

Fitness Level

One Step Move to
Healthy Food
& Fitness



FITNESS LEVEL

Physical fitness is key to a long life and good health. Your body's capacity to transport and use oxygen during exercise.

Fat is one of the three main macronutrients, along with the other two: carbohydrate and protein. Fats molecules consist of primarily carbon and hydrogen atoms, thus they are all hydrocarbon molecules. Examples include cholesterol, phospholipids and triglycerides. The terms "lipid", "oil" and "fat" are often confused

There are four types of fats: saturated, monounsaturated, trans and polyunsaturated.

- ✓ Saturated fats. ...
- ✓ Monounsaturated fats.
- ✓ Polyunsaturated fats. ...
- ✓ Trans fats.

Unsaturated fats include polyunsaturated fatty acids and monounsaturated fats. Both mono- and polyunsaturated fats, when eaten in moderation and used to replace saturated or trans fats, can help lower cholesterol levels and reduce your risk of heart disease.

4 Levels of Health

Female

At Risk

Body Fat > 25%

Moderate

Body Fat 20-25%

Fit

Body Fat 16-19%

Performance

Body Fat <=15%

Male

At Risk

Body Fat > 16%

Moderate

Body Fat 12-16%

Fit

Body Fat 08-11%

Performance

Body Fat <=07%

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Average Body Fat Percentage of Athletes

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

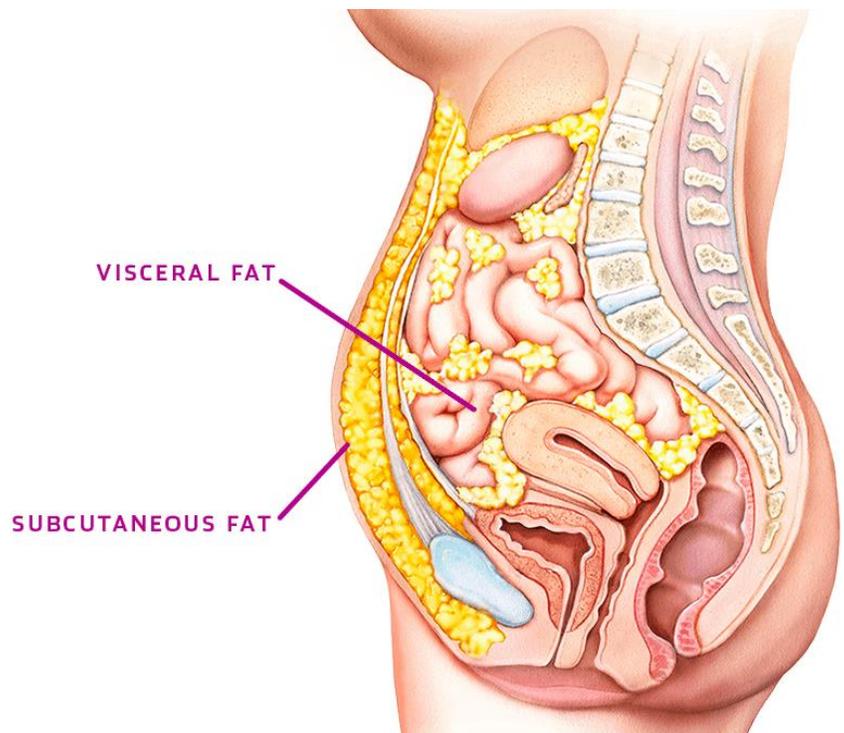
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Visceral fat is the deep abdominal fat that surrounds your organs. Even thin people can have dangerous levels of it. Some levels of **visceral fat** are normal and even healthy but too much can lead to insulin resistance, diabetes, heart disease, and inflammation.

Everyone has fat. Body fat is necessary to cushion and support your organs, build cells, and store energy, but too much can be dangerous for your well-being. While the conversation of weight usually targets visible fat, the topic goes deeper than love handles. There's another hidden type of fat that can seriously harm your health and performance: visceral fat. Here's everything you need to know about visceral fat, plus how to lose visceral fat.

What is visceral fat?

It's important to understand the differences between visceral and subcutaneous fat. The fat you can pinch on your waist, arms, legs or anywhere else is all subcutaneous fat, stored just beneath the skin. Visceral fat is a different beast: the deep, internal fat packed around your abdominal organs — sometimes also referred to as abdominal fat. Healthy levels of visceral fat help insulate and protect your organs, and play a role in your endocrine and immune function in excess amounts however; visceral fat can spell serious trouble for your performance and your health.



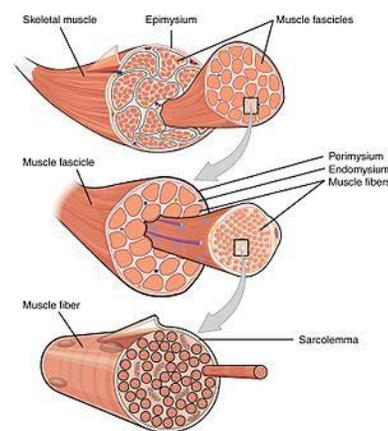
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Visceral Fat Rating (Fat area approximately 100cm ²)			
Rating	Standard	High	Very High
	Below 9	10 ~14	Above 15
Judgment	Continue monitoring your rating within healthy range through appropriate exercise and balanced diet.	Consider changing diet and/or increasing exercise to reduce the fat to standard level.	Should engage in more intensive exercise and make changes to current diet. Consult your physician for medical diagnosis.

Muscle is a soft tissue found in most animals. **Muscle** cells contain protein filaments of actin and myosin that slide past one another, producing a contraction that changes both the length and the shape of the cell. **Muscles** function to produce force and motion.

