

Body Composition

**Critical Concept:
Body Composition**

Here's an easy definition: What your body is made of.

For physical fitness we'll look at the amounts of bone, muscle and fat in your body.

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| <p>✓ Body Composition</p> | <p>What are you made of?</p> <ul style="list-style-type: none"> • Everyone needs a healthy amount of Fat and Muscle. • Muscle is more dense than Fat and weighs more per square inch. • People come in different shapes and sizes. You might have a lean body type and find it difficult to gain weight. You might have a larger body type and will never look like some people in fashion magazines. THAT'S OKAY! |
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Learn to be grateful for your body type. There are advantages to all shapes and sizes. This can be a difficult lesson to learn but it's true!

If you work toward your goals and honestly track your progress you will see that you can be physically fit – no matter how you are shaped.

If everyone was meant to be shaped like a professional football player, who would run the New York City Marathon?! Every person has something to give and everybody can reach healthy fitness levels.

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| <p>Body Comp Basics</p> | <p>Here's what to remember...</p> <ul style="list-style-type: none"> • Males should be somewhere between 15 and 18 percent body fat. • Females need a little more body fat – between 20 and 25 percent. • Some body types store slightly more body fat and are still considered "Fit" • Body fat percentage should be a tool for building your goals and routines. • Remember, too much body fat can be dangerous – not enough body fat can be just as dangerous. |
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Everyone has certain areas of the body and even parts of life that they wish looked better from the outside. The great thing is that every day is a chance to improve. If you are working toward becoming the person that you want to be, what people look like in magazines or on your TV and computer screens shouldn't matter.

Easier said than done – but, the more positive experiences you have in your own skin, the closer you'll be to reaching your goals!