

# BodyFatTest.Com “Lean Profile”

(Compiled by Ron Jones, MS, ACSM Health Fitness Specialist, Corporate Wellcoach)

*ISSA Sports Nutrition Performance Specialist Linda Finley has tested over 10,000 people with hydrostatic weighing for body composition. Over many conversations with Linda, I gathered a “profile” of her leanest people. This is how they get there, how they stay there, and how they maintain health over the years...*

## **Daily Exercise!!!**

### **“Near” 40/30/30 Diet (Macronutrients)**

- ≈40-50% Carbohydrate
- ≈25-30% Protein
- ≈20-30% Fat

### **Macronutrients & Food Choices:**

- Most of their **carbohydrates** come from vegetables.
- Most of their **protein** comes from lean meats (poultry, fish) and healthy plant sources—not supplementation.
- Most of their **fats** come from lean meats (poultry, fish), healthy oils, along with seeds and nuts.
- They predominately eat REAL FOOD—not processed foods.

### **Protein Intake Ranges used by *Body Fat Test Mobile Labs*:**

- Based on “Lean Mass” pounds ONLY—not total body weight.
- Targeted towards enhancing metabolic rate through healthy “muscle gain”—not maintenance of “sedentary” amount of muscle.
- **Intake Range Breakdowns: (Lean Body Mass Pounds X .8g-1.2g)**
  - .8 (Sedentary/Muscle Maintenance)
  - 1.0 (Active/Optimizes Exercise Recovery, Assist Muscle Gain)
  - 1.2 (Vigorous/Extreme Exercise, Promotes Higher Muscle Gain)

### **Caloric Intake Tips: (RMR=Resting Metabolic Rate)**

- They don’t starve muscle!
- They EXCEED RMR. Meeting RMR alone is not enough calories per day. Their calories are from “healthy foods” (not junk foods) balanced in ≈40/30/30 composition.
- They always eat breakfast.
- They don’t skip meals.
- They eat ≈5-6 times per day.

**Summary Points:** They exercise daily. They eat real food and do not “diet” or restrict calories under their RMR. They do not sacrifice “muscle” to lose weight. They eat a balance of healthy proteins, fats, and carbohydrates in sufficient amounts to “optimize” metabolism and overall health. ***They understand “weight” loss that sacrifices muscle is not good for health...and they stay in the game—health for life!***

**Linda Finley • Testing Specialist • 805.205.5356**

**[www.bodyfattest.com](http://www.bodyfattest.com) • [linda@bodyfattest.com](mailto:linda@bodyfattest.com)**