

Body Composition Analysis

When it comes to assessing your health and fitness, your first instinct is probably to step on a scale and get your weight. Perhaps you also calculate your BMI (Body Mass Index). What do these things mean? Unfortunately, not a whole lot. Weight and BMI tells you where you fall on a standard scale, but neither measurement can differentiate between muscle and fat, nor adequately assess your individual problem areas.

You've been working hard at eating well and exercising more. You feel better, you look better, and your clothes fit looser... but you are not seeing the numbers on the scale go down (mad face) and ****GASP**** the numbers on the scale might have even gone up! This is likely because you're building muscle, and muscle weighs more than fat. How can you tell that you are actually getting healthier, fitter, leaner? Through body composition analysis.

Body composition analysis is a method of describing what the body is made of, differentiating between fat, protein, minerals, and body water to give you a snapshot of your health and fitness.

A body composition analysis can also help you identify your problem areas and identify long-term health risks directly related to high fat mass and low muscle mass.

Most importantly, a BCA can help you customize your training and diet to suit your INDIVIDUAL needs.