How Many Pounds of Fat Do You Need to Lose to Be Healthy?

Learning your body fat composition can be very useful for determining a reasonable weight loss goal.

% Body Fat X Current Weight = Pounds of Fat you're carrying (P of F)

Current Body Weight – P of F = Pounds of Lean you're carrying (P of L)

$$\frac{\text{(P of L)}}{\text{.80 for men* (.75 for women)}} = \text{Highest optimum body weight (opt body wt) at highest optimum body fat if you keep all your lean tissue}$$

Current Body Weight – Optimum Body Weight = Amount of BODY FAT you need to lose to be at your highest Opt Body Fat to be healthy.

Example A: Male

Current Body Wt = 225 lbs.
Current Body Fat = 26%
(P of F) = .26 x 225 lbs. = 58.5 lbs. of FAT
(P of L) = 225 lbs. – 58.5 lbs. = 166.5 lbs. of lean
Highest Opt Body Wt at 20% body fat $= \frac{166.5}{.80} = 208$ lbs.

Body Fat to lose = 225 – 208 = 17 lbs. of FAT

So if *Example A* loses 17 lbs. of FAT only, he will be at 20% Body FAT. This means he will need to keep all his lean tissue (166.5 lbs.) and lose fat only.

Note: A woman would divide her pounds of lean (P of L) by .75 not .80

* Since we like to see men no higher than 20% Body Fat (women 25%) for optimum health, then their corresponding percent lean would be 80% (75% for women).