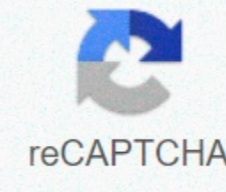




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## Lowest body fat percentage that is healthy

Months before the bodybuilding competition, male bodybuilders typically aim to reduce body fat as low as 3-4 percent of body fat to crush the look, while their female counterparts go for at least 8-9% of that beautiful, lean physique. This led many to believe that their body fat levels should decrease among the same percentages as bodybuilders. Is that healthy? The straight answer is no. Too little body fat can be as bad as having too much of it. It's true. Starving yourself in a bikini ready for a summer body or more enjoying six pack abs before the spring break can be as harmful as overweight. In fact, being skinny or finally getting that flat belly you saw on Instagram doesn't necessarily mean you're taking care of your body properly. Consider this comment on Reddit's bodybuilding thread, where bodybuilding competitors were asked how she felt in the run-up to the competition: Finally, a woman who at some point had 9.5 percent body fat shared her experience: Lack of energy. The feeling is exhausted. Miserable. Are you not notifying the model? But all these answers are anecdotal, right? If you're looking for robust information and established research findings, whether it's healthy or not to drop your body fat into single digits, read on! In this article you are going to learn that body fat is not as dangerous as you think it is, ideal body fat content, and more research-supported information on why you should never aim for very low body fat. Having low body fat is unhealthy and unsustainable. Many tend to think that body fat is either good or bad for you. But it's more complicated. While research supports the idea that people with high body fat levels are more prone to cardiovascular disease and metabolic syndrome, body fat levels that are too low are not necessarily good for you. The reality is that there is more body fat than meets the eye. Essential vs. Storage Fat: What's the Difference? To begin with, there are two main types of body fat: essential fats and fat storage. As its name suggests, essential fats play a crucial role in your overall health and cell processes. In exercise physiology, nutrition, energy and human performance, essential fats are described as ... fat in the heart, lungs, liver, spleen, kidneys, intestines, muscles and lipids in rich central nervous system and bone marrow tissue. As metabolic fuel, essential fats ensure that you have enough energy to reserve and help preserve body heat when needed. It also protects your internal organs and joints from injury, acts as a soft, fluffy pillow. As chemical messengers, they help to ensure that the body processes, such as metabolism, and immune function to go as smoothly as planned. Finally, essential fats play an important role in a woman's reproductive abilities. Normal function of the body goes for hay fever if essential fat falls below the recommended minimum level of 5% for men and less than 15% for women. Women have a large necessary range of body fat due to fertile and reproductive needs. Meanwhile, nonessential or storage fat is accumulated body fat for energy reserves. It's fat that you notice in your body. What is the percentage of body fat? Simply put, body fat is the amount of fat you have in your body, except for your fat-free mass (or lean body weight). Your fat mass is made up of your bones, organs, muscles and body water. Your body fat percentage (also known as percentage body fat) reflects how much your weight accounts for body fat. It is calculated by dividing your body fat mass weight by the total weight. There is currently no official acceptable standard for the percentage of body fat. The American College of Sports Medicine (ACSM) recognizes 10-22 percent of men and 20-32 percent of women to reduce health risks associated with insufficient fat or overfat. These ranges are centered around the idea that the average percentage of body fat in women is 23 percent, while men are tied at 15 percent. At InBody USA, we recommend body fat percentages ranging from 10-20 percent for men and 18-28 percent for women. As certain percentages of body fat appear in men and women before going through dangerously low body fat traps, let's look at these five body fat percent ranges for both men and women. Obese: >25% (males); >32% (female) Men and women who fall into this percentage of body fat are obese and more likely to have more rounded body shapes. Excess fat will be throughout the body - often concentrated in the abdomen, thighs and hips. Individuals entering this percentage of body fat have an increased risk of metabolism or cardiovascular disease. Obesity is also associated with poor self-esteem, as well as low energy levels. Overfat: 20-25% (men); 28-32% (Women) Men and women who enter this range of body fat percentages may not have as much excess body weight as those in the obese category but still have excess body fat. While it is true that some people in the overfat category will be overweight, it is also possible to have a normal or average body weight, but have too much body fat. It is also known as sarcopic obesity or lean fat. Like their obese colleagues, possible issues include low energy levels, a higher risk of metabolic syndrome and cardiovascular disease, poor self-esteem due to physical appearance and reduced life expectancy. People who are lean fat are also particularly vulnerable to health problems because they have similar body compositions to people who are overweight, but may have very few visual indicators that warn them of their health risks. Average fitness: 15-20% (men); 23-28% (Women) Men in this body fat percentage category are often described as moderately skinny and appropriate. While the definition of muscle may be obvious, contours and striations may occur slightly. There may be some blood vessels in the hands. For women, this category is neither thin nor overweight. With more body fat around the thighs