

HEALTHY

Athletes at this level of body fat

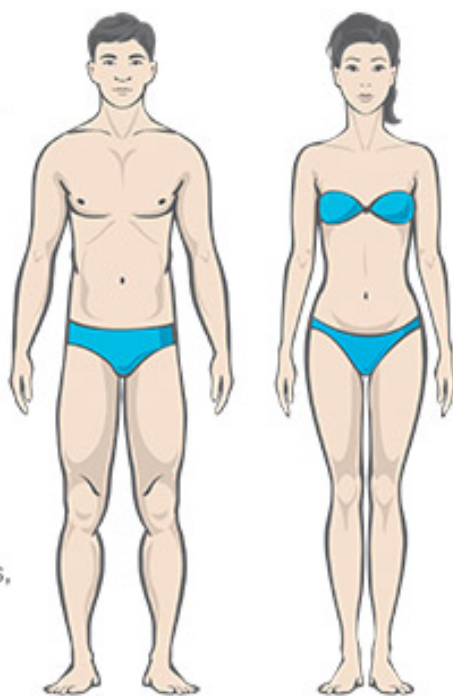
Olympic canoe and kayak athletes.
Professional baseball players.
Professional softball players.

Benefits

Fairly easy to maintain.
Energy levels will continue to improve.
Will probably be able to reduce or eliminate many medications.

Tradeoffs

Requires some planning and may require minor social sacrifices, e.g. exercising instead of hanging out with friends at a bar.
May require effort and attention to maintain this much sleep.
May require some increased food prep skills and effort.



13-15%

23-25%

↑ DO MORE

Eat slowly until satisfied at 75% of your meals.

Include 1-2 palms of protein dense foods in 2-3 meals per day.

Include 1-2 fists of vegetables in 2-3 meals per day.

Exercise 30-45 minutes daily, with 1-2 sessions breaking a sweat

Sleep at least 7 hours per night.

**↓ DO LESS**

Eat desserts / processed foods 3-5 times per week, within reason.

Drink up to 3-5 caloric beverages per week.

