

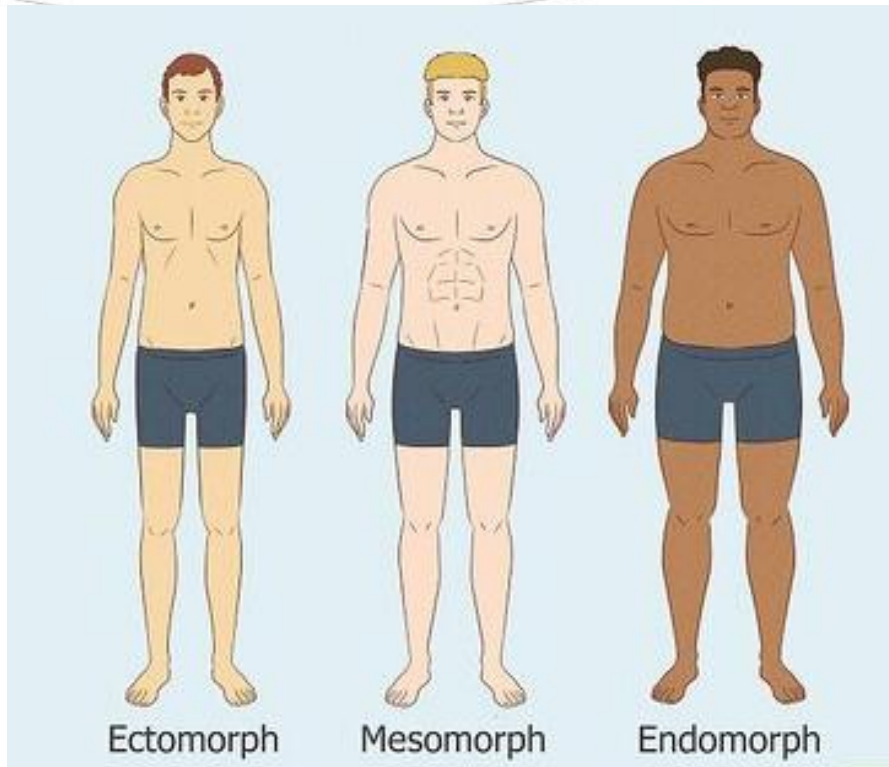
# *The Healing Power of Food*

## **Body Composition**

# Everyone is different

- ◆ There are 3 main body types: ectomorph, mesomorph, and endomorph.
- ◆ Ectomorphs, have slim bodies with little muscle or fat.
- ◆ Mesomorphs, have lean, muscular bodies and tend to build muscle easily.
- ◆ Endomorphs, have softer bodies and more body fat.

# Everyone is different



# Everyone is different

- ◆ Focusing only on your ideal weight is not always helpful.
- ◆ Everyone has a different ideal weight, depending on height and frame size.
- ◆ People with a larger frame will have larger bones and therefore will have a higher ideal weight.

# Fat and Muscle

A person may be of ideal weight but still not have a good body composition, because they are carrying too much fat in certain areas, (like around the belly) and are lacking in muscle.



# Body composition can be changed

Through healthy eating and exercise, body fat can be converted to muscle.



# Types of Exercise

**Cardio** – gets the heart pumping

💧 walking, swimming, dancing, running. sports

**Weight-bearing** – builds the bones and muscles

💧 gardening, physical work, walking up and down stairs, swimming, weight lifting

# What is your correct height- weight ratio?

Your “**body-mass index**” is a number that takes into account your weight and height.

$$\text{BMI} = \text{weight (kg)} \div \text{height (m)}^2$$

Refer to the BMI chart attached to this Power Point.

