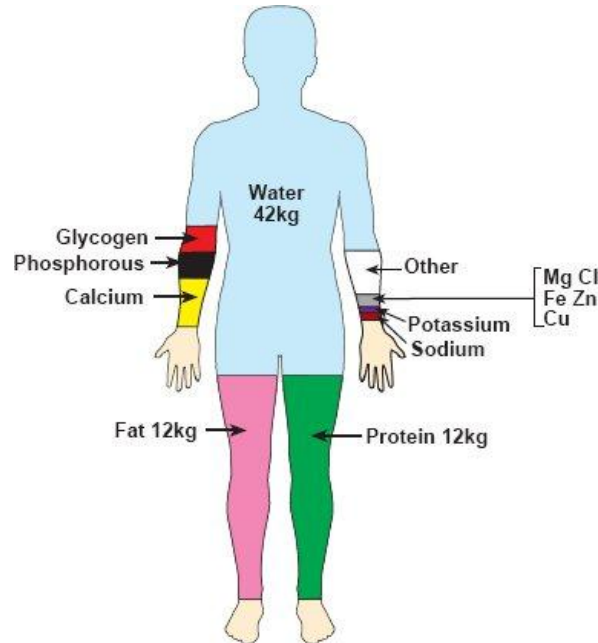


What Is Body Composition?

Body Composition is the technical term used to describe the different body compartments (lean mass, fat mass, body water and bone mass) that make up a person's body weight.



Why we measure it...

It provides objective insight that can't be garnered from body weight and BMI measurements. If weight loss occurs it is important to know how much of this is attributed to loss of fat and how much is lean mass.

The amount of overall body fat is considered an important risk factor in many chronic illnesses such as; osteoarthritis, heart disease, cancer and diabetes. The location of our fat tissue is equally, if not more, significant. For example, the amount of fat around the abdominal organs, known as visceral fat, is associated with metabolic risk factors such as insulin resistance and high blood pressure. The locational factor is a useful measure for predicting health.

Where you store your body fat has been suggested to correlate to certain hormone imbalances.

Belly fat - high cortisol

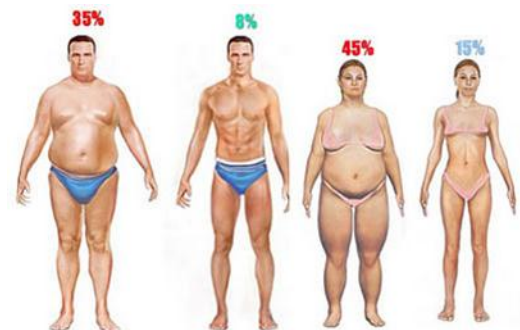
Sides of waist- large insulin release at meals

Upper back - poor insulin sensitivity

Triceps- elevated insulin

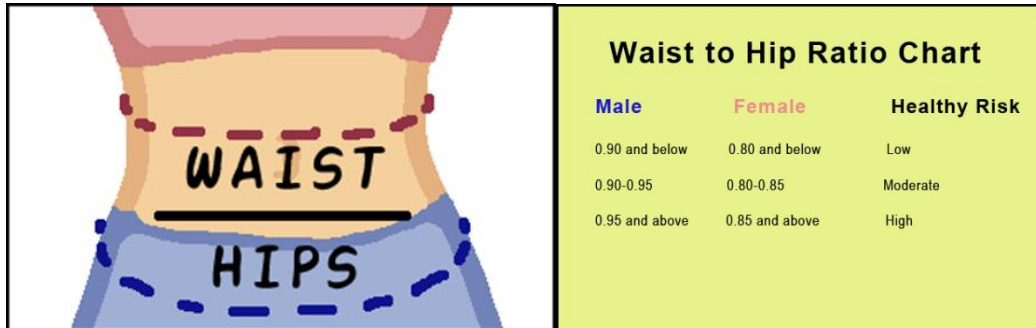
Ideal Body Weight and Percent Body Fat





The ideal weight and fat-lean ratio varies considerably for men and women and by age, but the minimum percent of body fat considered safe for good health is 5 percent for males and 12% for females. The average adult body fat is closer to 15 to 18% for men and 22 to 25% for women.



There are several ways to measure body composition.

WHR



Tanita Scale	-Skin Fold	SAD-sagittal abdominal diameter	Dexa Scan
<p>Tanita BC-418</p> 			

At the Adjusted for Life Clinic we offer Bio Impedance Analysis to patients. The general principle behind BIA: two conductors are attached to a person's body and a small electric current is sent through the body. The resistance between the conductors will provide a measure of body fat, since the resistance to electricity varies between adipose, muscular and skeletal tissue. Fat-free mass (muscles) is a good conductor as it contains a large amount of water (approximately 73%) and electrolytes, while fat has a lower water content and is a poor conductor of electric current.

Bio Impedance



How does extra weight affect the spine?

Extra weight puts increased mechanical stress on the spine! This is particularly true with belly fat, which shifts your center of gravity forward increasing the curve of your low back (lordosis). This in turn causes the low back muscles to contract and shorten to counter the forward shift. You increase your risk of back strain and degenerative changes (spondylosis) in the vertebral column. This leads to pain from osteoarthritis, degenerative disk disease, progressing to sciatica and in the end stages central stenosis.

Decrease body fat, decrease pain and increase health!

Studies show that with weight loss, pain from OA subsides in many patients. Adults aren't the only ones at risk, either. Obesity also affects the health of children's joints. So, encouraging your children to be active and achieve or maintain an appropriate body weight for their age and height will take stress off their joints and may go a long way toward helping them to avoid arthritis later in life.

Also, recent research has shown that our fat tissue is not a metabolically inert storage of energy reserves. It can be a source of inflammation because of cytokines, inflammation producing molecules. Reducing body fat can lower our pain from inflammation.



It is important to keep healthy body fat levels for longevity and quality of life...It will not only add years to your life, it will add life to your years.

Visit us today to find out more.

Fee guidelines for BIA

One time measurement \$30.00

Two measurements \$55.00

Three measurements \$60.00 and \$20.00 each future time