

# YFIT REVIEW

YMCA of Sumter YFIT Program at the Birnie Hope Center

4/11/2019

12 Week Summary (1/15/2019 – 4/2/2019)

40 Participants – 35 women, 5 men

## INITIAL BODY WEIGHT:

*40 stats included*

Normal – 3 participants

Overweight – 7 participants

Obese – 20 participants

Morbidly Obese – 10 participants

## INITIAL BMI:

Normal (<25 BMI) – 3 participants

Overweight (25-29 BMI) – 7 participants

Obese (30-39 BMI) – 20 participants

Morbidly Obese (>40 BMI) - 10 participants

Body weight and BMI are directly correlated so as weight fluctuates so does BMI.

\*It is common for individuals beginning a healthy eating program to gain weight due to improved nutrient intake that prevents loss of lean body mass. Additionally, starting an exercise program may cause initial weight gain due to an increase in blood volume and water in the muscles, bone density and muscle mass.

## 4 WEEKS

• # who have stayed the same – 9

• # who have gained weight\* – 10

2lb gain – 3 participants

3lb gain – 1 participants

4lb gain – 2 participant

More than 4lbs – 4 participants

• % weight lost – 60% (21 participants)

• # of those who have lost weight that have:

Lost more than 3lbs – 3

Lost more than 5lbs – 4

Lost more than 8lbs – 1

Lost 10lbs or more - 4

• **Greatest amount of weight loss** – 23lbs

# BODY COMPOSITION

## Improving Muscle to Fat Ratio

**Losing weight does not guarantee body fat loss. Reducing body fat requires a balanced nutrition intake that supports all the working systems of the body but starves the fat cells, allowing them to shrink. Pound for pound muscle and fat weight the same, but muscle is more dense than fat so it takes up less room than fat in the body. Therefore, weight loss is not necessary in order to see any improvement in body composition.**

*39 participants included in these numbers (\*6 of the 35 female participants are over 50% body fat; therefore, the machine does not read so there is no comparison; 1 male has pacemaker and cannot perform this assessment).*

### INITIAL BODY FAT %

Women:

Obese (32% +BF) – 33 participants

Acceptable (< 32% BF) - 2 participants

Men:

Obese (26% +BF) - 3 participants

Acceptable (<26% BF) – 1 participant

### WEEK 4

- \*10 stayed the same
- 7 increased body fat\*
- 16 participants (48%) have lost body fat

### Of the 16 participants who have lost body fat:

Lost .25% - 3 participants

Lost .5% - 4 participants

Lost 1% - 0 participants

Lost more than 1% - 4 participants

**Greatest amount of BF lost - 4.5%**

*BODY FAT: If following the guidelines, participants can expect a 1% reduction in 6 weeks.*

*\*Recent exercise, low water intake, recent food or high sodium intake prior to assessment can cause BF% read to increase.*

**BLOOD PRESSURE** (36 initial participants) Initial Stats: 32 (88%) with HBP: Over 120 – 6 participants; Over 130 – 6 participants; Over 140 – 8 participants; Over 150 – 5 participants; Over 160 – 5 participants; Over 170 – 2 participants.

29 participants completed BP testing. Of those, 22(76%) had HBP: Over 120-8; Over 130-4; Over 140-4; Over 150-3; Over 160-2; Over 170-1. Of those 26, 16 have made improvements, 4 stayed the same and 6\* increased. *\*did not take BP meds that day.*