BIA (Bioelectrical Impedence Analysis)and YOU!

Body fat ranges.

Table 1: BMI Ranges

Weight	BMI range
Underweight	Less than 18.5
Normal Weight	**18.5 - 24.9**
Above Normal	25 - 29.9
Full Figure	30 - 34.9
Fuller Figure	35 - 39.9
Fullest Figure	above 40

Healthy body fat is 20-25% for women (men are naturally lower, 18 – 20 %.)

Summary:
The BIA results are based on lean versus fat mass, using a subtle electrical current that runs through the body. This result can vary slightly if you are not well-hydrated. Whichever machine you use, make sure you always use that same machine to stay consistent. Machine types, and results, will vary. Consistency in method is key!

Points to remember:
- Keep in mind that while 20-25% is a healthy body fat, in my experience, 80% of the women I train start out at over 30%. (If you are in this category, don't worry!)
- It is easily manageable to be under 25% body fat with some minor shifts.
- It is next to impossible to be below 15% (no matter what some people or trainers may say. Bodybuilders in contest shape run at around 8-11% body fat). When people say they run at 5 or 10% body fat, it is untrue.
- Less weight does not mean less body fat. In fact, less weight can mean an increase in body fat, in particular, if there is no consistent weight training regime.
- With consistent **weight training** and attention to **diet**, and using cardio (both HIIT and LSD), this percentage can change very quickly. Remember, *your metabolism is in your muscles* – challenge them on a daily basis, and your muscle-to-fat ratio shifts in favour of increased muscle, increased metabolism and increased energy.
- Contrary to popular belief, walking, biking, hiking, running etc. are not considered 'structured exercise', rather, they are 'activities' that we need to do every day for good health.
- Activities alone do not create or maintain muscle mass enough to raise metabolism, only 'structured exercise' does, ie weight training/bodyweight work provides the necessary muscular/skeletal stress to aid metabolism and weight loss to any decent degree.