

IT'S NOT YOUR TOTAL WEIGHT THAT'S IMPORTANT:

It's Your Fat Weight *and* Your Lean Weight

Excess Fat contributes to:

Heart Disease
Diabetes
Hypertension
and Joint Problems,
to name a few

Excess body fat is caused by eating too many calories.

Lean tissue consists of mostly:

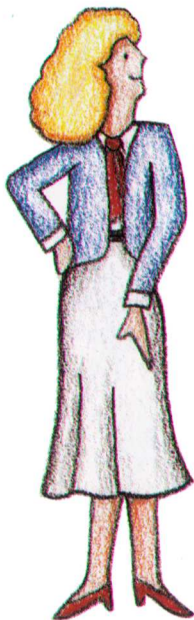
Fluid
Muscles
Organs
Blood cells
and Bones

Lean tissue is nearly 75% water and is the only tissue in your body which burns calories. Two people of the same height and weight can have two very different amounts of body fat!

Women

normal

overfat



23% fat
29 lbs fat
96 lbs lean

30% fat
38 lbs fat
87 lbs lean

Both are:
5'5" tall
125 lbs

Men

normal

overfat



15% fat
30 lbs fat
170 lbs lean

22% fat
44 lbs fat
156 lbs lean

Both are:
5'11" tall
200 lbs

Just because you have a lot of muscle,
doesn't mean you aren't overfat!