

Body Composition Description

Excess body fat is the most common health problem in America and most other developed countries. It is estimated that 1/3 of Americans are overweight and another 1/3 are obese or high risk. Excess body fat increases the risk for:



- High blood pressure
- Many cancers
- High blood sugar and diabetes
- Heart disease and stroke
- Sleep disorders, depression, arthritis, and many more serious health problems

Body Comp PC is a computerized health assessment program designed for use in health screening and wellness programs to help people become aware of their present weight and body composition. The objective is to help people recognize if they have a weight problem and to take positive action to manage their weight, either by preventing further weight gain, or by weight loss.

Questionnaire/Assessment Form

The body composition testing and a short questionnaire form can be completed in 4-5 minutes. Answers can be entered into the computer and a report printed within 60 seconds making it a quick and easy program to use.

Key tests include:

- Height and weight (for BMI)
- Waist circumference
- Percent body fat test

Body Composition Tests

The profile provides a variety of assessments to give a more accurate and specific evaluation of a person's weight in respect to health.

BMI: Body mass index is a general assessment of weight that works well for large groups, but is not the best way to evaluate weight in individuals.

WC: Waist circumference measures indicate the presence, or not, of abdominal obesity. Excess weight in the abdomen has been shown to be a strong predictor of excess risk for many serious health problems including heart disease, diabetes, and many cancers. Research indicates that WC is a better risk indicator than BMI.

PF: Percent body fat specifically measures fat. This is important because many people may have a normal BMI but have excessive fat (sedentary persons) and have an increased health risk. Other people that have a high muscle mass can be overweight but not have excess fat.

FFMI: Fat free mass index is a new measure of lean body weight, made possible by a percent body fat test. New research shows that FFMI is a better indicator of longevity in older persons (age 65+) than is BMI, or even percent body fat alone. People with a low FFMI are at increased risk of early mortality.

Report Also Includes:

- **Weight Management Guidelines**
- **Calorie Goals** to lose weight or to prevent weight gain
- **Exercise Guidelines** and goals
- A **Group Statistical Summary** showing how well the whole group is doing, weight wise
- An **Educational Guide** providing additional explanation and guidelines for improving body composition.

Power Point Presentation

A presentation is included for use in a follow-up education program. The slides show research on body composition and health, and give practical guidelines for maintaining a healthy weight.



Required Equipment

A **PC computer**. A laptop PC allows the program to be portable and used onsite. The program is designed to run on **Windows 8** and any **PC compatible printer**. The report is designed in color, but also works well in black and white. An optional percent body fat testing instrument is available.

Recommended Uses

Health fairs, employee wellness programs, fitness and wellness centers, community wellness programs, health classes, clinics and doctor's offices are suggested.

For More Information or to Order:

Call 503-557-9538, or email, Kathryn.myllh@gmail.com or visit the LifeLong Health website. www.MyLLH.org