

# PT HEALTH COACHING

## What your results mean

### BMI (Body Mass Index)

The Body Mass Index (BMI) is used to calculate if a person is underweight, healthy weight, overweight or obese for their height. BMI allows for natural variations in body shape, giving a healthy weight range for a particular height. The calculation divides the persons weight in kilos by their height in metres squared.

**<18.5 is underweight**   **18.5 – 25 is healthy weight**   **25-30 is overweight**   **>30 is obese**

### Body fat (%)

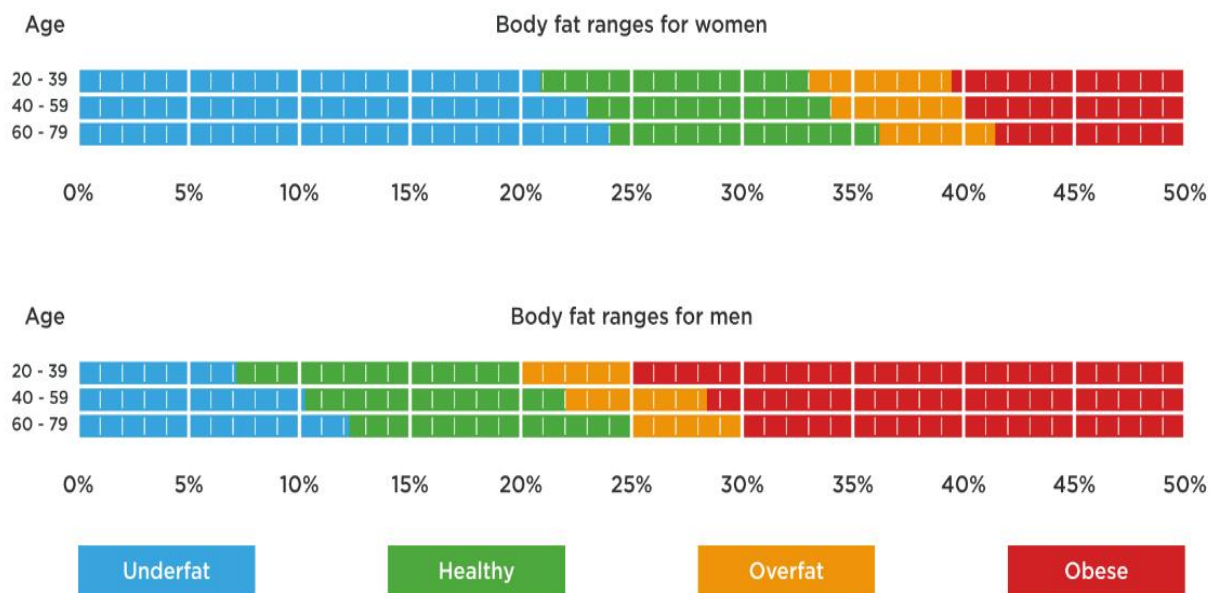
Body fat is essential for maintaining body temperature, cushioning joints and protecting internal organs.

The energy, or calories, our body needs comes from what we eat and drink. Energy is burned through physical activity and general bodily functions. If you consume the same number of calories as you burn, all the calories are converted into energy. But if you consume more than you burn, excess calories are stored in fat cells. If this stored fat is not converted into energy later, it creates excess body fat.

Too much fat can damage your long-term health. Reducing excess levels of body fat has been shown to directly reduce the risk of certain conditions such as high blood pressure, heart disease, type 2 diabetes and certain cancers.

Too little body fat may lead to osteoporosis in later years, irregular periods in women and possible infertility.

## Healthy body fat ranges for adults



## Visceral fat

Visceral fat is located deep in the core abdominal area, surrounding and protecting the vital organs.

Even if your weight and body fat remains constant, as you get older the distribution of fat changes and is more likely to shift to the abdominal area. Ensuring you have a healthy level of visceral fat directly reduces the risk of certain diseases such as heart disease, high blood pressure and may delay the onset of type 2 diabetes.



## Muscle Mass (Kg)

Muscle mass includes the skeletal muscles, smooth muscles such as cardiac and digestive muscles and the water contained in these muscles. Muscles act as an engine in consuming energy.

As your muscle mass increases, the rate at which you burn energy (calories) increases which accelerates your basal metabolic rate (BMR) and helps you reduce excess body fat levels and lose weight in a healthy way.

If you are exercising hard your muscle mass will increase and may increase your total body weight too. That's why it's important to monitor your measurements regularly to see the impact of your training programme on your muscle mass.

## Total body water

Body water is an essential part of staying healthy. Over half the body consists of water. It regulates body temperature and helps eliminate waste. You lose water continuously through urine, sweat and breathing, so it's important to keep replacing it.

The amount of fluid needed every day varies from person to person and is affected by climatic conditions and how much physical activity you undertake. Being well hydrated helps concentration levels, sports performance and general wellbeing.

Experts recommend that you should drink at least two litres of fluid each day, preferably water or other low calorie drinks. If you are training, it's important to increase your fluid intake to ensure peak performance at all times.

The average TBW% ranges for a healthy person are:


**Female 45 to 60%**

**Male 50 to 65%**

## Bone mass (kg)

While your bone mass is unlikely to undergo noticeable changes in the short term, it's important to maintain healthy bones by having a balanced diet rich in calcium and by doing plenty of weight-bearing exercise.

You should track your bone mass over time and look for any long term changes.

 <b>Bone Mass</b>	
<b>Female Weight</b>	
less than 50kg	<b>Healthy BM weight</b> 1.95kg
between 50kg - 75 kg	2.40kg
over 76 kg	2.95kg
<b>Male Weight</b>	
Less than 65kg	<b>Healthy BM weight</b> 2.65kg
between 65kg - 95kg	3.29kg
over 95kg	3.69kg

### **Metabolic age**

This is calculated by comparing your basal metabolic rate (BMR) to the BMR average of your chronological age group. If your metabolic age is higher than your actual age, it's an indication that you need to improve your metabolic rate. Increased exercise will build healthy muscle tissue, which in turn will improve your metabolic age. Stay on track by monitoring regularly.

### **Daily Calorie intake**

Daily Calorie Intake (DCI) is the sum of calories for basal metabolism (BMR), daily activity metabolism (activities including daily household chores), and diet-induced thermogenesis (energy used in connection with digestion, absorption, metabolism, and other eating activities). Use this as a guideline in your daily meal planning. Consuming fewer calories than your predicted DCI value will help you lose weight, be sure to maintain a good physical activity so you do not lose muscle mass.