

# What exactly is Body Fat percentage and why do I need to have it tested?

Your body fat percentage is simply the percentage of fat your body contains. Our bodies are made of a lot of different kinds tissues and water. There is fat tissue as well as Lean Body Mass, which consist of bone, muscle and organ tissue. Did you know that two people could have the same height and weight but have different percentages of body fat?

Scales and height weight charts cannot determine the lean body mass versus fat mass or evaluate if a person is "over weight". An individual can be "over-weight" and not "over-fat". For example, a bodybuilder may have 8% body fat, but at two hundred and fifty pounds a typical height weight chart considers him to be overweight. This is an excellent example of how lean body mass weighs more than fat mass. This applies to what appears to be a thin individual as well. Their structure may be thin and look like they have no body fat but they can still be "over-fat".

Extremely low body fat percentage is as much of a health concern as is too much. Too low of body fat has been related to health concerns such as low energy availability, and weak bones which increases the risk of stress fractures and osteoporosis and menstrual disorders. The higher body fat percentage, the more increased health risk for weight related illnesses such as heart disease, high blood pressure, and type II diabetes.

