Body composition (percent fat and lean) reflects the results of both physical activity and nutritional practices. Body weight alone can be very misleading. The scale cannot tell the difference between a pound of fat and a pound of muscle. Over time, people tend to gain fat and lose muscle without an obvious change in their weight. And, even though we need a certain amount of fat in our bodies to insure good health, excess body fat has been found to increase the risk of diseases such as cancer, diabetes, and heart disease. In fact, the Centers for Disease Control and Prevention (CDC) has now declared obesity an epidemic, with 66% of adult Americans either overweight or obese (having excess body fat).

*Too little body fat can also pose a number of health risks, especially for women*

Only by accurately measuring body composition will you learn the amount of fat and lean tissue that makes up your weight, enabling sensible decisions regarding nutrition and exercise programs. It’s the best way to get the "whole picture" of what’s really going on in your body.

A Metabolism assessment provides information on the body’s “Metabolic Engine,” or caloric intake versus energy used. Metabolism assessments which include Resting Metabolic Rate (RMR)* and Total Energy Expenditure (TEE)**, along with an accurate body composition assessment, provide the information necessary to establish sensible weight goals. Individual nutrition and exercise/training programs will insure weight goals are achieved safely and effectively.

**BOD POD is available at AMC South Clinical Campus**
25 Hackett Blvd., Clinical Nutrition, 3rd Floor
Contact (518) 262-5299 to Schedule an Appointment
Cost: $70 (15% discount available for payment in full at time of service)