

# Typical Body Composition

Body composition = body's relative amount of fat mass AND fat-free mass (bone, water, connective and organ tissues, teeth)

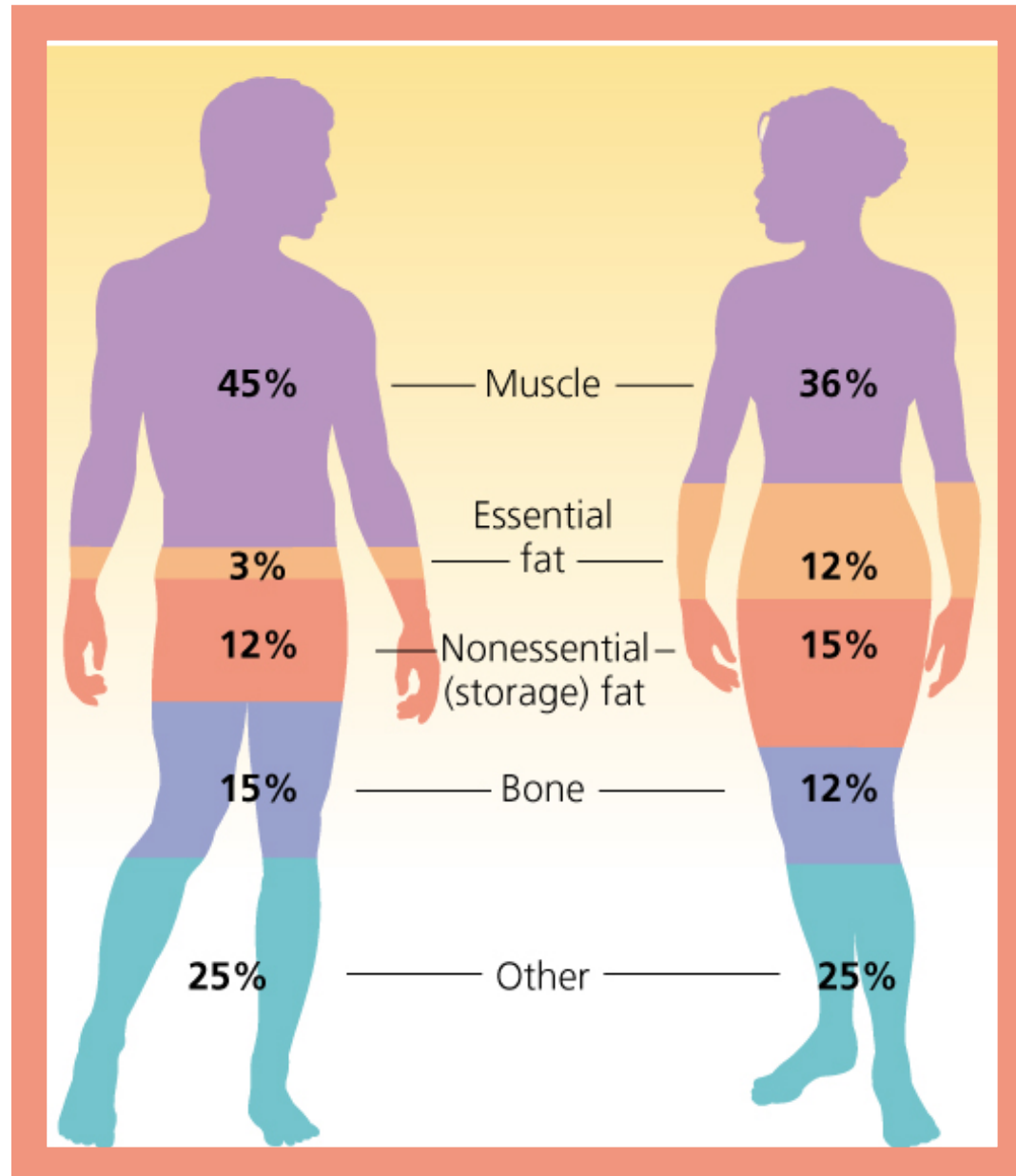
Essential fat = crucial for normal body functioning.

3- 5 % of total body weight in males

8- 12% of total body weight in females

Nonessential fat = adipose tissue

# Typical Body Composition



# Overweight and Obesity

Overweight = total body weight above a recommended range for good health.

Obesity = severely overweight and fat - characterized by excessive accumulation of body fat.

