



## Body Fat vs. Body Mass Index

Body fat is a better health indicator than Body Mass Index. Body Mass Index only considers weight in relation to height. Whereas body fat percentage is representative of a person's entire body composition. Use this table as a guide to set nutrition goals!

Description	Women	Men
Essential Fat	10-13%	2-5%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Average	25-31%	18-24%
Overweight/Obese	32-35%	25-30%
Obese Level 1	36-39%	31-35%
Obese Level 2	40-45%	36-40%
Obese Level 3	46-50%	41-45%
Obese Level 4	50%+	45%+

### Change

how you think about weight...

Weight is not the best indicator of health or even how you look. 5 pounds of fat weighs the same as 5 pounds of muscle (obviously).

However, 5 pounds of fat is much bigger in volume than 5 pounds of muscle. For that reason, a person can lose fat and gain muscle without losing weight. Effectively, they will look leaner but weigh the same.

5 lbs. of Fat



vs.

5 lbs. of Muscle

