

Treehouse Athletic Club

Fitness Profile

Name: Josh Rea
Age: 23

Standard: 20-29 years
Gender: Male

Sep 25, 2009

Description	Score	Water	Prot/Min	Fat
Component Body Weight (lbs)	267.2	150.6	53.5	63.1

		Needs Work	Fair	Ideal
Body Fat (% Body Weight)	23.6	45.0	25.0	18.0
Weight at Body Fat (lbs)	267.2	371.1	272.1	248.9
				5.0
				214.8

Description	Aug 31, 2009	Sep 25, 2009	Difference	Percent
Total Weight (lbs)	299.3	267.2	- 32.1	- 10.7%
Body Fat (% body weight)	31.0	23.6	- 7.4	- 23.9%
Body Fat Weight (lbs)	92.8	63.1	- 29.7	- 32.0%
Lean Weight (lbs)	206.5	204.1	- 2.4	- 1.2%
Water Weight (lbs)	152.4	150.6	- 1.8	- 1.2%
Protein/Mineral Weight (lbs)	54.1	53.5	- 0.6	- 1.1%
Chest Skinfold (mm)	36.8	34.3	- 2.5	- 6.8%
Triceps Skinfold (mm)	28.9	--	NA	NA
Subscapula Skinfold (mm)	43.2	--	NA	NA
Abdomen Skinfold (mm)	--	34.9	NA	NA
Thigh Skinfold (mm)	--	15.0	NA	NA

Comment

Body composition describes your weight in terms of water weight, protein/mineral weight and fat weight. The MicroFit assessment measured your body fat at 23.6 percent of your weight or 63.1 lbs. About 75 percent of your lean weight is made up of water or 150.6 lbs. The other 53.5 lbs of your lean weight is proteins and minerals, the building blocks of muscles, bones and other body tissues.

Fat is an important component of body composition because too much body fat can lead to health problems. Josh, as you can see in the graph above your body fat score is in the 'Fair' category, which may be OK for you. We suggest you show this report to a health professional and discuss your weight history and other health issues. Please note that a weight loss program can also reduce lean weight so it may be necessary to lose more than 19 lbs to achieve the 'Ideal' body fat category.