

# Body Composition Analysis

## Time To Find Out What You're Made Of

The body analysis gives you a true indicator of your inner health and, when monitored over time, can show you the impact of any fitness regime or nutrition programme.

The definition of body composition is 'the percentages of bone, fat, water and muscle in human bodies'. All these factors can be measured and then used in many different ways to improve your health, fitness or weight. This is a short explanation of how the different areas of data and measurements could impact you.

## Body Fat Percentage and Body Fat Mass



Body Fat Percentage is the proportion of fat to the total body weight. Body Fat Mass is the actual weight of fat in your body.

Body fat is essential for maintaining body temperature, cushioning joints and protecting internal organs. Body fat scales can help you keep track of your body fat.

Although you need healthy 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. It is a good idea to keep track of your body fat with a body fat scale or appointment with our fitness team.

## 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.

Measuring your visceral fat helps you keep track of potential problems and test the effectiveness of your diet or training.

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## **Muscle Mass**

The predicted weight of muscle in your body.

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.

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**



Total Body Water is the total amount of fluid in the body expressed as a percentage of total weight.

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.

The average TBW% ranges for a healthy person are:

Female 45 to 60% Male 50 to 65%

## **Bone Mass**



The predicted weight of bone mineral in your body.

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.

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## Physique Rating



The Physique Rating Assesses muscle and body fat levels and rates the result as one of nine body types.

As your activity level changes, the balance of body fat and muscle mass will gradually change, which in affects your overall physique. The physique rating which our Body Composition monitors provide gives you an insight into what body type you currently have.

## Metabolic Age



Metabolic Age compares your BMR to an average for your age group.

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.

## Body Mass Index



A standardised ratio of weight to height, used as a general indicator of health.

Your BMI can be calculated by dividing your weight (in kilograms) by the square of your height (in meters). BMI is a good general indicator for population studies but has serious limitation when assessing on an individual level.

## What Happens Next?

The measurements and readings are based on standardised ratios of weight to height and other factors. They can be used as a general indicator of health.

As a baseline they can give you clues as to your general well-being. To make the most of the report you can have regular check-ups to see how areas of concern have improved.

For even more in-depth insights we offer expert blood tests which are simple to carry out and often have just a 3-day wait for results. This includes a full Doctor's report. Prices vary.

