



What should your goal weight be?

Well, there is no such thing as an ideal body weight. You can weigh very little and be morbidly obese or you can weigh a lot and be extremely healthy. Now, what determines whether we are healthy or obese is our body composition. We want to have strong muscles and bones and very little body fat.

When you think you have reached an ideal weight, we recommend you have a DEXA body composition scan done to see how much body fat you have. Men should aim to have a body fat percentage of 20% or less. While women should aim for 25% or less. Now remember, the scale is not the best indicator of your success because it tells you just your total body weight and you're not healthy if most of that weight is body fat.