

Report for Yaa Boakye on 10/27/18

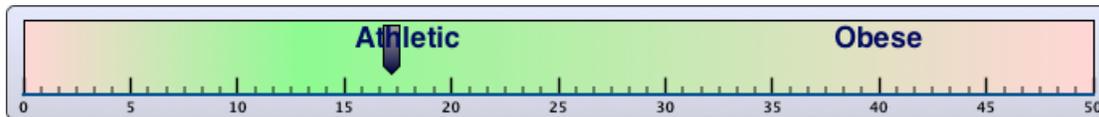
MY HEALTH

Your Body Fat – 17.2 %

Your percent body fat is **17.2 %** and falls in the **Athletes** category. A healthy range for a **29** year old Female is **13.0** to **31.0**.

Fat is one of the basic components that make up the structure of your body. Lean mass is everything else including muscle, bone and your organs. All are necessary for normal, healthy functioning. Body fat can be divided into two categories, essential fat and storage fat. A minimum amount of body fat (essential fat) is required to cushion and protect body organs from injury. Fat also serves the important function of storing and releasing energy (fat) in response to metabolic demands. If your caloric intake exceeds your metabolic demands, the excess energy is stored as fat.

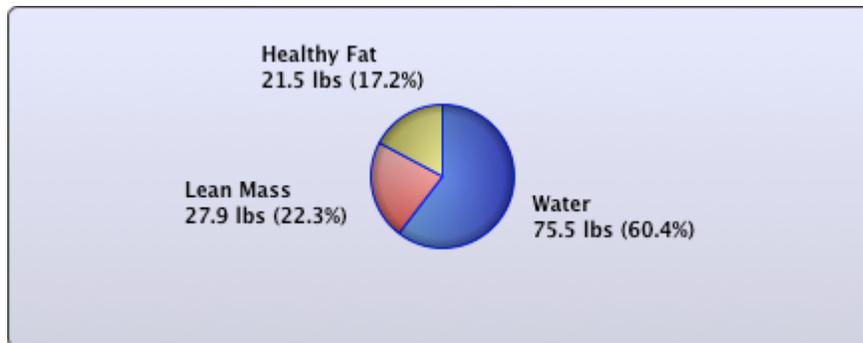
Studies show that the percent of body fat has the closest correlation to predicting your health. Higher percent of body fat significantly increases the risk of coronary heart disease, strokes, diabetes, certain types of cancer, other chronic illnesses and a decrease in life expectancy. Research also shows that the location of body fat is a contributing factor to greater health risks. For example, excessive fat in the abdomen represents a greater health risk than excess in the thighs.



Your Weight – 125.0 lbs

Your BMI is within the “**Healthy**” range for a **63.0** in, **29** year old Female. A healthy weight range is **119** to **136 lbs** .

While BMI alone is not the best measure of health, it can give you a general idea of your health. However, these are standard norms that do not take into consideration actual body composition which is a better measure of health. For example, a well conditioned muscular athlete could fall within the overweight category based on the density of muscle mass. On the other hand, an individual within the normal range of these norms might be overweight or obese with an excessive amount of body fat.



Your BMI – 22.1

According to your BMI, you are **Healthy**.

Body Mass Index (BMI) is a common measure expressing the relationship (or ratio) of weight-to-height. It is a mathematical formula in which a person’s body weight is divided by the square of his or her height. BMI is more highly correlated with body fat than any other indicator of height and weight. Individuals with a BMI of 25 to 29.9 are considered overweight, while individuals with a BMI of 30 or more are considered obese. However, BMI, like weight, may not be the best measure of your health. . For example, a well conditioned muscular athlete might have a higher BMI based on the density of muscle mass. On the other hand, an individual within a lower BMI might be overweight.