

Calculator site:

<http://fitness.bizcalcs.com/Calculator.asp?Calc=Body-Fat-3-Fold>

Measure 3 sites to right with calipers

Body Fat Calipers:

\$4-20

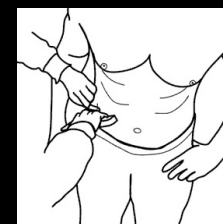
search online for body fat calipers



Triceps



Thigh



Supra-iliac

## SR Healthy Living Series Body Fat %

Healthy Goal <16%



3-4%



6-7%



9-10%



14-15%



20-22%

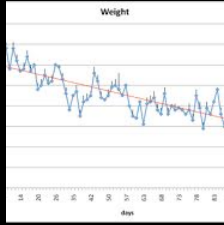


30-32%

Nothing tastes better than lean



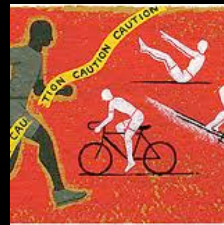
Measure



Record monthly



Modify Diet



Cross train



SR training



Refine the plan and see the change

Not sure how do modify your diet or exercise? Take a look at the presentation at: [www.ShoshinAZ.org](http://www.ShoshinAZ.org)>> media>> powerpoint>> training/nutrition for life

# SR Healthy Living Series Body Fat %

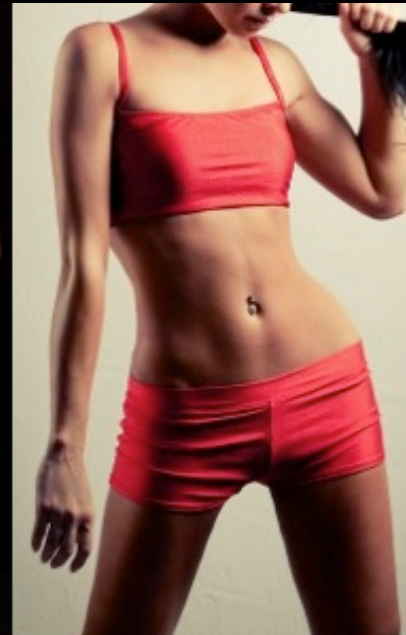
Healthy <23%



11-12%



14-15%



17-18%



20-21%



25-26%



34-35%

Nothing tastes better than lean