# Body Composition Test Results

Name: Michael Date: 4/28/11

| | TODAY | | | | GOAL | | | | |
|---|---|---|---|---|---|---|---|---|---|
| FAT | 38.6 | % | 99.9 | lbs | ____ lbs | ☐ Gain | ☐ Lose | ____ lbs | |
| LEAN | 61.4 | % | 159.3 | lbs | ____ lbs | ☐ Gain | ☐ Lose | ____ lbs | |
| WEIGHT | | | 259.2 | lbs | ____ lbs | | | | |

**Body Fat:** A certain amount of fat is absolutely necessary for good health. Fat plays an important role in protecting internal organs, providing energy and regulating hormones. For men, the minimal amount of "essential fat" is approximately 3-5%. For women, "essential fat" is approximately 12-15%. If too much fat accumulates over the years, health may be compromised (see table below).

**Lean Mass:** Lean mass is everything except the fat. It includes muscle, water, bone, and internal organs. Muscle is the "metabolic engine" of the body that burns calories (fat) and plays an important role in maintaining strength and energy. Healthy levels of lean mass contribute to physical fitness and may prevent conditions such as osteoporosis.

| ✓ | Body Fat Rating | Men | Women | Explanation |
|---|---|---|---|---|
| ☐ | Risky (high body fat) | >30% | >40% | Too much body fat can pose serious health risks. Ask your health care professional about how to safely modify your body composition. |
| ☐ | Excess Fat | 21-30% | 31-40% | Indicates an excess accumulation of fat over time. |
| ☐ | Moderately Lean | 13-20% | 23-30% | Fat level is acceptable for good health. |
| ☐ | Lean | 9-12% | 19-22% | Lower body fat levels than many people. This range is excellent for health and longevity. |
| ☐ | Ultra Lean | 5-8% | 15-18% | Fat levels sometimes found in elite athletes. |
| ☐ | Risky (low body fat) | <5% | <15% | Too little body fat can present health risks, especially for women. If in doubt, check with your health care professional. |

Model: Siri

Retest: 7/28/11

Est. RMR = 2,048 kcal/day

Est. TEE = Est. RMR x Activity Factor

See info sheet for explanations

| Est. TEE (kcal/day) | ACTIVITY | (FACTOR) |
|---|---|---|
| 2622 | Sedentary | (1.28) |
| 3093 | Low Active | (1.51) |
| 3564 | Active | (1.74) |
| 4261 | Very Active | (2.08) |

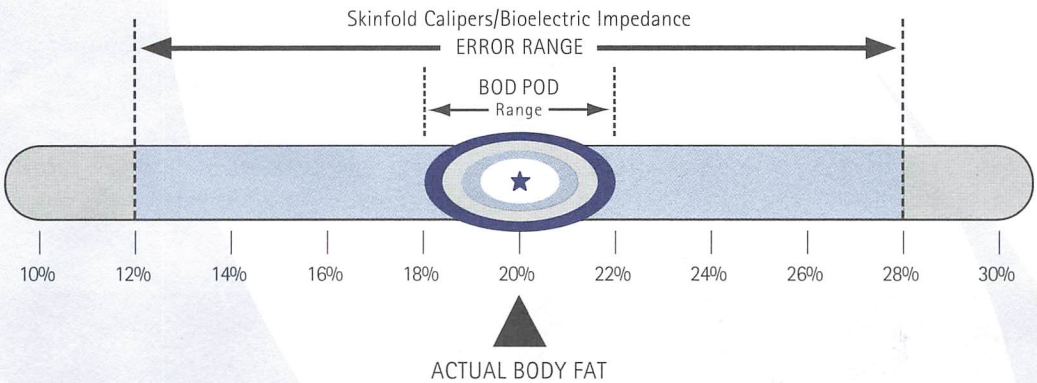
# Frequently Asked Questions

Q. *How accurate is the BOD POD?*

A. Research studies at major universities established the outstanding accuracy, safety and speed of the BOD POD. Before the BOD POD, the most accepted method was underwater weighing (the "dunk tank"). When comparing the two methods, the BOD POD and underwater weighing often produce identical results. Many top scientists consider the BOD POD to be even more accurate than underwater weighing because testing with the BOD POD is so easy.

The general error range of the BOD POD is within 2% of underwater weighing. Other methods such as skinfold calipers and bioelectric impedance have much higher error ranges (± 6-8%).

