

Recommended Body Fat %

This table provides target body fat percentages based on empirical DEXA scan results. It is meant to provide general guidance for individuals, and to help set goals. (Sample Size n=754)

WOMEN

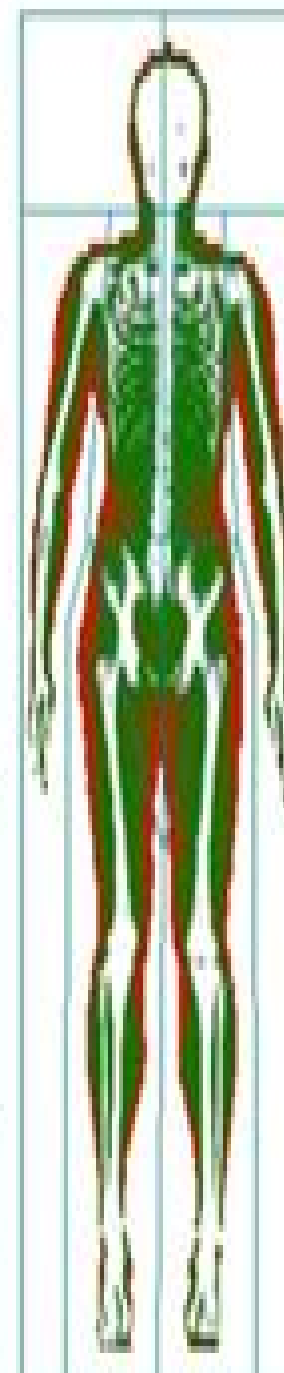
Age	0 - 20 th Percentile	20 th - 40 th Percentile	40 th - 60 th Percentile	60 th - 80 th Percentile	80 th - 99 th Percentile
20-29	< 24%	24% - 28%	28% - 32%	32% - 38%	> 38%
30-39	< 26%	26% - 30%	30% - 34%	34% - 38%	> 38%
40-49	< 26%	26% - 31%	31% - 35%	35% - 39%	> 39%
50-59	< 29%	29% - 33%	33% - 38%	33% - 38%	> 41%
>60	< 30%	30% - 34%	34% - 37%	37% - 40%	> 40%

MEN

20-29	< 15%	15% - 18%	18% - 23%	23% - 27%	> 27%
30-39	< 16%	16% - 21%	21% - 25%	25% - 29%	> 29%
40-49	< 18%	18% - 24%	24% - 27%	27% - 32%	> 32%
50-59	< 19%	19% - 25%	25% - 27%	27% - 32%	> 32%
>60	< 24%	24% - 27%	27% - 32%	32% - 33%	> 33%

Regional Composition

The table below divides your body into 5 key regions, and provides the composition



Total Body Fat %

25.2%

Total Mass (lbs)

127.5

Fat Tissue (lbs)

32.2

Lean Tissue (lbs)

90.2

Bone Mineral
Content (BMC)

5.1

Recent Developments In Body Composition Analysis Methods And Applications

Henry C. Lukaski



Recent Developments In Body Composition Analysis Methods And Applications:

Body Composition and Physical Performance Institute of Medicine, Committee on Military Nutrition Research, 1992-02-01 This book surveys the entire field of body composition as it relates to performance It includes a clear definition of terminology and a discussion of the various methods for measuring body composition The authored papers represent a state of the art review of this controversial field and address questions such as What is a better measure of body composition body fat or lean body mass Does being overweight for one's height really affect performance The book also addresses the issue of physical appearance as it relates to body fatness and performance It includes an in depth discussion of many of the topics of interest to those involved in sports medicine and exercise physiology

Human Body Composition Steven Heymsfield, 2005 The 2nd edition of Human Body Composition includes updated information and new chapters The editors and 35 contributors are well respected researchers in the field of body composition science This is one of few texts that provides comprehensive coverage of body composition research The primary intent is to present current information on research methods This book can serve as a textbook for those who are students or new researchers Descriptions of various methods and background information are imparted in great detail with numerous references New chapters address energy expenditure animal body composition molecular genetics and body composition as it relates to disease states of cancer HIV obesity and certain inflammatory diseases like rheumatoid arthritis inflammatory bowel disease congestive heart failure and chronic obstructive pulmonary disease This book is recommended for students and new researchers in the field of body composition research who need to learn various methods histories and practical applications Publisher's description

Recent Developments in Body Composition Analysis John G. Kral, Theodore B. Van Itallie, 1993-01-01

Designing Foods National Research Council, Board on Agriculture, Committee on Technological Options to Improve the Nutritional Attributes of Animal Products, 1988-02-01 This lively book examines recent trends in animal product consumption and diet reviews industry efforts policies and programs aimed at improving the nutritional attributes of animal products and offers suggestions for further research In addition the volume reviews dietary and health recommendations from major health organizations and notes specific target levels for nutrients

