



What should your body fat be?

Age:	20-29	30-39	40-49	50-59	60+
Women:	19%	20%	23.5%	26.6%	27.5%
Men:	11.8%	15.9%	18.1%	19.8%	20.3%

**Can you change your
body composition?**

-Yes!

To increase or decrease your body fat percentage, you need to create a balance between nutrition, aerobic exercise and strength training.

The higher percentage of fat, the fewer calories you need to maintain your weight and

therefore the easier it is to gain weight. Muscle is more metabolically active than fat, which can lead to great caloric burn.

The Seattle Athletic Club has Dietitian's to assist you with your nutrition and Seattle's best Personal Trainers to help you design a balanced workout for you to reach the fitness and health level you desire!