Am I Fat?

Today, a large portion of media coverage focuses is placed on the overweight and obesity epidemic in America. With so many people basing their appearance on opinions, clothing fit, and scales, how can we really know when we truly have too much fat?

Know Your Body Composition

Body composition is, in its most basic description, the percentage of body mass that is fat and fat-free tissue in a two compartment model. It is one of the five major components of fitness because it plays a key role in establishing short and long term health and fitness goals and provides a starting point on which to base these goals.

What About My BMI?

You can calculate your BMI by converting your weight to kilograms and your height to meters. Then, divide your weight in kilograms by your height in meters, squared. BMI is used to assess your risk of cardiovascular and metabolic disease, but does not distinguish between fat mass, muscle mass, or bone. Thus, it is less accurate than having your composition tested by a qualified professional.

For a personalized exercise regimen from our professional staff, please contact the center at 646-953-2266.