Human Body Composition Kenneth J. Ellis, Jerry D. Eastman, 2013-06-29 This book is the compilation of papers presented at the International Symposium on In Vivo Body Composition Studies held in Houston Texas November 10-12 1992 The purpose of this conference was to report on the state of the art techniques for in vivo body composition measurements and to present the most recent human data on normal body composition and changes during disease This conference was the third in a series of meetings on body composition studies held in North America and follows the successful meetings at Brookhaven National Laboratory in 1986 and the one in Toronto in 1989 A large number of excellent research papers were offered for consideration at this Conference which demonstrates the rapid growth of the field in the last three years However we had to limit the presentations to approximately

90 papers which provided a broad spectrum of the applications and recent interest in the subject The proceedings of the Brookhaven meeting *In Vivo Body Composition Studies* is published by The Institute of Physical Sciences in Medicine London The proceedings of the Toronto meeting *In Vivo Body Composition Studies* was published by Plenum Press in its basic life science series Both these meetings placed more emphasis on technical aspects while the current Houston meeting tried to emphasize more the emerging clinical applications of these techniques The general sessions used at the Conference for presentations forms the basis of the order of appearance of the papers in this book [Body Composition Analysis of Animals](#)

John R. Speakman,2001-08-02 There have been substantial developments in the methodologies available for the non destructive and non invasive measurement of body composition in animals By bringing together in a single volume a mix of traditional and well established analytical methods with more modern techniques *Body Composition Analysis A Handbook of Non destructive Methods* provides a theoretical overview of different methodologies combined with practical advice on the use of these techniques Methods covered include the use of destructive methods of analysis body condition indices isotope and gas dilution methods total body electrical conductivity bio impedance analysis ultrasound scanning and dual energy X ray absorptiometry Aimed at active research workers from advanced undergraduate level upwards this book will be of particular interest to those working in the fields of animal ecology conservation biology animal nutrition and physiology **ACSM's Body Composition Assessment** American College of Sports Medicine,2020 ACSM s *Body Composition Assessment* provides practicing fitness health and medical professionals with information about various body composition measurement methods in clinical and field settings evidence based protocols advantages sources of measurement error and more **Handbook of Obesity, Two-Volume Set** George A. Bray,Claude Bouchard,2019-06-28 This 2 volume set comprises of the 3rd edition of Volume 1 and the 4th edition of Volume 2 both published in 2014 In recent years we ve developed a much better grasp of the factors associated with the development of obesity New clinical trials discoveries related to drug use and greater understanding of the benefits of weight loss in obese patients have expanded the field of research in this area Reflecting our evolving understanding of causes and consequences this two volume set examines the history and prevalence of obesity and explores its biological behavioral environmental social and cultural determinants It discusses the consequences of obesity prevention evaluation of the overweight patient and a range of treatment options including behavior modification diet exercise medications and surgical procedures **Body Composition Assessment in Children and Adolescents** T. Jürimäe,Andrew P. Hills,2001-01-01 Stimulating and up to date this book is a distinctive reference for pediatricians nutritionists anthropologists exercise and sport scientists as well as sport medicine specialists [Handbook of Obesity -- Volume 1](#) George A. Bray,2014-02-10 In recent years we ve developed a much better grasp of the biological and other factors associated with the development of obesity Reflecting our evolving understanding of causes and consequences *Handbook of Obesity Epidemiology Etiology and Physiopathology* provides comprehensive coverage of the biological behavioral and

environmental deter Handbook of Obesity W. P. T. James, 2003-12 Offering perspectives on the history prevalence and genetics of obesity this book examines the origins and etiology of obesity It considers the relationship between behavioural neuroscience and obesity Essentials of Sports Nutrition and Supplements Jose Antonio, Douglas Kalman, Jeffrey R. Stout, Mike Greenwood, Darryn S. Willoughby, G. Gregory Haff, 2009-02-11 Millions of consumers want to lose body fat gain muscle mass and or improve exercise performance In addition to an exercise program they often look to sports supplements as tools to help them reach their goals This book the culmination of years of work by the thought leaders in the sports nutrition field will help the consumer student scientist and sports nutrition professional sift through the huge volume of information and come up with reasonable and scientifically based ideas and conclusions about sports nutrition Written and edited by the leaders in the field and members of the International Society of Sports Nutrition the Essentials of Sports Nutrition and Supplements combines basic science with the best in applied sports nutrition Topics in this book include Endocrinology and Exercise Principles of Exercise Training An Overview of Dietary Supplements Nutritional Needs of Endurance Athletes Nutritional Needs of Strength Power Athletes Sports Application of Creatine Eating to Improve Body Composition Pre During and Post Workout Nutrition for Endurance Athletes Pre During and Post Workout Nutrition for Strength Power Athletes But the book covers much more than the short list above Whether you are a student scientist or sports nutrition professional this book will serve as the resource for you in this rapidly growing field **Body Composition Techniques in Health and Disease** P. S. W. Davies, T. J. Cole, 1995-05-26 Evaluates newer and established techniques of body composition assessment Body Composition in Sport, Exercise and Health Arthur Stewart, Laura Sutton, 2012-06-25 The analysis of body composition fat bone and muscle is an important process throughout the biomedical sciences This is the first book to offer a clear and detailed introduction to the key methods and techniques in body composition analysis and to explain the importance of body composition data in the context of sport exercise and health With contributions from some of the world s leading body composition specialists the book goes further than any other in demonstrating the practical and applied value of body composition analysis in areas such as performance sport and weight control in clinical populations The book pays particular attention to the important concept of change in body composition and includes discussion of ethical issues in the collection interpretation and presentation of data and considerations when working with special populations Bridging the gap between research methods and practical application this book is important reading for advanced students and practitioners working in sport and exercise science health science anatomy nutrition physical therapy or ergonomics **Quality of the Body Cell Mass** Richard N. Jr. Pierson, 2012-12-06 Quality of the Body Cell Mass presents proceedings of the International Symposium on Quality of the Body Cell Mass held in Fort Lauderdale Florida The text describes the states of the art of making measurements of body composition including the methods and their interactions and provides examples of applications that describe individual studies in the clinical areas of AIDS obesity osteoporosis aging wasting and chronic

