting in higher lactic acid production and use the additional energy source which is stored as fat.

**Anaerobic wins over aerobic when it comes to burning more fat.**



# RESTING ENERGY EXPENDITURE & BODY MASS INDEX



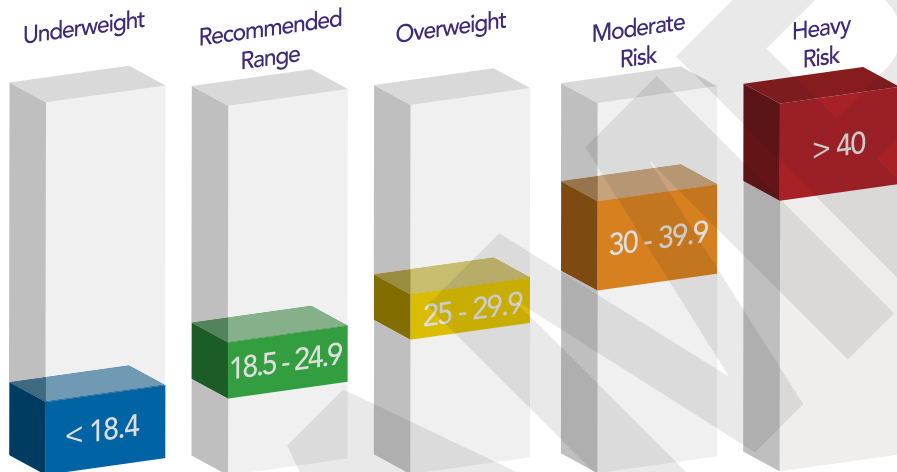
1892  
Calories/Day

YOUR REE

**In 24 hours,**  
how many calories  
do you burn at rest?

Your resting energy expenditure (REE) is the caloric burn rate required to maintain vital body functions when at rest.

## Body Mass Index



27.0

YOUR BMI

Body Mass Index (BMI) is a simple method of screening for weight categories. However, for an athletic person a measure of body fat is typically a better indicator of fitness level than is BMI.

FILE COPY

NAME

ID NUMBER

John Smith

43861

TECHNICIAN NAME

DATE

Alex Douglas

01 / 12 / 14

Weight	Body Fat	Muscle Mass	TBW	Hgt: 5' 8"	BMR: 1892
178.3 Lbs	14.7%		66.2%	Age: 30	BMI: 27.0
	26.0 Lbs	33.5 Lbs		Gender: M	