

NOT POUNDS BUT INCHES & BODY FAT – Get rid of the scale REMEMBER THIN DOES NOT MEAN HEALTHY

Body fat measurements and the measuring tape are recognized as superior methods for measuring "weight loss". When one declares that they want to "lose weight", what they often mean is that they want to lose fat. So, now that you've had your body fat percentage measured, what does the number really mean?

First, your body fat percentage is simply the percentage of fat your body contains. If you are 150 pounds and 10% fat, it means that your body consists of 15 pounds fat and 135 pounds lean body mass (bone, muscle, organ tissue, blood and everything else).

A certain amount of fat is essential to bodily functions. Fat regulates body temperature, cushions and insulates organs and tissues and is the main form of the body's energy storage. The following table describes body fat ranges and their associated categories:

Knowing your body fat percentage can also help you determine if your weight loss goals are realistic. Remember, weight loss doesn't always mean fat loss.

The American Council of Exercise provides the following General Body Fat Percentage Categories:

Classification	Women (% fat)	Men (% fat)
Essential Fat	10-12%	2-4%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Acceptable	25-31%	18-25%
Obese	32% plus	25% plus

Particular note should be made of the essential fat % when setting a weight loss goal. *You need to maintain this percentage to keep healthy!* It is essential not to set unrealistic fat loss targets when establishing your personal weight-loss program. Remember you may be eating away at your musculature, bone structure and other organs if you set unrealistic targets. According to health experts at Johns Hopkins University:- "On any non-medically supervised weight-loss program, women should consume at least 1200 calories a day and men at least 1600 per day."

WEIGHT/FAT% GOAL WORK SHEET:

(A) Current Weight _____ (A)
 (B) Current Fat % _____ (B)
 (C) Current Fat Pounds _____ (C)
 (D) Lean Body Mass _____ (D)

STEP 1 (A) _____ X (B) _____ = (C) _____

STEP 2 (A) _____ - (C) _____ = (D) _____

STEP 3 (A) _____ X Goal Total Fat % _____ = Goal Total FAT lbs _____

STEP 4 (D) _____ + Goal Total FAT lbs _____ = GOAL WEIGHT _____

STEP 5 (A) _____ - GOAL WEIGHT _____ = Goal FAT lbs to Lose _____

PLEASE NOTE: When setting your goals – do NOT set more than .5% fat loss on average per week. Then you will have translated how many lbs. to lose to get a Healthier Body% which is the end and ultimate goal.