

Body Composition Section



Body composition is an **essential** measure of health and fitness for both athletes and the general population.

For sportsmen and women, there is nothing more detrimental than carrying dead weight.

If you are considering a **weight loss program**, accurately assessing your body fat percentage is THE most important measurement you can take. In fact...

Even if you wanted to **gain weight** simply measuring your body mass is not enough. Some athletes would fall into the obese category of height/weight tables despite having very little body fat!

And what about **aging**? There is no question that successful aging is largely in our own hands. Assess your body composition regularly and you don't have to succumb to one of the "normal" and detrimental effects of growing old.

So what is the best method for assessing body composition? What is your ideal body fat percentage? Which athletes typically have the highest and lowest levels of body fat?

Body Fat Percentage: What Gets Measured Gets Managed

Why calculate your **body fat percentage** on an ongoing basis? To coin a well-used business phrase... "**What gets measured gets managed**". And managing your body fat, not just your weight, has so many benefits...

Whether you're on a **weight management program** (weight loss or gain), or an **athlete**, or just determined to take care of **your health and well being**...

Calculating and controlling your body fat percentage will be at the very **heart** of your success.

One thing's for sure...

The Net does **NOT** need more statistics about the negative consequences of excess body fat. Like our magazines, newspapers and television, it's littered with them. So... in this article we'll concentrate on the **benefits** you can gain from determining your body fat percentage on an ongoing basis, starting with...

Weight Management Programs

Are you on a **weight loss** or even a **weight gain** program? Calculating your body fat percentage before, during and after is THE most important measurement you can take. Here's why... Research shows that many fad diets, with little or no exercise can cause a person to **lose** as much **muscle tissue** as fat. What's more...

There is a good chance that this person will return to their pre-diet weight. Only now they gain back **more** fat and **less** lean muscle. Essentially, they are the same weight but they now have a higher body fat percentage and less lean muscle mass. The point to remember is...

Weighing scales will **not** show any of these changes. Measuring your body fat percentage will. Measure it and you can manage it. If you notice you are losing considerable lean tissue mass as well as fat, you can take appropriate steps to adjust your program.

If you have ever followed a strict exercise and nutrition program you'll understand what a key role **motivation** plays. As with any fitness test this is one of the most powerful qualities of calculating body fat percentage. Imagine this quick example...

Sam follows a proper exercise and nutrition program. After a month or so of dedication and determination she notices her weight has changed only slightly if at all... Arrgh!

Not getting discouraged Sam has her body fat percentage measured...

Before her program Sam weighed **150lbs** with a body fat percentage of **30%**. After 6 weeks she weighs **148lbs**. But her body fat percentage has dropped to **26%**. The result?

Over **6.5lbs** of highly-motivating fat loss! And she has gained 4.5lbs of healthy lean muscle. This situation is so common that you should **never** gauge the success of a weight loss program with the bathroom scales alone.

And it's exactly the same for someone on weight gain program... only in reverse. In this case any additional weight should come from **lean muscle mass**. No way to tell that with the bathroom scales. Plus, what if your weight stays the same? Maybe you put on 10lbs of muscle while losing 10lbs of fat.

So what other benefits does knowing your body fat percentage give you? Let's look at the long term picture and consider your...

General Health and Well Being

It would be easy to slip into all the negative consequences of excess body fat here. But let's stay on a positive track...

Why is calculating your body fat percentage so **crucial** to general health and successful aging?

Studies are showing that a typical person living in the western world steadily **loses** muscle and **gains** fat starting at age 20. What does that mean exactly?

Well, even if this person maintains a steady weight throughout their life there's a good chance their body fat percentage is increasing and their lean tissue mass is decreasing.

Traditionally aging and all it's physical frailties was seen as inevitable. Not any more...

Most gerontologists (gerontology is the science of aging) agree that simple lifestyle changes can have a **dramatic** effect on the aging process. The loss of functional strength, increase in body fat percentage, decrease in bone density, reduction in flexibility and decline in aerobic power are all under our control.

Sorry for repeating the phrase but it is so important... "What gets measured gets managed". Measure your body fat percentage regularly and many of the detrimental signs of old age won't quietly creep up on you.

You'll be able to see, **first hand**, the changes occurring in your body and, if you choose, you can do something about it.

Before we move on to optimum body fat percentages and the very best ways to measure it, there's one more area affected by your body fat percentage...

Athletic Performance

No doubt about it. Excess body fat **hinders** sport performance.

Granted, outstanding sports men and women come in all shapes and sizes... even within the same sport. But remember, it's **not** your weight that matters but your body fat percentage. Here are some of the reasons why...

Excess body fat is related to injury, non adherence to training and overall reduced athletic performance. A high body fat percentage acts as "**dead weight**" reducing speed and efficiency of movement.

A high body fat percentage is also detrimental to jumping, agility and endurance activities.

Even those athletes who want to gain weight will harm their performance by increasing body fat too much.

Calculate your own body fat percentage and then compare it to other athletes in your sport. It can give you a great indication of whether you could make improvements or not. With that in mind let's look into...

