

Current Status and Goals

According to your age group and your percent fat of 9.8%, the closest value on the chart is 11.4, placing you at the 95% percentile with a rating of Athletic.

Percent Body Fat (%) - Males

Percentile	Twenties	Thirties	Forties	Fifties	Over 60	Rating
99	2.4	5.2	6.6	8.8	7.7	ESSENTIAL
95	5.2	9.1	11.4	12.9	13.1	
90	7.1	11.3	13.6	15.3	15.3	ATHLETIC
85	8.3	12.7	15.1	16.9	17.2	
80	9.4	13.9	16.3	17.9	18.4	
75	10.6	14.9	17.3	19.0	19.3	
70	11.8	15.9	18.1	19.8	20.3	HEALTHY
65	12.9	16.6	18.8	20.6	21.1	
60	14.1	17.5	19.6	21.3	22.0	
55	15.0	18.2	20.3	22.1	22.6	AVERAGE
50	15.9	19.0	21.1	22.7	23.5	
45	16.8	19.7	21.8	23.4	24.3	
40	17.4	20.5	22.5	24.1	25.0	
35	18.3	21.4	23.3	24.9	25.9	BELOW AVERAGE
30	19.5	22.3	24.1	25.7	26.7	
25	20.7	23.2	25.0	26.6	27.6	
20	22.4	24.2	26.1	27.5	28.5	
15	23.9	25.5	27.3	28.8	29.7	
10	25.9	27.3	28.9	30.3	31.2	
5	29.1	29.9	31.5	32.4	33.4	UNHEALTHY
1	36.4	35.6	37.4	38.1	41.3	

Source: Data provided by Dr. Kenneth Cooper's Institute for Aerobics Research, Dallas, TX.

Adapted by permission.

Target Weight

Obesity, or excessive body fat, is generally defined as a value greater than 30%. However, the detrimental health value of obesity does have a relationship to your age. It is far more severe to be at or above 30% at 50 years old than it is at 20 years old. your calculated percent body fat of 9.8% at a weight of 170 pounds is Below that level.

In general, normal health range of body fat percentage changes based on age. Therefore, your goal for optimum health should be at or a lower body fat percentage that is boxed in on the previous page, also known as the 70th percentile. The following chart is what your body fat percentage will be if you lose FAT ONLY.

% Fat	Target Weight	To Lose (lbs.)
09.8	170	Current
09.6	170	0
09.3	169	1
09.1	169	1
08.9	168	2
08.6	168	2
08.4	167	3

If you need to increase body fat to maintain a healthier level, use this chart to determine what your body fat percentage will be if you gain FAT ONLY:

% Fat	Target Weight	To Gain (lbs.)
09.8	170	Current
10	171	1
10.3	171	1
10.5	171	1
10.7	172	2
11	172	2
11.2	173	3

Another method of decreasing overall body fat percentage is to increase LEAN MUSCLE.

Weight Control Recommendations

Should you have a desire to reduce your percentage body fat, begin with a reasonable goal. Keep in mind that most of the current research indicates that if you want to lose fat only, you should keep your body weight loss at or below one pound per week, while maintaining an exercise program that is geared to maintain or increase lean muscle mass.

In general, most people think that in order to lose weight all they need to do is to cut back on the quantity of food that they eat. Losing weight in a healthy manner involves much more. It requires the incorporation of Behavior Modification, Nutritional Education, and understand of how the body uses and metabolizes carbohydrates, fats and proteins. Finally, most need initial help in meal planning.

The nutritional facet of this equation is offered as a courtesy to all who have been tested.

Resting Metabolic Rate

This rate varies between individuals, but according to your body composition, and assuming your body is functioning properly, you have a resting metabolic rate of **2031** calories per day and an approximate daily expenditure of **2901**. If your goal is to lose weight(fat), you would multiply your resting metabolic rate by 1.2 or 20% on days you exercise or just take in the RMR on days you rest or don't exercise.