**Weight in Kilograms**

|       | 45   | 48   | 50   | 53   | 55   | 58   | 60   | 63   | 65   | 68   | 70   | 73   | 75   | 78   | 80   | 82.5 | 85   | 87.5 | 90   |
|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| 145.0 | 21.4 | 22.6 | 23.8 | 25.0 | 26.2 | 27.3 | 28.5 | 29.7 | 30.9 | 32.1 | 33.3 | 34.5 | 35.7 | 36.9 | 38.0 | 39.2 | 40.4 | 41.6 | 42.8 |
| 147.5 | 20.7 | 21.8 | 23.0 | 24.1 | 25.3 | 26.4 | 27.6 | 28.7 | 29.9 | 31.0 | 32.2 | 33.3 | 34.5 | 35.6 | 36.8 | 37.9 | 39.1 | 40.2 | 41.4 |
| 150.0 | 20.0 | 21.1 | 22.2 | 23.3 | 24.4 | 25.6 | 26.7 | 27.8 | 28.9 | 30.0 | 31.1 | 32.2 | 33.3 | 34.4 | 35.6 | 36.7 | 37.8 | 38.9 | 40.0 |
| 152.5 | 19.3 | 20.4 | 21.5 | 22.6 | 23.6 | 24.7 | 25.8 | 26.9 | 27.9 | 29.0 | 30.1 | 31.2 | 32.2 | 33.3 | 34.4 | 35.5 | 36.6 | 37.6 | 38.7 |
| 155.0 | 18.7 | 19.8 | 20.8 | 21.9 | 22.9 | 23.9 | 25.0 | 26.0 | 27.1 | 28.1 | 29.1 | 30.2 | 31.2 | 32.3 | 33.3 | 34.3 | 35.4 | 36.4 | 37.5 |
| 157.5 | 18.1 | 19.1 | 20.2 | 21.2 | 22.2 | 23.2 | 24.2 | 25.2 | 26.2 | 27.2 | 28.2 | 29.2 | 30.2 | 31.2 | 32.2 | 33.3 | 34.3 | 35.3 | 36.3 |
| 160.0 | 17.6 | 18.6 | 19.5 | 20.5 | 21.5 | 22.5 | 23.4 | 24.4 | 25.4 | 26.4 | 27.3 | 28.3 | 29.3 | 30.3 | 31.3 | 32.2 | 33.2 | 34.2 | 35.2 |
| 162.5 | 17.0 | 18.0 | 18.9 | 19.9 | 20.8 | 21.8 | 22.7 | 23.7 | 24.6 | 25.6 | 26.5 | 27.5 | 28.4 | 29.3 | 30.3 | 31.2 | 32.2 | 33.1 | 34.1 |
| 165.0 | 16.5 | 17.4 | 18.4 | 19.3 | 20.2 | 21.1 | 22.0 | 23.0 | 23.9 | 24.8 | 25.7 | 26.6 | 27.5 | 28.5 | 29.4 | 30.3 | 31.2 | 32.1 | 33.1 |
| 167.5 | 16.0 | 16.9 | 17.8 | 18.7 | 19.6 | 20.5 | 21.4 | 22.3 | 23.2 | 24.1 | 24.9 | 25.8 | 26.7 | 27.6 | 28.5 | 29.4 | 30.3 | 31.2 | 32.1 |
| 170.0 | 15.6 | 16.4 | 17.3 | 18.2 | 19.0 | 19.9 | 20.8 | 21.6 | 22.5 | 23.4 | 24.2 | 25.1 | 26.0 | 26.8 | 27.7 | 28.5 | 29.4 | 30.3 | 31.1 |
| 172.5 | 15.1 | 16.0 | 16.8 | 17.6 | 18.5 | 19.3 | 20.2 | 21.0 | 21.8 | 22.7 | 23.5 | 24.4 | 25.2 | 26.0 | 26.9 | 27.7 | 28.6 | 29.4 | 30.2 |
| 175.0 | 14.7 | 15.5 | 16.3 | 17.1 | 18.0 | 18.8 | 19.6 | 20.4 | 21.2 | 22.0 | 22.9 | 23.7 | 24.5 | 25.3 | 26.1 | 26.9 | 27.8 | 28.6 | 29.4 |
| 177.5 | 14.3 | 15.1 | 15.9 | 16.7 | 17.5 | 18.3 | 19.0 | 19.8 | 20.6 | 21.4 | 22.2 | 23.0 | 23.8 | 24.6 | 25.4 | 26.2 | 27.0 | 27.8 | 28.6 |
| 180.0 | 13.9 | 14.7 | 15.4 | 16.2 | 17.0 | 17.7 | 18.5 | 19.3 | 20.1 | 20.8 | 21.6 | 22.4 | 23.1 | 23.9 | 24.7 | 25.5 | 26.2 | 27.0 | 27.8 |
| 182.5 | 13.5 | 14.3 | 15.0 | 15.8 | 16.5 | 17.3 | 18.0 | 18.8 | 19.5 | 20.3 | 21.0 | 21.8 | 22.5 | 23.3 | 24.0 | 24.8 | 25.5 | 26.3 | 27.0 |
| 185.0 | 13.1 | 13.9 | 14.6 | 15.3 | 16.1 | 16.8 | 17.5 | 18.3 | 19.0 | 19.7 | 20.5 | 21.2 | 21.9 | 22.6 | 23.4 | 24.1 | 24.8 | 25.6 | 26.3 |
| 187.5 | 12.8 | 13.5 | 14.2 | 14.9 | 15.6 | 16.4 | 17.1 | 17.8 | 18.5 | 19.2 | 19.9 | 20.6 | 21.3 | 22.0 | 22.8 | 23.5 | 24.2 | 24.9 | 25.6 |
| 190.0 | 12.5 | 13.2 | 13.9 | 14.5 | 15.2 | 15.9 | 16.6 | 17.3 | 18.0 | 18.7 | 19.4 | 20.1 | 20.8 | 21.5 | 22.2 | 22.9 | 23.5 | 24.2 | 24.9 |

