InBody

ID

2816844733

[InBody570]

Height Age 5ft. 05. 6in. 45

Gender

Test Date / Time

04. 23. 2018 11:00

(281) 684-4733
Admin@SONutrition.com
http://www.sonutrition.

**Body Composition Analysis** 

		Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water	(lbs)	43.9	70. 1		
Extracellular Water	(lbs)	26.2	70. 1	95. 9	126.5
Dry Lean Mass	(lbs)	25.8			
Body Fat Mass	(lbs)	30.6			

## **Muscle-Fat Analysis**

	en is											
Weight	(lbs)	55	70	85	<b>126.</b> 5	130	145	160	175	190	205	%
SMM Skeletal Muscle Mass	(lbs)	70	80	90	52. 7	120	130	140	150	160	170	%
Body Fat Mass	(lbs)	40	60	80	30.6	220	280	340	400	460	520	%

# **Obesity Analysis**

			4	100							
BMI Body Mass Index	(kg/m²)	10.0	15. 0	18.5	21.5 25.0	30.0	35.0	40.0	45.0	50.0	55.0
PBF Percent Body Fat	(%)	8, 0	13.0	18.0	23.0 28.0	33.0	38.0	43.0	48. 0	53.0	58.0

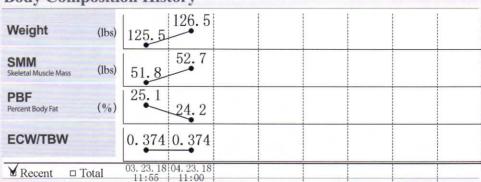
# Segmental Lean Analysis

				-	Da	sed on 1	dear we	ignt -	Da	sed on ci	irrent we	eignt =	
Right Arm	(lbs) (%)	40	60	80	4. §	120 59 9, 2	140	160	180	200	220	240	%
Left Arm	(lbs) (%)	40	60	80	100 4.	120 65 00. 6	140	160	180	200	220	240	%
Trunk	(lbs) (%)	70	80	90	42.	5 01. 2	120	130	140	150	160	170	%
Right Leg	(lbs) (%)	70	80	90	14.	68 00. 5	120	130	140	150	160	170	%
Left Leg	(lbs)	70	80	90	<b>1</b> 00 14.	84 01. 5	120	130	140	150	160	170	%

## **ECW/TBW Analysis**

The state of the s	THE RESIDENCE AND ADDRESS OF THE PARTY OF TH
ECW/TBW	0.320 0.340 0.360 0.380 0.390 0.400 0.410 0.420 0.430 0.440 0.450
LOWIDI	0.374

# **Body Composition History**



# Body Fat - Lean Body Mass Control

### Segmental Fat Analysis

	<b>V</b>   <b>—</b>   <b>A</b>	
Right Arm	( 1.81bs) - 83.9%	
Left Arm	( 1.81bs) - 83.9%	
Trunk	( 15.01bs) ———— 121.4%	
Right Leg	( 4.91bs) - 85.9%	
Left Leg	( 4.91bs) - 86.2%	
Basal Me	etabolic Rate -	
	1200	

### 1309 kcal Visceral Fat Level—

		Low	10	High
Level	5			

## Results Interpretation

## **Body Composition Analysis**

Body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water.

## **Obesity Analysis**

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

## Segmental Lean Analysis

Evaluates whether the muscles are adequately developed in the body.

The top bar shows the comparison of muscle mass to ideal weight while the bottom bar shows that to the current weight.

#### **ECW/TBW Analysis**

ECW/TBW, the ratio of Extracellular Water to Total Body Water, is an important indicator of body water balance.

### Visceral Fat Level

Visceral Fat Level is an indicator based on the estimated amount of fat surrounding internal organs in the abdomen. Maintain a Visceral Fat Level under 10 to stay healthy.

### Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



### Impedance-

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	420. 4				
500 kHz	357. 4	355.4	18.4	280.9	274.4