



## **PAGE 1:**

### **BODY COMPOSITION**

Body composition based on skinfold assessment of lean body mass vs. fat mass on page one (1) classifies the client into one of five classifications according to the American Council on Exercise. Categories include: ***Essential Fat, Athletes, Fitness, Acceptable, and Obese*** {32}. Reducing body fat mass is a main objective for those looking to increase health benefits, lose weight, and improve metabolic function. Based on an individual's body composition, metabolic needs are adjusted for the desired health/fitness goal.