## Accuracy Comparison




Q. *Why is it important to wear proper clothing?*

A. The BOD POD takes very accurate measurements of your weight and volume (the size of your body). Anything that isn't "you" - including clothing, jewelry, or eyeglasses - can produce inaccurate results. This is why it's VERY IMPORTANT you wear minimal, form-fitting clothing such as a lycra or Spandex® swimsuit (or single-layer compression shorts and/or lightweight jog bra).

Q. *Can I test right after exercising?*

A. No, you should wait at least two hours after exercising. The person being tested in the BOD POD should always be in a completely relaxed state.

Q. *Why do I get different results between consecutive tests?*

A. The BOD POD provides a high level of precision, and small factors (like movement or coughing) can affect results. It's important to be relaxed and still for the measurement. Some test-to-test variation is normal.

Q. *What's the best way to lose excess body fat?*

A. The most effective way to shed excess fat is to combine sensible exercise with healthy dietary choices. Research shows this to be the most successful approach in the long run. Keep in mind that each pound of fat has a caloric value of 3,500 calories. If you combine 250 calories worth of exercise each day, along with reducing your food intake by 250 calories, this will add up to a 500 calorie-per-day deficit. Over seven days, you would lose a pound of fat!

Q. *How do I increase my lean muscle mass?*

A. The best way to increase muscle is to through resistance training. Healthy and vigorous muscles are consistent with good health, as muscles support the activity of the body and burn calories.

Q. *How do I go about changing my body composition?*

A. Consider working with a trained health care or fitness professional. They can review your BOD POD test results and design a program to help you achieve your goals. Be sure to retest in the BOD POD regularly so you will know if you are progressing towards your goal!

Based on information from the American College of Sports Medicine, the American Council on Exercise, Exercise Physiology [4th Edition] by McArdle, Katch and Katch, and various scientific and epidemiological studies.

**Knoxville Performance Lab**
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**Knoxville, TN 37919**
**(865) 693-4909**
**www.knoxvilleperformancelab.com**

| | | | | | |
|---|---|---|---|---|---|
| *Last Name:* | **DAYAH** | *Age:* | **28** | *Membership #:* | **00002** |
| *First Name:* | **MIKE** | *Height (in):* | **72.05** | *Report Date:* | **4/30/2011** |
| *Gender:* | **Male** | *Weight (lbs):* | **259.0** | *Personal Trainer:* | **MR** |