Your Ideal Body Fat Percentage

The absolute perfect body fat percentage does **NOT** exist. Age and gender make a big contribution to the ideal value, but most importantly...

Everyone is an individual. Some people might feel and perform better at a higher or lower body fat percentage than others of the same age and sex. And that's why...

Ranges and guidelines exist. Have a look at the tables below. The first table gives the ideal body fat percentage ranges for the **general population**. The second table is the average body fat percentage for different **athletes**. The important thing to remember is...

Anywhere inside the range is good. Staying below the upper limit should be your target but as you'll soon see lower is not necessarily better.

Body Fat Percentage for The Average Population			
Age	Up to 30	30-50	50+
Females	14-21%	15-23%	16-25%
Males	9-15%	11-17%	12-19%

Average Body Fat Percentage of Athletes					
Sport	Male	Female	Sport	Male	Female
Baseball	12-15%	12-18%	Rowing	6-14%	12-18%
Basketball	6-12%	20-27%	Shot Putters	16-20%	20-28%
Body building	5-8%	10-15%	Skiing (X country)	7-12%	16-22%
Cycling	5-15%	15-20%	Sprinters	8-10%	12-20%
Football (Backs)	9-12%	No data	Swimming	9-12%	14-24%
Football (Linemen)	15-19%	No data	Tennis	12-16%	16-24%
Gymnastics	5-12%	10-16%	Triathlon	5-12%	10-15%
High/long Jumpers	7-12%	10-18%	Volleyball	11-14%	16-25%
Ice/field Hockey	8-15%	12-18%	Weightlifters	9-16%	No data
Racquetball	8-13%	15-22%	Wrestlers	5-16%	No data

OK, have you worked out the ideal range for you? Great. You've probably already know the risks associated with falling significantly **above** the upper limit of this range. But what about the **lower end** of the scale?

Lower is Not Necessarily Better

A certain amount of body fat is **vital** for the body to function normally and healthy. In fact striving for a body fat percentage that is **too low** can be dangerous. Here's why...

Measuring your body fat percentage calculates your **TOTAL** body fat. This total body fat can be split into **2** categories...

Storage Fat -- This consists mainly of fat deposited just under the skin or subcutaneous fat. Storage fat for men and women is fairly similar. For the

average man 12% of bodyweight is storage fat and for the **average** woman 15% of bodyweight is storage fat.

Essential Body Fat -- For the body to function normally and healthily a certain amount of body fat is required. This is called **essential fat**. For women the **average** amount of essential fat is 12% of bodyweight and for men it is 3%.

Trying to achieve a body fat percentage that is so low it affects your **essential fat** stores is NOT good for your health.

Some storage fat is also required for good health. It's used to protect internal organs in the chest and abdomen. So remember...

Aim to stay within the range for age and gender and rest assured you are taking one of the most positive steps to life-long health you can.

FAT LOSS PROGRAMS:

You are overweight for the most simple of reasons -- because you're eating the wrong foods, the wrong types of calories per meal, and you're also eating meals in the wrong patterns each day.

Think closely about what we're about to tell you, since it's going to change the way you think about dieting...

FOOD is more powerful than any prescription weight loss pills, because the FOOD that you eat can either make you THIN or FAT. You don't get fat because of a lack of exercising, that's a myth. You get fat because you don't eat the right foods at the right intervals each day.

Also, the **pattern** that you choose to eat your meals each day is more powerful than any prescription weight loss pills. This is true because your body is like an "engine" and it only needs certain foods at certain intervals each day, and if you don't eat the right foods at the right times then it won't burn those calories -- and you'll wind up storing those calories as fat tissue. (Hint: [You need to eat more than 3 times per day to lose weight, but we'll show you the details later](#)).

You have gotten overweight by eating the wrong foods, that much is a fact. **And guess what?** You can get SLIM by eating the RIGHT FOODS at the RIGHT INTERVALS each day.

It's not really any more complicated than that, and the way to start losing weight has **nothing** to do with starving yourself or jogging.



Low Calorie Diets Do NOT Work

The reason you cannot lose weight by starving yourself (using a low calorie diet) is because your **metabolism** will detect any major drop in calories and it will then ADJUST ITSELF by burning fewer calories each day.

For example:

If you begin eating 2,500 calories per day then your metabolism will adjust itself so that your body begins **burning 2,500 calories per day**.

If you try to starve yourself by suddenly **eating 1,000 calories per day** then your metabolism will again **ADJUST ITSELF** so that your body begins **to burn only 1,000 calories per day**. That's why you have failed in your past dieting attempts, that's why you always seem to fail when you try and starve yourself.

Now you know the reason why you can eat 1,000 calories per day **and not lose any weight** while your friends can eat 2,500 calories per day **and not gain any weight**.

Low FAT Diets Do NOT Work

Also, virtually every person in today's society is buying mostly "low fat" or "non fat" food at the grocery store, everybody is conscious of the "fat grams" inside the food they buy. However, people are getting fatter than ever by doing this and people are not losing weight by switching to the "low fat lifestyle".

