

Current Status and Goals

According to your age group and your percent fat of 15.6%, the closest value on the chart is 16.1, placing you at the 95% percentile with a rating of Athletic.

Percent Body Fat (%) - Females

Percentile	Twenties	Thirties	Forties	Fifties	Over 60	Rating
99	5.4	7.3	11.6	11.6	15.4	ESSENTIAL
95	10.8	13.4	16.1	18.8	16.8	
90	14.5	15.5	18.5	21.6	21.1	ATHLETIC
85	16.0	16.9	20.3	23.6	23.5	
80	17.1	18.0	21.3	25.0	25.1	
75	18.2	19.1	22.4	25.8	26.7	
70	19.0	20.0	23.5	26.6	27.5	HEALTHY
65	19.8	20.8	24.3	27.4	28.5	
60	20.6	21.6	24.9	28.5	29.3	
55	21.3	22.4	25.5	29.2	29.9	AVERAGE
50	22.1	23.1	26.4	30.1	30.9	
45	22.7	24.0	27.3	30.8	31.8	
40	23.7	24.9	28.1	31.6	32.5	
35	24.4	26.0	29.0	32.6	33.0	BELOW AVERAGE
30	25.4	27.0	30.1	33.5	34.3	
25	26.6	28.1	31.1	34.3	35.5	
20	27.7	29.3	32.1	35.6	36.6	
15	29.8	31.0	33.3	36.6	38.0	
10	32.1	32.8	35.0	37.9	39.3	
5	35.4	35.7	37.8	39.6	40.5	UNHEALTHY
1	40.5	40.0	45.5	50.8	47.0	

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 15.6% at a weight of 135 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.)
15.6	135	Current
15.2	134	1
14.9	134	1
14.5	133	2
14.1	133	2
13.7	132	3
13.4	131	4

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.)
15.6	135	Current
16	136	1
16.3	136	1
16.7	137	2
17.1	137	2
17.5	138	3
17.8	139	4

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 **1637** calories per day and an approximate daily expenditure of **2339**. 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
109	2.8	Walking, 2.0 Mph, Level, Firm Surface	292	7.5	Aerobic, Step, With 6 - 8 Inch Step
168	4.3	Walking, 3.5 Mph, Level	460	11.8	Rope Jumping, Moderate Pace, 100-120/Min
234	6	Walking, Backwards, 3.5 Mph, Level	304	7.8	Dancing (E.G., Disco, Folk, Irish Step Dancing, Line Dancing, Polka, Contra, Country)
207	5.3	Walking, 2.9 To 3.5 Mph, Uphill, 1-5% Grade	214	5.5	Ballroom, Fast
234	6	Jog/Walk Combination	97	2.5	Yoga, Hatha
324	8.3	Running, 5 Mph (12 Min/Mile)	117	3	Pilates
460	11.8	Running, 8 Mph (7.5 Min/Mile)	312	8	Basketball, Football Game
565	14.5	Running, 10 Mph (6 Min/Mile)	168	4.3	Golf, Walking, Carrying Clubs
741	19	Running, 12 Mph (5 Min/Mile)	273	7	Racquetball
136	3.5	Bicycling, Leisure, 5.5 Mph	285	7.3	Tennis (Doubles are 4.5)
312	8	Bicycling, 12-13.9 Mph	156	4	Volleyball (Competitive is 6)
390	10	Bicycling, 14-15.9 Mph	273	7	Soccer (Competitive is 10)
546	14	Bicycling, Mountain, Uphill, Vigorous	479	12.3	Rollerblading
312	8	Bicycling, 12-13.9 Mph	273	7	Backpacking
546	14	Bicycling, Mountain, Uphill, Vigorous	195	5	Kayaking
265	6.8	Bicycling, Stationary, 90-100 Watts	136	3.5	Canoeing, Rowing, For Pleasure
331	8.5	Bicycling, Spin Class	468	12	Canoeing, Rowing, In Competition
312	8	Circuit Training, With Kettlebells & Arobics	351	9	Skiing, Cross Country, 4.0-4.9 Mph
195	5	Elliptical Trainer	168	4.3	Skiing, Downhill, Alpine Or Snowboarding
195	5	Resistance (Weight) Training, Squats	273	7	Skating, Ice
136	3.5	Resistance (Weight) Training, Multiple Exercises	546	14	Skating, Ice Dancing
234	6	Resistance Training Power Lifting Or Body Building	382	9.8	Swimming Laps, Freestyle, Fast, Vigorous Effort
370	9.5	Aerobic, Step, With 10 - 12 Inch Step	226	5.8	Swimming Laps, Freestyle, Light or Moderate Effort

