

Body Fat Explained

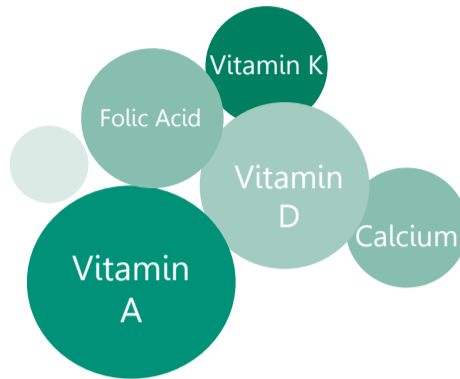
MARSDEN

www.marsden-weighing.co.uk

A healthy amount of body fat is good because...



It keeps us insulated



It stores calories and vitamins



It's our largest energy source

Having too much body fat is bad because...



It can lead to obesity



It increases risk of heart disease



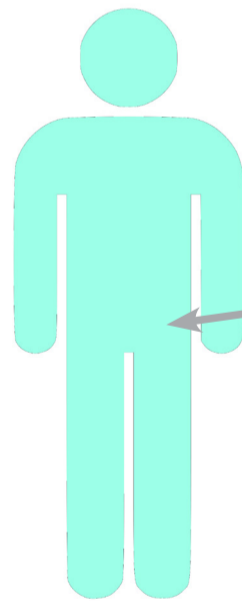
It can lead to diabetes

Body fat collects...

Around the thighs, buttocks and hips for women



Generally around the middle for men



Your ideal body fat percentage

