

## Body Composition

Analyze the lifestyle of Minnie Minor or Johnny Jumper. Explain what changes need to be made to **Nutrition, Exercise, Rest and Hydration** to achieve an improvement (your goal) in her/his Body Composition. Your analysis needs to include **F (frequency)**-(number of meals or snacks daily), **I (intensity)**-(number of calories In vs. number of calories Out) and **T (type)**-(type of physical activity, food choices, amounts of hydration and rest) as they relate to improving Body Composition.