

# Body Composition Analysis

## Why do you need a body composition analysis?

- Because body fat percentage is more important than your weight
- Because you don't have to be overweight, to be overfat.
- Because if you are exercising you may be building muscle while burning fat
- Because knowing your daily caloric needs is important
- Because knowing bone mass is vital to understanding your bone density



[/pic\_right] Standing on the scale or simply looking in a mirror is not the best way to judge body fat, nor is either method a reliable way to rate the effectiveness of lifestyle changes if you are trying to lose weight. By regularly monitoring body fat you can have a better picture of your true body composition, health and exactly how much weight you are losing.

**A full Body Composition Analysis service involves collecting or measuring the following data:**

- **Height**
- **Weight**
- **Body Fat Percentage testing:**
  - Bio-electrical impedance test\*
  - Skinfold measurements with calipers
- **Girth (body) measurements**
- **Total Body Hydration (water) Percentage**
- **Full Bone Mass**
- **Basal Metabolic Rate**
- **Estimated Metabolic age**
- **Alkaline /Acid balance \*\***



[/pic\_right] **All results are discussed and appropriate individual recommendations and**

**guidelines are provided.**

Monitoring body composition is useful in health promotion and the treatment of overweight / obesity, diabetes, digestive disorders, kidney disease, emphysema, eating disorders and more.

***This service can be provided in a single one hour session . Please call for an appointment and further information.***

\*The BIA (bio-electrical impedance analysis) method is an easier and faster method of measuring body fat where a safe, low-level electrical signal is sent through the body.

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