



THE FASTING PODCAST WOW: EPISODE 28 – BODY COMPOSITION SCALE & FASTING

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The Fasting Podcast WOW (Wellness & Optimal Weight)



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GPS is Helpful in Going Places



- Shows where you are in relation to where you want to be
- It can motivate you to make a good plan for departure
- It can warn you if you are off track
- It can help you make course corrections
- It can motivate you when you're ALMOST there



Body Composition Scale



Body Composition Scale:
Visceral Fat, Skeletal Muscle
%, Body Fat %, Body Age...
Affordable for everyone.

- Sensors feet and possibly hands
- Input (guest, age, male/female, height)
- Output (body fat%, skeletal muscle %, visceral fat, body age, RM kcal – possible hydration)
- Is BMI important?



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Body Composition Ranges

<i>Body Fat % Chart</i>						<i>Visceral Fat Level</i>	
Gender	Age	- (Low)	0 (Normal)	+ (High)	++ (Very High)	Visceral Fat Level	Visceral Fat Level Classification
FEMALE	20 - 39	< 21.0	21.0 – 32.9	33.0 – 38.9	>= 39.0	<= 9	0 (Normal)
	40 - 59	< 23.0	23.0 – 33.9	34.0 – 39.9	>= 40.0	10 - 14	+ (High)
	60 - 79	< 24.0	24.0 – 35.9	36.0 – 41.9	>= 42.0	>= 15	++ (Very High)
MALE	20 - 39	< 8.0	8.0 – 19.9	20.0 – 24.9	>= 25.0		
	40 - 59	< 11.0	11.0 – 21.9	22.0 – 27.9	>= 28.0		
	60 - 79	< 13.0	13.0 – 24.9	25.0 – 29.9	>= 30.0		
<i>Skeletal Muscle % Chart</i>						<i>BMI</i>	
Gender	Age	- (Low)	0 (Normal)	+ (High)	++ (Very High)	BMI	BMI (Designation by the WHO)
FEMALE	18 - 39	< 24.3	24.3 – 30.3	34.0 – 35.3	>= 35.4	< 18.5	- (Underweight)
	40 - 59	< 24.1	24.1 – 30.1	30.2 – 35.1	>= 35.2	>= 18.5 and < 25	0 (Normal)
	60 - 80	< 23.9	23.9 – 29.9	30.0 – 34.9	>= 35.0	>= 25 and < 30	+ (Overweight)
MALE	18 - 39	< 33.3	33.3 – 39.3	39.4 – 44.0	>= 44.1	>= 30	++ (Obese)
	40 - 59	< 33.1	33.1 – 39.1	39.2 – 43.8	>= 43.9		
	60 - 80	< 32.9	32.9 – 38.9	39.0 – 43.6	>= 43.7		



How to Choose One



- Features
- Ratings
- Try it – multiple family members
- Affordable
- How often?
- Trends – body fat down, visceral fat down, age down, muscle percent up, RM kcal up
- Goal – lower part of fat ranges, higher muscle, lower age



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POSSIBLE NEXT STEPS



Watch our next episode, refer others, & check out our website:
www.TheFastingPodcastWOW.com

Watch WOW (Wellness & Optimal Weight) video: www.LifeboatDoctors.com

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Stay Positive, Focused, & Determined Because
Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