Low CARB Diets Make You MISERABLE

Those ridiculous "low carb" diets have certainly become popular in recent years, but of course those are just thinly disguised **starvation** diets. If you don't think so then check out these facts below about Atkins....

The Atkins Diet limits your carb intake to **ONLY** 20 grams of "net carbs" per day during the first phase of the diet.....which means that **you cannot even eat a single large apple during the first phase of the Atkins Diet** (since even a large apple has more than 20 grams of net carbs).

...And if you want to continue through all of the phases of the Atkins Diet, then it will take another **4 MONTHS** (16 weeks) before you'll be allowed to eat just 400 carb calories per day -- **and any typical restaurant meal has more carbs than that**. So this is really just another form of starving yourself (and making yourself MISERABLE), which is not the answer.

Now you know what Doesn't work.

On the Next Page we show you what DOES WORK.

What if we could show you a system of eating which was so different from anything else you've ever seen, that you'll notice a change in your body **in just 11 Days from Today?**

Forget about your past dieting failures for a moment.

Just focus on one thought right now.....**WHAT IF** it was really possible to change your body in 11 days?

Believe it or not it's really possible to change your body over the NEXT 11 DAYS, and it has NOTHING to do with positive thinking.....because positive thinking all by itself **won't remove a single pound from your body.**

That's right.....if you want to get NOTICEABLY THINNER IN THE MIRROR then you need **MUCH MORE** than just "positive thinking".

Okay.....**get ready** to be shown an Eating System which is so unique that you're going to be anxious to begin immediately.

The Truth!

FOOD is NOT the Enemy

Did you know that your brain controls the release of **Fat Burning Hormones** after each meal? It's true.

Every time you eat something there are 2 types of hormones released into your bloodstream, and together they control Fat Burning and Fat Storage.

Also, did you know that these 2 hormones **are controlled by the foods that you eat?** It's true.

Our Diet Manipulates Fat Burning HORMONES

Our diet manipulates these hormones.....so after each meal your body will produce a greater quantity of Fat Burning Hormones.....while Fat Storing Hormones are MINIMIZED as much as humanly possible.

That's why you'll be eating MORE THAN 3 TIMES PER DAY during the next 11 Days, because to alter these hormones correctly you'll be required to eat MORE than 3 times per day.

You probably find it hard to believe that eating more than 3 times per day could be the solution to speeding up weight loss, right?

After all, most people believe that food is the "enemy" which makes them overweight.

But that's simply WRONG. **Food is NOT the enemy.**

So if Food is Not the Enemy, Then What is it?

Food is like a **LIGHT SWITCH** which can turn Fat Burning **ON** or **OFF**.

So even though it may seem like a contradiction to say that eating more often is the solution to weight loss.....that's exactly what our New Dieting System is all about.

Of course, you must eat the right meals in the right patterns each day (since obviously you cannot eat chocolate 10 times per day and get skinny).

However, the bottom line is that **you'll be eating MORE than 3 meals per day during the next 11 Days.....**and after 11 days have passed you'll be much slimmer and lighter on the scale.

Don't believe it?

Well, you've already discovered that low calorie diets **don't work**.

So what does this tell you?

...It tells you that eating less is NOT THE ANSWER, and it tells you that the solution must be something totally different.

We know that there are ***some*** people who don't truly believe that they can change their own body within the next couple weeks, but please keep reading below with an open mind.

Our Diet System uses another technique called **CALORIE SHIFTING**.

This means that your body will be given different types of calories each day.....which confuses your metabolism and forces FASTER fat loss to

happen.

Don't Believe it? Keep reading below...

The Shifting Calories Theory...

Your metabolism **doesn't know** how much food you'll eat **tomorrow or the next day** because those days **have not happened yet**.

Therefore, your metabolism always burns calories based on your eating habits during **the past few days** -- because it assumes that you'll continue to eat in the same general way.

Guess what? You're about to shock your metabolism by doing something you've **never tried before** -- you're going to do the OPPOSITE of what it expects you to do. You're going to NOT continue eating the same types of calories and meals for more than a couple days at a time, and you're going to lose a lot of weight by doing this.

To make this work you need to SHIFT the types of calories eaten as shown in our diet on the next page, and if you do this then your metabolism will burn all of the calories eaten. Then, when it finishes burning those calories it will find the nearest available **fat tissue** on your body and **burn that too**...

To lose weight your diet menu needs to be SHIFTED every few days -- and this is something you've never tried before, and that's why you've never been able to change your body when dieting.

Of course, in order for this dieting technique to work you also need to eat foods which have been rated "**Fat Burning Compatible**" -- because the foods you eat must be easy to burn (so that your metabolism will burn them entirely and then switch to burning your fat tissue after that).

Try Our New ON-LINE DIET GENERATOR!

We've created an **online diet generator** which automatically **computes everything for you in just seconds**, and it gives you the right daily menu each day so that you don't have to calculate anything while shifting your calories.

The **Idiot Proof Diet** constantly alternates your menu between every possible type of calorie, constantly shifting from one type of calorie to the next, ensuring that the scale keeps dropping.

We call this diet the "Idiot Proof Diet" because everything is computed for you, and **there is no need for calorie counting or label reading.**