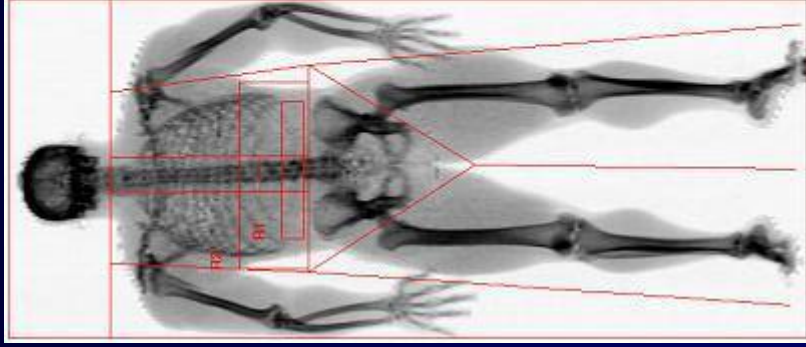


The Problem with using the Body Mass Index to Assess Your Health

BMI = 31.7

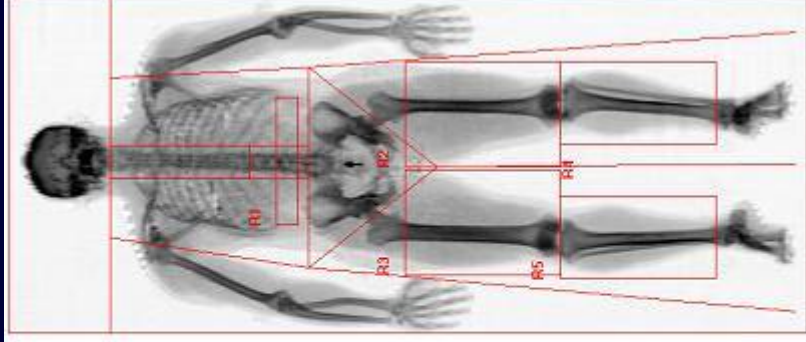
Muscle Mass = 88.7 kg
Fat Mass = 13.8 kg
Bone Mass = 3.8 kg
Body Fat = 13%
Total Weight = 106.3 kg
Height = 1.83 m



**DEXA scans
of two
individuals
with the
same BMI.**

BMI = 31.7

Muscle Mass = 69.5 kg
Fat Mass = 25.8 kg
Bone Mass = 2.8 kg
Body Fat = 26.3%
Total weight = 98.1 kg
Height = 1.76 m



These men both have the same BMI. The percent body fat for the man on the left is 13%; for the man on the right, the body fat is 26.3%. Same BMI, 2 times more body fat. The gentleman on the left is a bodybuilder; The highest level of physical activity for the gentleman on the right is when he runs to catch the elevator!