The **3 types of muscle** tissue are cardiac, smooth, and skeletal. Cardiac **muscle** cells are located in the walls of the heart, appear striated, and are under involuntary control

The strongest muscle based on its weight is the **masseter**. With all muscles of the jaw working together it can close the teeth with a force as great as 55 pounds (25 kilograms) on the incisors or 200 pounds (90.7 kilograms) on the **molars**. The **uterus** sits in the lower **pelvic** region.



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So here are the top five strongest muscles in the body based on these different ways to measure strength:

- Heart. The heart, which consists of cardiac muscle, is said to be the hardest working muscle in the body. ...
- Masseter. ...
- Soleus. ...
- Gluteus Maximus. ...
- Uterus.



Muscle Mass Percentage Chart					
Gender	Age	Low	Normal	High	Above High
Female	18 – 40	24.4	24.4 - 30.2	30.3 – 35.2	35.3
	41 – 60	24.2	24.2 – 30.3	30.4 – 35.3	35.4
	61 – 80	24.0	24.0 – 29.8	29.9 – 34.8	34.9
Male	18 – 40	33.4	33.4 – 39.4	39.5 – 44.1	44.2
	41 – 60	33.2	33.2 – 39.2	39.3 – 43.9	44.0
	61 – 80	33.0	33.0 – 38.7	38.8 – 43.4	43.5

Body age is a measurement of how old you are biologically based upon your health and fitness level as opposed to what your birth certificate indicates. For example, someone who is thirty-five years old may have a **body age** that is ten years older.

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*According to several sources, the average BMR or **Resting Metabolic rate** for women is around 1400 calories per day.*

Basal **Metabolic Rate** is the number of calories required to keep your body functioning at **rest**. **BMR** is also known as your body's **metabolism**; therefore, any increase to your **metabolic** weight, such as exercise, will increase your **BMR**.

Activity Level				
Gender	Age (years)	Sedentary	Moderately	Active
Child	2 - 3	1000	1000 - 1400	1000 - 1400
Female	4 - 8	1200	1400 - 1600	1400 - 1800
	9 - 13	1600	1600 - 2000	1800 - 2200
	14 - 18	1800	2000	2400
	19 - 30	2000	2000-2200	2400
	31 - 50	1800	2000	2200
	51+	1600	1800	2000-2200
Male	4 - 8	1400	1400 - 1600	1600 - 2000
	9 - 13	1800	1800 - 2000	2000 - 2600
	14 - 18	2200	2400 - 2800	2800 - 3200
	19 - 30	2400	2600 - 2800	3000
	31 - 50	2200	2400 - 2600	2800 - 3000
	51+	2000	2200 - 2400	2400 - 2800

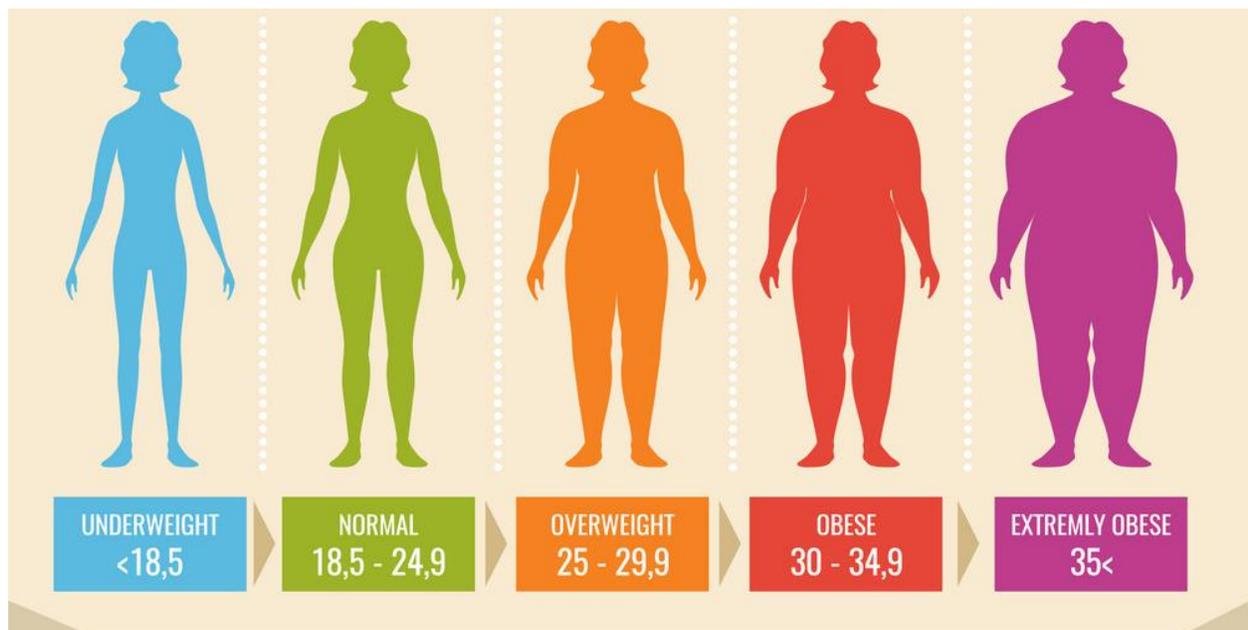
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Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women.

For most adults, an ideal **BMI** is in the 18.5 to 24.9 range. For children and young people aged 2 to 18, the **BMI** calculation takes into account age and gender as well as height and weight. If your **BMI** is: below 18.5 – you're in the underweight range.

For example Weight = 72, Height = 5 feet 4 inch (1.64)

Calculating Your BMI		
Your weight (kg)	72	21.95
Your height (m) * Your height (m)	3.28	



For Fitness Contact your Wellness Coach