

Hydrostatic Weighing “Re-Testing Scenarios”

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

There are three basic scenarios for re-testing. ALL your re-test data is good data because even if it is “bad,” we can see what needs to be improved then make the proper adjustments to optimize your weight management process.

Weight ≠ Weight!

What “type” of weight are you losing or gaining?
Fat or Lean Muscle?

↓ Fat ↑ Lean Mass! (1)

- Optimal results because this means you are leaner.
- Better macronutrient *and* caloric balance promotes optimal metabolism (more fat burning, maintain or gain muscle)
- **Scale Weight:** Might not show “less” weight if you gained muscle, but don’t let the total body scale weight fool you!
- ***Adjustments:** Minimal as long as you are in the healthy body fat range or still working your way into the healthy range. If your lean mass has increased, it will also increase your RMR calorie needs. Be prepared to slightly adjust your overall plan—total calorie intake, re-calculate your protein range based off increased lean mass amount, etc.

↑ Fat ↑ Lean Mass (2)

- Excessive calorie intake.
- Getting enough protein to be anabolic and gain muscle, but still eating too many overall calories and storing excess energy as fat.
- ***Adjustments:** Decrease calorie intake to prevent excess fat storage and fat weight gain.

↑ Fat ↓ Lean Mass (3)

- Not getting enough calories to increase lean mass. Not eating enough *promotes fat storage* and using muscle for fuel.
- Macronutrients might be balanced better but still are not getting enough calories to be “*anabolic*” (state of *adding* muscle).
- **Scale Weight:** Might actually show a “decrease,” but in this case, it is NOT good because you lost muscle in the process!
- ***Adjustments:** Increase calorie intake to prevent starvation response—this will promote lean mass increases and decrease fat storage response.

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