

## The Value of Tracking and Graphing Body Fat Content

Many experts agree that the best way to achieve ideal body weight is not by consulting an "Ideal Weight" Chart, but by achieving a desirable body fat content. NutriBase is currently the only high-end nutrition and fitness software with the ability to track and graph body fat content to help clients lose, gain, or maintain their body weight while improving fitness. This capability makes NutriBase a logical companion to a wide variety of body fat measurement devices.

If you've looked at "Ideal Body Weight" charts, you know that there is no consensus as to what "ideal body weight" should be. The charts disagree with each other. In reality, it is actually different for every individual and is dependent on health, body fat content and distribution, musculature, age, activity, metabolism, and a host of other factors that are not simple to measure accurately.

A far more accurate method of determining a good body weight is by analyzing the percent body fat content. The following chart shows some widely accepted percentage body fat contents for men and women.

**% Body Fat Content Chart for Women and Men**

<b>Body Type</b>	<b>Female</b>	<b>Male</b>
<b>Athlete</b>	<17%	<10%
<b>Lean</b>	17-22%	10-15%
<b>Normal</b>	22-25%	15-18%
<b>Above Average</b>	25-29%	18-20%
<b>"Overfat"</b>	29-35%	20-25%
<b>Obese</b>	35+%	25+%

NutriBase allows you to enter your client's current body fat content and desired body fat content. It then calculates the body weight that will make this happen based on twin assumptions: all weight-loss will be in the form of fat and that all weight-gain will take the form of muscle growth. This requires very good nutrition, the correct calorie intake, and a consistent and an appropriate exercise regimen.

NutriBase produces a 3-D graph of the desired body fat content "trajectory" vs. your client's actual body fat content. A click of a radio button changes the chart to indicate body weight vs. desired body weight.

These NutriBase capabilities, used in conjunction with accurate body fat measurements, allow you to help your clients reach realistic and appropriate body weight goals. There may even come a time when Americans throw out their bathroom scales in favor of a body fat measuring device.