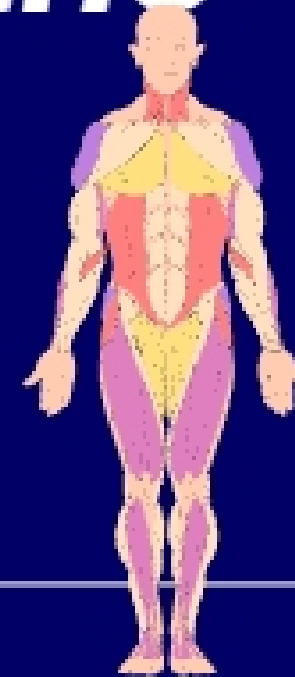

Body Composition

*The fat and nonfat
components of the
human body*





Health Problems

- Hypertension
 - Dyslipidemia
 - Diabetes
 - Coronary Artery Disease
 - Stroke
 - Cancers
 - Gallbladder Disease
 - Osteoarthritis
 - Sleep Apnea
 - Respiratory Problems
 - Increased Mortality Rate – ALL CAUSES
-



Body Composition

- Fat (adipose) tissue = % Body Fat
 - Non-fat tissue = Lean Body Mass
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