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“Your Healthy Choice To Physical Wellness!”

Age: 37	Weight: 238.5 Lbs	Height: 5'10"	March 31 st , 2008
Age: 37	Weight: 242 Lbs	Height: 5'10"	September 19, 2008
Age: 38	Weight: 242 Lbs	Height: 5'10"	December 18, 2008

The Metropolitan Height – Weight Table is a general chart insurance companies use. Please note: this is a very “general” chart that does not take into account Body Fat % and Lean Body %. It can show false results for some people that carry more lean muscle mass. According to your body frame (medium) your weight should fall between 158-180 lbs. **In my opinion, this is a false result due to the amount of lean muscle mass you hold. If this were accurate, it suggests losing 62 to 84 Lbs. I continue to reject the MHWT recommendation!**

At the current body weight (related to height), your ***Body Mass Index (BMI)*** is **34.80kg/m²**. **Since your last assessment, you have maintained the same weight therefore your BMI has not changed.** This number is considered “Obesity I” and has increased since your last assessment by **.51 kg/m²**. A BMI above 24.9kg/m² is an indication of an elevated risk factor for cardiovascular disease (assuming the extra weight is in Fat and not Lean Body Weight - LBW). BMI is a means by which degree of obesity is determined. It is generally used as a cross verification and cross check to help rule out false positive BMI measurement. **This occurs mostly with athletes who retain more lean body mass, which is the case here!**

History:

3/31/08 = 34.29kg/m²
 9/18/08 = 34.80kg/m²

The ***Four Site Body Composition*** suggests that you are at **21.75% (52.63 Lbs) Body Fat** and **78.25% (189.37 Lbs) Lean Body Weight ±**. **This is a loss of 12.27 Lbs of FAT and a gain of 12.27 Lean Muscle Mass! TOTAL LOSS OF 17.44 LBS OF BODY FAT AND TOTAL GAIN OF 20.94 LBS OF LEAN MUSCLE MASS FROM YOUR FIRST ASSESSMENT.** The skin fold test is estimated and the results may vary by 3% (and sometimes more). Body composition is divided into 4 categories: 1) Unhealthy, “too low”, 2) Acceptable “lower range”, 3) Acceptable “higher range”, and 4) Unhealthy “too high range”. **At your last assessment you fell in the Unhealthy “too high” range (25 and above%) however due to your loss of 12.27 Lbs. of body fat, you are now in the category of Acceptable “higher range”.** Body fat is gained as we age and lean body mass decreases; this is why categories such as “Acceptable Higher Range” and “Acceptable Lower Range” exist. According to the American Council on Exercises, Essential Body Fat = 2-4%; Athlete =6-13%; Fitness = 14-17%; Average = 15-18%; Obese = over 25%. **At your last assessment in September, the goal was to lose 6 pounds to be at 24%BF. You have exceeded that goal by losing 12.27 Lbs of BF. WOW! CONGRATULATIONS! In my option, with the same type of commitment 18% BF, which is the loss of 9 pounds of body fat, is realistic and can be achieved in 2009!**

History:

3/31/08 = 29.38% (70.07 Lbs) Body Fat and 70.62% (168.43 Lbs) Lean Body Weight ±.

9/18/08 = 26.82% (64.90 Lbs) Body Fat and 73.18% (177.10 Lbs) Lean Body Weight ±.

The *Triceps Fold Assessment* (Age Specific) indicates that you are 16mm. This is a decrease of 4.mm from your last assessment and a total loss of 8.5mm from your first assessment. Once again, CONGRATULATIONS, you are getting closer to optimal, which is 12.9 mm.

History:

3/31/08 = 24.5mm

9/18/08 = 20mm

The *Waist to Hip Ratio* determines risk of cardiovascular disease. It is known that people who carry more fat near their heart (apple pattern, mostly men, “android”) are higher at risk for cardiovascular disease vs. some bodies that carry fat peripherally (pear shape pattern, mostly woman, “gynoid”). A waist larger than the hips is a red flag. **In your case you are at (.9). The goal is to stay below (.9). You have stayed consistent in this category. With fat loss you will achieve a much healthier ratio, though you are currently borderline.**

Body Composition change is a very slow process (compared to scale weight loss which is often lean mass/water loss). In the case that total body weight is maintained, inch loss, improve energy level, and an increased capacity for physical exercise will be a positive indicator of change. To avoid disappointment and frustration, my recommendation to you is to reassess the sites after **4 – 6 months** of exercise and nutritional programming. **Also, please remember, to safely lose weight, it is recommended to lose 1-2 lbs per week. Any more is considered aggressive.**

Best of Health to you –

Jesika R. Bourgeois



-Personal Trainer

<http://jesikafit.com>