

BODY COMPOSITION & HEALTH

HEALTHY

A *healthy* body composition program helps a person weigh less and look thinner by causing excess fat to be lost and muscle to be retained. Healthy body composition produces significantly better overall health.



UNHEALTHY

An *unhealthy* body composition program may help a person weigh less and look thinner, but it causes muscle to be lost and excess fat to be retained. Unhealthy body composition produces increased risk to other serious health concerns.

