

# body composition *(bod-y-com-po-si-tion)*

## Definition

n. The percentages of fat, bone, water, and muscle in human bodies.

## Example Sentence

Understanding **body composition** is crucial for designing effective fitness programs.

## More Example Sentences

Athletes often monitor their **body composition** to optimize performance.

## Synonyms

physique; build; structure

## Antonyms

disorder; imbalance; disproportion

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