<http://www.freebmiccalculator.net>

Underweight
  Nomal
  Overweight
  Obesity

# A factor to consider: Frame Size

- ◆ BMI may not always be the best way to calculate your ideal weight, because it does not take into consideration your frame size.

**Frame size can be:**

small – medium – large

# Frame Size

People with a large frame have bigger bones and therefore it will be normal for them to weigh more than someone of the same height, but with smaller bones.

So, frame size must be taken into consideration.

You can measure your frame size by measuring your wrist circumference, just above the knobby bone.

*Download the height-weight chart attached to this Power Point.*

# Waist circumference

- 💧 This is another way to assess your body composition.
- 💧 Ideal waist size refers to waist circumference a measurement that promotes optimal health and reduces health risk. The simple rule is to keep your waist circumference less than half your height:
- 💧 **Ideal waist size = height x 0.5**

*(Make allowances for small, medium or large frame – subtract or add about 2 cm.)*

# Waist circumference

- ◆ So, if you are 165 cm tall, your ideal waist circumference is 82.5 cm or less.
- ◆ However, remember that this is “ideal” and does not differentiate between men and women, or different frame sizes. It also does not take age into account. As you get older, your ideal waist measurement will increase.
- ◆ The real value in keep track of your waist circumference is that you can easily see if you are losing weight around the middle, which is very important for avoiding or reversing Type 2 Diabetes.
- ◆ *Download the table showing waist-size by age.*

# Words of Encouragement

- ◆ “Every step is progress, no matter how small.”
- ◆ “Consistency is the key.”
- ◆ “Your health is worth it.”
- ◆ “Results will come; be patient.”
- ◆ “Stay committed to your goals.”
- ◆ “It’s not just about losing weight; it’s about gaining life.”
- ◆ “Every healthy meal is a step towards your goal.”

# End of Session

For more resources visit  
[thehealingpoweroffood.net](http://thehealingpoweroffood.net)