disease More than 50 illustrations complement the text

Childhood Obesity Prevention and Treatment Jana Parizkova, Andrew Hills, 2005-01-13 Childhood Obesity Prevention and Treatment Second Edition summarizes the latest scientific knowledge on obesity in children This edition focuses on the developmental aspects of obesity especially on the influences and factors predisposing individuals to obesity from early periods of life This new body of knowledge stems from both basic

Metabolic Support of the Critically Ill Patient Douglas W. Wilmore, Yvon A. Carpentier, 2012-12-06 Nutritional support of critically ill patients is a major treatment modality which will enhance recovery and shorten convalescence New knowledge has emphasized that much of the organ dysfunction associated with sepsis and altered blood flow is related to oxidative injury Specific nutrients are highly effective in counteracting these effects and their early administration may attenuate cellular damage and multi organ failure Patient outcome may also be enhanced by the route of feeding administration of newer nutrient combinations utilization of evolving methods of monitoring and the use of growth factors This new knowledge has evolved to a new area of metabolic support which is addressed for the first time by a group of international experts The topics presented and general conclusions are of major importance to the practitioners in this field for they show for the first time a departure from the more traditional approaches of nutritional support in patients with life threatening diseases

Body Composition Henry C. Lukaski, 2017-07-20 Interest in the relationships between body structure and function in physical activity has persisted for centuries Body Composition Health and Performance in Exercise and Sport advances understanding beyond simple descriptions of body physique and composition of athletes and fills gaps in our understanding of the important role of muscle fat and bone in facilitating physical performance and health in sports and physically demanding occupations It addresses basic practical and applied topics in body composition performance and health with comprehensive reviews organized in four logical parts Body Composition Assessment Physical Activity and Body Composition Body Composition in Sports and Occupations and Moderating Factors This book integrates state of the art knowledge by international experts in the field and produces an evidence based practical guide for a balanced understanding of the role and use of body composition assessment in physical performance and health for youth and adults It also provides a needed link between the practice of body composition assessment and its application by members of public health advisory committees that develop national guidelines for diet physical activity and health This book is suitable for students and professionals in sports nutrition exercise science kinesiology and athletic training Sport administrators and policy makers for international and national sport federations and organizations and national intercollegiate and scholastic federations would also benefit from this book

Cachexia and Wasting Giovanni Mantovani, 2006-08-16 Although new therapeutic strategies represent a remarkable advantage over the standards of care it is impossible to ignore that many more patients are now facing the nutritional consequences of prolonged immunological and metabolic challenges deriving from ongoing diseases and aggressive therapies This volume aims to provide the best available evidence on the pathogenesis clinical features and

therapeutic approach of cachexia and to facilitate the understanding of the complex yet unequivocal clinical role of this syndrome that truly represents a disease or better still a disease within other different diseases

Fitness Measures and Health Outcomes in Youth Institute of Medicine, Food and Nutrition Board, Committee on Fitness Measures and Health Outcomes in Youth, 2012-12-10 Physical fitness affects our ability to function and be active At poor levels it is associated with such health outcomes as diabetes and cardiovascular disease Physical fitness testing in American youth was established on a large scale in the 1950s with an early focus on performance related fitness that gradually gave way to an emphasis on health related fitness Using appropriately selected measures to collected fitness data in youth will advance our understanding of how fitness among youth translates into better health In Fitness Measures and Health Outcomes in Youth the IOM assesses the relationship between youth fitness test items and health outcomes recommends the best fitness test items provides guidance for interpreting fitness scores and provides an agenda for needed research The report concludes that selected cardiorespiratory endurance musculoskeletal fitness and body composition measures should be in fitness surveys and in schools Collecting fitness data nationally and in schools helps with setting and achieving fitness goals and priorities for public health at an individual and national level

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