List of Abbreviations

AFI                Arm fat index
B.W                Body weight
BIA                Bioelectrical impedance analysis
BMI                Body Mass Index
BMR                Basal Metabolic Rate
BSF                Biceps skin fold
Calebor            Calorie and energy balance organiser
CD                 Compact disc
CMUAMA             Corrected mid upper arm muscle area
EEPA               Energy expenditure on physical activity
HC                 Hip circumference
MUAA               Mid upper arm area
MUAC               Mid upper arm circumference
MUFA               Mid upper arm fat area
MUAMA              Mid upper arm muscle area
MUAMC              Mid upper arm muscle circumference
PA                 Physical activity
PAL                Physical activity level
PAR                Physical activity ratio
PBF                Per cent body fat
TBW                Total body water
TDEE               Total daily energy expenditure
Ti                 Time spent
TSF                Triceps skin fold
UW                 Underweight
WC                 Waist circumference
WHR                Waist hip ratio
N                  Normal weight
OW                 Overweight