



## LOSE BODY FAT SAFELY

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If losing some excess body fat might improve your appearance and/or your performance in a sport, it is important that you first determine a body weight goal after having your body fat determined (Table 1) and then gradually lose the fat, preferably before your competitive season begins.

**Table 1. DETERMINING YOUR BODY WEIGHT GOAL**

1. Have your body fat measured by a trained professional.
2. Calculate your current lean body weight.  
(total body weight – fat weight = lean body weight)
3. Decide on your desired percent lean and fat weight.
4. Divide your current lean body weight (lbs) by the percent lean body weight desired.
5. Multiply this value by 100.

*Example For A Male Athlete*

<b>Current:</b>	190 pounds	15% body fat (85% lean)
<b>Desired:</b>		10% body fat (90% lean)
<b>Calculations:</b>	Current lean weight = $190 \times .85 = 161.5$ pounds	
<b>Body Weight Goal</b>	= $(161.5 / .90) \times 100 = 1.794 \times 100 = 179.4$ pounds	

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