



Body Fat Management Guidelines

What is body fat percentage?

- Body fat percentage is the amount of fat in your body as a percentage of your total body weight
- There are two types of fat: visceral and subcutaneous
 - Visceral fat: fat surrounding organs, not visible
 - Subcutaneous fat: fat directly below skin

What is the difference between body fat percentage, Body Mass Index (BMI), and waist circumference?

- BMI is a simple calculation using weight and height, but does not take into account the different components (e.g. bone mass, fat, muscle, water weight) that make up a person's weight
 - For example, a person with a lot of muscle mass might have a higher BMI that falls in the overweight range (25-30), but that DOES NOT NECESSARILY mean that he/she needs to lose weight. Having more weight because of increased muscle mass is beneficial, whereas having excess weight because of fat can lead to negative health effects.
- BMI can be a preliminary indicator of whether a person has a healthy weight for their height, but body fat percentage can help us differentiate if the weight is fat vs. other types of mass. A normal BMI falls in the range of 18.5-25, overweight is considered 25-30 and obese is >30.
- **Waist Circumference:** Excess fat around the waist is associated with a higher risk of obesity-related health issues such as heart disease, diabetes, and metabolic syndrome.

Measuring weight circumference involves the following steps:

1. Find the Waist: Locate the top of the hip bone and the bottom of the ribcage. Take a tape measure and place it around your waist, midway between these two points.
2. Measure: Wrap the tape measure snugly around your waist without compressing the skin. Ensure the tape measure is parallel to the floor and not twisted. Take the measurement at the end of a normal breath, without sucking in your stomach.
3. Interpretation: The measurement obtained can be compared to established guidelines. Generally, for adults, a waist circumference of over 40 inches (102 cm) for men and over 35 inches (88 cm) for women indicates increased health risks associated with excess abdominal fat.

How does the body fat percentage machine work?

APSEA uses a Bioelectrical Impedance Analysis (BIA) device. It works by sending a low-intensity electrical current through the body and measuring the resistance encountered by the current. Fat tissue has higher resistance to electrical current compared to other body tissues, such as muscle and water. By measuring the resistance, the machine can estimate the body fat percentage based on the assumption that higher resistance indicates a higher fat percentage.



How accurate is the BIA device?

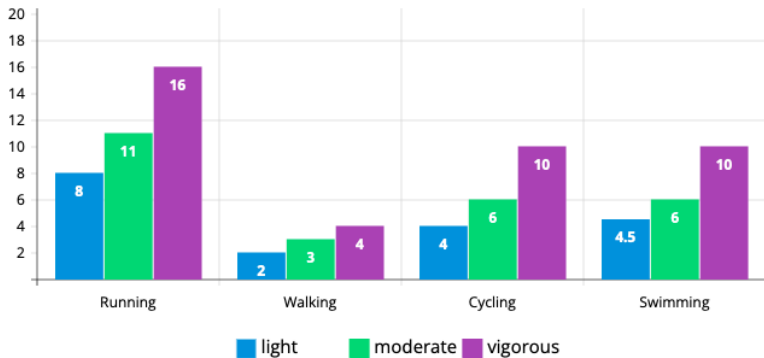
While body fat percentage machines can provide estimates, they may not be as accurate as more advanced methods like Dual-Energy X-ray Absorptiometry (DEXA) scans. Factors such as hydration levels, muscle mass, and individual variations can influence the accuracy of the measurements. For the most accurate results, it's recommended to use body fat percentage machines as a tool for tracking changes over time rather than relying solely on a single measurement.

What are effective ways to lose body fat?

- **Balanced Diet:** Focus on consuming a balanced diet that includes lean proteins, fruits, vegetables, whole grains, and healthy fats. Portion control is important to create a calorie deficit.
- **Calorie Deficit:** To lose body fat, you need to consume fewer calories than you burn. This can be achieved through a combination of diet and exercise.
- **Regular Exercise:** Incorporate both cardiovascular exercises (like jogging, swimming, or cycling) and strength training (such as weightlifting or bodyweight exercises) into your routine. This helps burn calories and build muscle, which increases your metabolism.
- **High-Intensity Interval Training (HIIT):** HIIT workouts involve short bursts of intense activity followed by brief recovery periods. These workouts are known to be effective in burning calories and improving overall fitness.
- **Mindful Eating:** Pay attention to your hunger and fullness cues, eat slowly, and savor your meals. This helps prevent overeating and promotes a healthy relationship with food.
- **Get Sufficient Sleep:** Aim for 7-9 hours of quality sleep each night. Lack of sleep can affect your metabolism and increase cravings for unhealthy foods.
- **Stay Hydrated:** Drink an adequate amount of water throughout the day. Sometimes, thirst can be mistaken for hunger.
- **Increase aerobic exercise:** Aerobic exercise burns fat by using the body's available fat reserves to fuel activity. 30-60 minutes a day of moderate to intense aerobic exercise can help reduce weight and body fat when supplemented with a healthy diet.
 - Examples of aerobic exercise: running, brisk walking, cycling, swimming
 - MET: Metabolic Equivalent Task
 - One MET is equivalent to the energy expended at rest.
 - For optimal health, 600 MET minutes per week is recommended.

MET Chart

1 MET = Energy used at rest



- **Decrease alcohol consumption:** consuming alcohol causes reduced fat metabolism, impaired nutrient absorption, increased appetite, poor food choices, and increased cortisol levels.
- **Reduce stress:** stress can cause increased appetite/cravings, emotional eating, metabolic changes, sleep disturbances, and hormone changes.

How do I lose belly fat specifically?

Spot reduction (targeting fat loss in a specific area) is not possible. Your body will lose fat from various parts based on its own unique pattern. By following the above strategies, you can promote overall fat loss, including belly fat, and improve your body composition.

Local Resources

We have curated a list of local gyms/recreation centers for you to get active.

Planet Fitness

North Brunswick · Plainsboro · Somerset · Edison · Englishtown · Hillsborough · South Plainfield · South Amboy · Hamilton · Ewing · Robbinsville · Woodbridge · Freehold
Classic Membership: \$10/month (\$59 startup fee and \$49 annual fee)

Crunch Fitness

North Brunswick · East Brunswick · Somerset · East Windsor · Morganville · Green Brook · Woodbridge · Hamilton
Base Membership: \$9.99/month (\$25 enrollment fee, \$5.99 processing fee)

CrossFit Nassau

Monmouth Junction

One class: \$25; One week: \$48

