



Body Composition Results

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The human body is composed of different types of tissue that can be categorized as either fat tissue or lean tissue (all tissue except fat). Percent body fat is the proportion of total body weight that is fat, and is a more desirable measure than body weight (measured on the scale). Scale weight does not differentiate the amount of fat or lean tissue in the body. A physically active person will usually weigh more than a sedentary person of the same height, yet have less body fat. Excessive body fat increases the risk of heart disease, diabetes, and other medical problems.

Body Weight (lbs): 148.7 **BC Method:** Hydrostatic weighing
Fat Weight (lbs): 13.8 **Equation:** Male Heyward Compile
Fat Free Weight (lbs): 134.9 **Test Technician(s):** Quint Berkemeier,

Sum of Skinfolds: mm
Body Density: 1.07772 g/cc
RV: 2.070 L

Body Fat 9.3 %

Percentile Ranking: greater than 95th

Test Date	Body Weight	Fat Weight (lbs)	Fat Free Weight (lbs)	Body Fat %	Method
9/29/2022	148.7	13.8	134.9	9.30	Hydrostatic weighing
8/25/2022	148.9	13.4	135.5	8.98	Hydrostatic weighing
4/5/2019	156.5	19.4	137.1	12.41	Hydrostatic weighing
11/8/2018	152.6	14.0	138.6	9.15	Hydrostatic weighing
7/26/2018	151.4	14.7	136.7	9.74	Hydrostatic weighing
6/4/2018	159.6	23.3	136.3	14.61	Hydrostatic weighing
3/29/2018	185.5	40.7	144.8	21.95	Hydrostatic weighing