Creating a caloric deficit of at least 500 calories will result in a net weight loss of at least 1 pound per week.

One smartphone app that is useful for tracking calories is MyFitnessPal.

Exercise

One of the most significant factors in weight control is the amount of physical activity in which you engage. Since most people slowly add weight and body fat over a long period, the logical way to reverse this process is to gradually increase activity over similar periods. Over time, these small increases in caloric expenditure become significant. The following list estimates how many calories you will burn in 30 minutes when participating in various activities. Your exact caloric expenditure will vary based on your experience and efficiency in a particular activity. As you continue to participate in the same activity, you become more efficient, and consequently, burn fewer calories. Therefore, participating in a variety of activities or extending the time in the same activity may be the most effective way to maximize caloric expenditure.

A MET (Metabolic Equivalent) is a constant that defines how many more calories you will burn during exercise. For example you will burn 10 times as many calories Bicycling, 14-15.9 Mph as you will at rest. For additional activities visit <https://sites.google.com/site/compendiumofphysicalactivities/Activity-Categories>

Note: Make sure you eat a light snack both before and after workouts. Both protein and complex carbohydrates are required to maintain lean mass. 80-100 calories should be plenty.

Calories burned in 30 minutes	METS	Activity	Calories burned in 30 minutes	METS	Activity
135	2.8	Walking, 2.0 Mph, Level, Firm Surface	363	7.5	Aerobic, Step, With 6 - 8 Inch Step
208	4.3	Walking, 3.5 Mph, Level	571	11.8	Rope Jumping, Moderate Pace, 100-120/Min
290	6	Walking, Backwards, 3.5 Mph, Level	377	7.8	Dancing (E.G., Disco, Folk, Irish Step Dancing, Line Dancing, Polka, Contra, Country)
256	5.3	Walking, 2.9 To 3.5 Mph, Uphill, 1-5% Grade	266	5.5	Ballroom, Fast
290	6	Jog/Walk Combination	121	2.5	Yoga, Hatha
401	8.3	Running, 5 Mph (12 Min/Mile)	145	3	Pilates
571	11.8	Running, 8 Mph (7.5 Min/Mile)	387	8	Basketball, Football Game
701	14.5	Running, 10 Mph (6 Min/Mile)	208	4.3	Golf, Walking, Carrying Clubs
919	19	Running, 12 Mph (5 Min/Mile)	338	7	Racquetball
169	3.5	Bicycling, Leisure, 5.5 Mph	353	7.3	Tennis (Doubles are 4.5)
387	8	Bicycling, 12-13.9 Mph	193	4	Volleyball (Competitive is 6)
484	10	Bicycling, 14-15.9 Mph	338	7	Soccer (Competitive is 10)
677	14	Bicycling, Mountain, Uphill, Vigorous	595	12.3	Rollerblading
387	8	Bicycling, 12-13.9 Mph	338	7	Backpacking
677	14	Bicycling, Mountain, Uphill, Vigorous	242	5	Kayaking
329	6.8	Bicycling, Stationary, 90-100 Watts	169	3.5	Canoeing, Rowing, For Pleasure
411	8.5	Bicycling, Spin Class	580	12	Canoeing, Rowing, In Competition
387	8	Circuit Training, With Kettlebells & Arobics	435	9	Skiing, Cross Country, 4.0-4.9 Mph
242	5	Elliptical Trainer	208	4.3	Skiing, Downhill, Alpine Or Snowboarding
242	5	Resistance (Weight) Training, Squats	338	7	Skating, Ice
169	3.5	Resistance (Weight) Training, Multiple Exercises	677	14	Skating, Ice Dancing
290	6	Resistance Training Power Lifting Or Body Building	474	9.8	Swimming Laps, Freestyle, Fast, Vigorous Effort
459	9.5	Aerobic, Step, With 10 - 12 Inch Step	280	5.8	Swimming Laps, Freestyle, Light or Moderate Effort