and buttocks, the hips will begin to form curves. Both men and women may have some definition of muscle, but it can have a softer appearance. Off-season athletes usually fall into this category. People in this category usually enjoy high levels of energy, better sleep and good overall health. They can also look good in tight fitting clothes, which in turn leads to better self-esteem. Health problems due to excess body fat are less likely to develop over time. Sports fitness: 10-15% (men); 18-23% (Women) Men and women who fall into this percentage of body fat have a classic beach body appearance. They are lean, muscular and clearly fit. There is a low fat compress and the definition of muscle is especially evident in shoulders, hands and abs. Professional athletes can enter this category. Blood vessels can appear in the arms, but it can not be so pronounced between the legs of men. Women with this percentage of body fat may have fat in their hands and feet, but it's not as obvious as those with a percentage of body fat. In addition to looking really fit, individuals with this percentage of body fat tend to enjoy excellent overall health and well-being. They also experience less cravings due to regular physical activity and strict adherence to the diet that suits them. Exclusive range of fitness/bodybuilders: 3-10% (men); 12-18% (Women) This body fat percentage category often includes bodybuilding competitors and fitness models. The definition of muscle is usually high for both men and women and is very low in fat. Bodybuilders, for example, can reach the extreme low end of this range of cycles when they compete because in order to have a competitive appearance, they require near-no body fat. It is an incredibly complex composition of the body, which over time is consistently maintained, especially in the lower part of this range. You can learn more about different body fat percentage ranges than setting a goal for body composition that suits you. The health risks and dangers of low body fat in adult men and women in men who have less than 6 percent body fat and women with less than 16 percent body fat are considered too low. They are usually bodybuilders contest training or fitness models for their photo shoot day. These individuals have gone to great lengths, such as going through a strict diet and exercise regimen for weeks. You might think that these body fat percentage ranges are actually healthy because they still exceed the essential fat values. But not so fast. 12-month cases carried out by the International Physiological Physiological observed body composition and physical condition of a male competitive bodybuilder whose body fat percentage was about 4.5 percent in competition. The researchers reported that there were several negative results consistent with retraining, such as a decrease in physical performance and a decrease in immune function. A more recent study found that in order to achieve these very low body fat levels, these athletes had to rely on steroids and other drugs to help them achieve their goals in the overall practice of bodybuilding/number of competition. What is now becoming clear is that this practice, while useful in achieving the desired appearance, is associated with a significantly higher risk of heart disease and liver dysfunction. These athletes also explained that these negative physiological changes are unfortunate but necessary consequences of competitive bodybuilding. Female bodybuilders, on the other hand, experience additional side effects with a very low percentage of body fat - temporary menstruation or amenorrhea. It forms one of the triads of a condition known as Female Athletes. In addition, it has been shown that competitive female bodybuilders have the same diet-related habits as bulimia. They may avoid social events involving meals and may not take time for other activities. Female bodybuilders may also experience other reproductive and fertility problems. Bodybuilders' bodies are not ideal. Despite the impressive physical appearance, bodybuilders do not have an ideal body composition. In their athletic demand they put their body through stress to the point where normal biological functions become impaired. Therefore, it looks like a bodybuilder shouldn't be the target (unless you're a bodybuilder). Does Low Body Fat Improve Athletic Performance? While low body fat levels seem to be associated with better sporting performance, body composition alone is not a perfect predictor of athletic success. There is little evidence of any health benefits when men drop to 8 percent of body fat and when women drop to 14 percent of body fat. In addition, attempts to achieve a percentage of body fat, which is similar to professional bodybuilding goals, can lead to health problems and complications such as impaired body thermoregulation, increased risk of injury, fatigue, loss of muscle tissue and suboptimal body performance. Takeaway: Going Beyond Body Fat Percentage While Your Body Fat Percentage is a significant and useful metric based solely on it, it won't provide you with solutions or answers that can improve your overall health and fitness. You will need more specific values than your body fat percentage and weight, such as skeletal muscle mass, visceral fat and even segmental lean analysis. This will not only help you to stay healthy the percentage of fat based on a healthy weight, but it can also help you figure out if you have muscle imbalance, reduced muscle mass or not eating enough. Your body has a very complex system of specific components working together. Think of the percentage of body fat as just one tree in a large forest. It is important to get as much information as possible about the health of the whole forest, and not just about one particular tree. Kyjean Tomboc is a nurse turned freelance health care copywriter and UX scientist. After experimenting with going paleo and vegetarian, she realized that it all boils down to eating real food. Food.

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