

InBody230

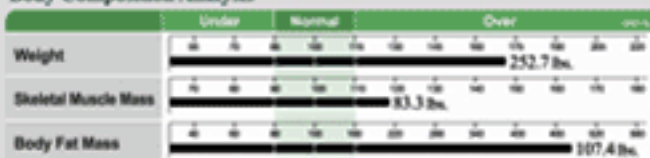
Name(I.D.)	Gender	Age	Height	Date	Time
TS7956	Male	30years	5ft. 8.9in.	01.26.2009	10:39:46

BIOSPACE

Body Composition

	Values	Lean Body Mass	Weight
Total Body Water	106.3 lb.	145.3 lb.	252.7 lb.
Dry Lean Mass	39.0 lb.		
Body Fat Mass	107.4 lb.		

Body Composition Analysis



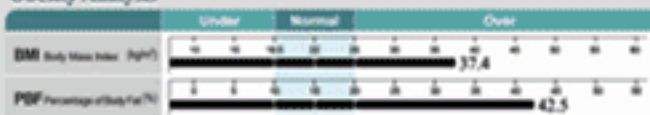
Body Composition

Body composition testing is the process of measuring the components of your body. In short what you're made of. Weight alone is not a clear indication of good health because it does not distinguish how many pounds are fat and how many pounds are lean body mass. By regularly monitoring your Body Fat, and Muscle Mass or Muscular Development, you can understand how your diet, lifestyle and exercise regime are influencing your body composition. Knowing what's working for you can help you target and reach your wellness, appearance and longevity goals.

Body Composition Analysis

What we're made of impacts our health, appearance and our capabilities. Too much Body Fat increases our risk of developing diseases such as diabetes, heart disease and cancer. Carrying too much weight places undue strain on our joints, heart and vital organs. Ideally, the Skeletal Muscle Mass graph to the left should reach or surpass the normal range and the Body Fat Mass graph should be falling within the Normal Range.

Obesity Analysis



$$BMI = \frac{\text{Weight, kg}}{\text{Height, m}^2}$$

$$PDF = \frac{\text{Fat}}{\text{Weight}} \times 100$$

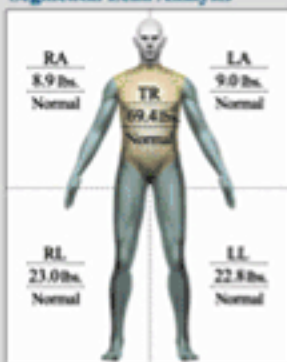
BMI Body Mass Index Under Normal Over

PDF Percentage of Body Fat Under Normal Over

Obesity Analysis

BMI isn't a measurement but a calculation based on your height and weight. A BMI over the normal range can indicate a weight problem, or a degree of obesity. Individuals with large amounts of muscle mass for their height may also have a BMI over the normal range, this is not indicative of obesity or a health risk. Percentage of Body Fat is a measured component of your actual body composition, PDF is the percentage of your total weight that isn't muscle, bone or excess fluid. PDF is a more accurate means of assessing degrees of obesity or degrees of fitness.

Segmental Lean Analysis



Segmental Lean Analysis

Use this section to understand how your muscle mass is distributed throughout your body. Your segmental distribution could indicate that you have maintained or developed muscle mass proportionately. You may discover that you have a tendency toward a disproportionate amount of muscle in your legs or your trunk and arms. Genetically there are inherent tendencies toward more or less musculature in any of these areas. It's true that you can't "spot lose" fat but you can develop or maintain certain muscles by using them more.

Z	Impedance				
	RA	LA	TR	RL	LL(LL)
20 Hz	291	289	26.7	237	239
100 Hz	254	254	22.0	206	209

Body Fat & LBM

Body Fat	- 31.8 lb.
LBM	0.0 lb.

Fat : + (need more body fat mass)
- (lose body fat mass)
LBM : + (need more lean body mass)
0.0 lb. (maintain current LBM)

Basal Metabolic Rate

BMR	1793 kcal
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The BMR is the minimal number of calories needed to sustain life at a resting state. BMR is directly correlated with Lean Body Mass. With age muscle decreases and BMR steadily decreases.