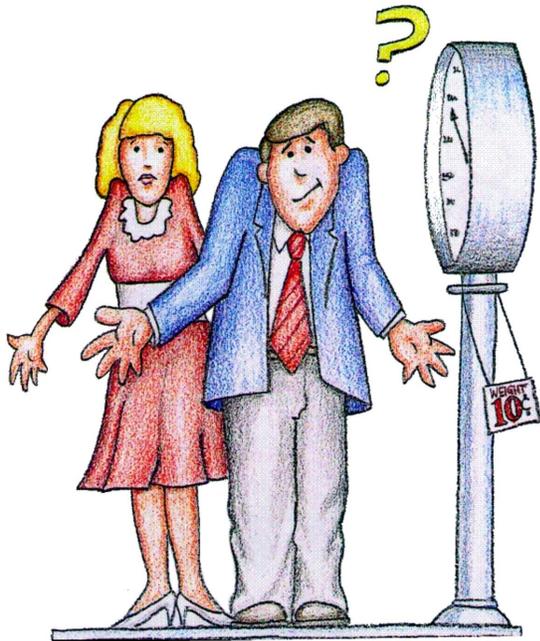


## Managing Body Composition

Maintaining a healthy body composition, not weight, is a key to optimal health. Ideal fat percent and improved muscle mass have been associated with longevity and reduced risks of cardiovascular disease.

Achieving a natural balance maintains good health and enhances the well-being of life. The body fat ranges on the right are reasonable fat percentages to achieve for men or women. However, age can also affect these categories. The Bio-Impedance Analyzer (BIA) instrument and software created by RJL Systems makes the accurate and reproducible assessment of body composition available to everyone. It's simple, fast, inexpensive, and accurate.

American Council on Exercise (ACE) General Body Fat Percentage Categories		
Description	Women	Men
Essential fat	10 – 13 %	2 – 5 %
Very lean	14 – 20 %	6 – 13 %
Lean	21 – 25 %	14 – 17 %
Normal	26 – 31 %	18 – 22 %
Overweight	32 – 39 %	23 – 29 %
Obese	40 % or more	30 % or more



The electrical conductive properties of a geometrical system, like the human body, make it possible to assess total body fat, fat free mass, skeletal muscle mass, body water and its associated compartments and how they change over time. Independent researchers have found BIA to be a highly reliable method of assessing body composition with re-test variations of less than one percent.

It takes only 5 minutes or less to determine a patient's body composition. However, the positive results gained from obtaining this vital information will last a lifetime.

### Better health - A 5 minute solution

Four self adhering electrodes are attached to the subject's hands and feet and a painless AC current is introduced. Electrical current conductance is greatest in lean tissue, as it contains most of the water, conducting electrolytes and cells in the body. Fat tissue, because of its lower water content, is less conductive. Once the impedance measurements of electrical resistance and reactance are made, and entered with the subject's height and weight, a comprehensive wellness or clinical report is created. The reproducibility and sensitivity of bioelectrical impedance analysis (BIA) makes it possible to monitor changes due to weight loss/gain, diet, exercise, and life style changes. It is a good indicator of whether a patient's health is improving by reducing fat and exercising more with good nutritional habits.

The test is non-invasive and can be conducted over and over again to monitor the patient's changing condition. The purpose of the BIA system is simple... to help people understand what they are made of and the changes over time.