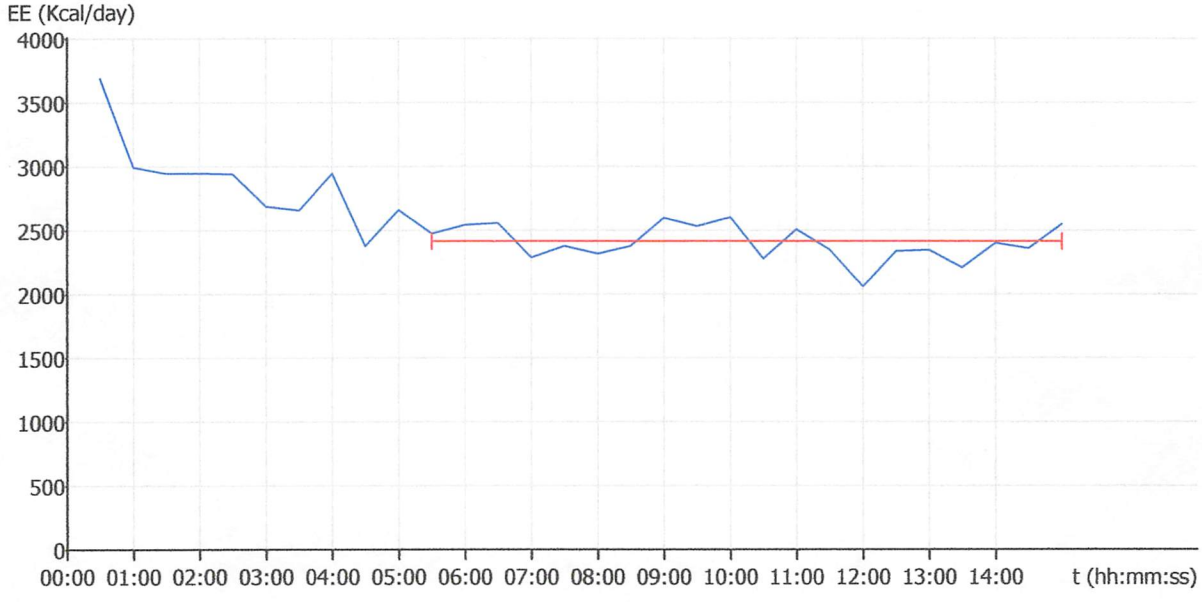
## Resting Metabolic Rate

### Rest Metabolic Rate (Kcal/day)

**2415**

| Slow | Normal | Fast |
|---|---|---|
| < 2072 | 2072 - 2746 | > 2746 |

| | |
|---|---|
| **Pred.** | Harris-Benedict |
| **% Pred.** | 100% |
| **Calculation method** | Measured |



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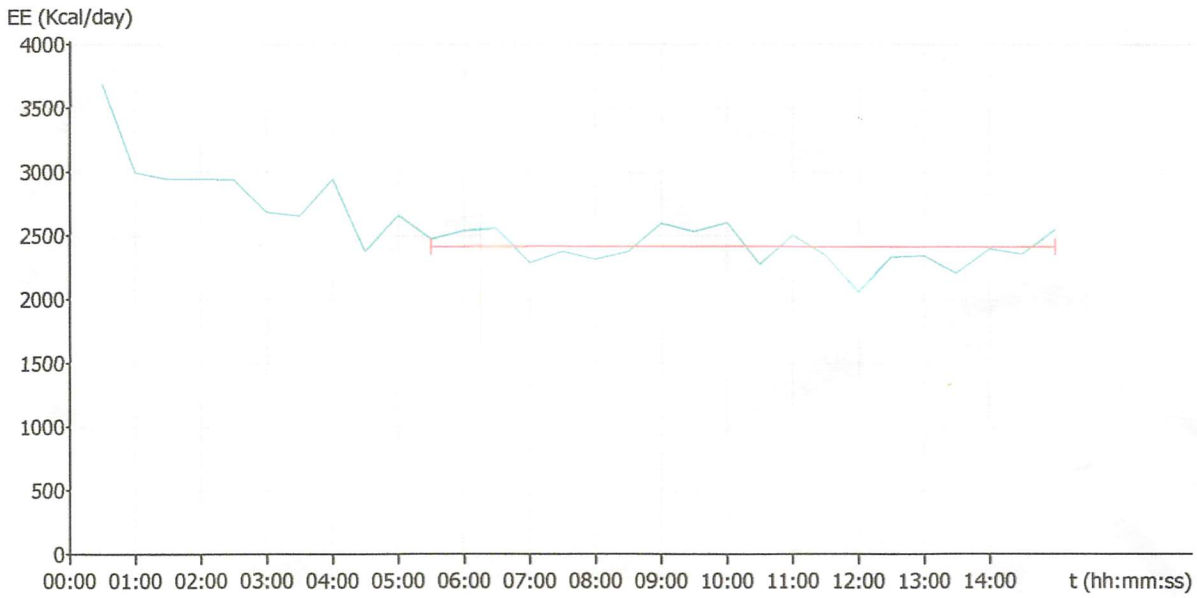

# COSMED

37, Via dei Piani di Monte Savello
I-00041 Rome ITALY (www.cosmed.com)

| | | | |
|---|---|---|---|
| Last Name: | [illegible] | | |
| First Name: | MIKE | | |
| ID: | 00302 | Date(dd-mm-yyyy): | 13/05/2010 |
| Test conducted by: | MR | Gender: | Male |
| Height(in): | 70.0 | Weight(lb): | 259.0 |
| Age: | 39 | BMI(Kg/m^2): | 36.0 |

## Resting Metabolic Rate

| t | VO2 | Ve | Rf | HR | FeO2 | RMR |
|---|---|---|---|---|---|---|
| mm:ss | ml/min | l/min | 1/min | bpm | % | kcal/day |
| Averaged values | | | | | | |
| 10:00 | 347 | 9.3 | 11.2 | 0 | 16.46 | 2415 |

%Var VE: 5.5 %
%Var VO2: 5.8 %

Resting Metabolic Rate (Kcal/day)

2415

| Slow | Normal | Fast |
|---|---|---|
| <2066 | 2066-2738 | >2738 |

%Pred (Harris Benedict): 101 %