

Client: test .
Date of Test: Sep 6, 2011
Age (years): 19
Sex: Male
Current Weight: 165 lbs
Body Frame: Medium
Height: 72 in
Exercise Frequency: Daily or almost daily
Exercise Intensity: Heavy
Exercise Time: Over 30 minutes

BODY FAT: 11.6 %

Fat weight: 19.1 lbs

Your fat weight has three parts:

Essential Fat = 9.0 lbs: The amount of body fat needed to protect the body from infectious diseases and to protect the internal organs from bruising damage.

Reserve Fat = 10.1 lbs: The amount of additional body fat that does not cause any medical risks, and provides a reservoir of "fuel" for use by the body.

Excess Fat = 0.0 lbs: The amount of body fat that is over and above the combination of Essential Body Fat plus Reserve Body Fat. Excess Body Fat causes the risk of serious health problems such as strokes, heart attacks, diabetes, and certain forms of cancer.

Congratulations, you have no Excess Fat. You are at the minimum risk for serious diseases associated with Excess Body Fat.

Lean (fat-free) weight: 145.9 lbs
Total Body Water: 48.7 liters, or 65.0%
Body Mass Index: 22.4