

ID 1  
Age 29

Height 5ft06.0in.  
Gender Female

Date 07.17.2012  
Time 07:11:56



Your body weight, 119.7 lbs., is the sum of your body fat, 21.6 lbs., and your Lean Body Mass, 98.1 lbs. Lean Body Mass consists of Dry Lean Mass, 26.0 lbs., and Total Body Water, 72.1 lbs. Total Body Water is divided into water inside the cells (Intracellular Water) and water outside the cells (Extracellular Water). Thus, the Total Body Water, is the sum of Intracellular Water, 44.3 lbs., and Extracellular Water 27.8 lbs. Keeping these components appropriately balanced is the key to staying fit and healthy.

## Body Composition Analysis

	Under	Normal	Over	UNIT: %
Weight	40 55 70 85 100 115 130 145 160 175 190 205	119.7 lbs.		
Lean Body Mass	60 70 80 90 100 110 120 130 140 150 160 170	98.1 lbs.		
Body Fat Mass	20 40 60 80 100 160 220 280 340 400 460 520	21.6 lbs.		

## Body Water Balance

	Under	Normal	Over	UNIT: %
Intracellular Water	60 70 80 90 100 110 120 130 140 150 160 170	44.3 lbs.		
Extracellular Water	60 70 80 90 100 110 120 130 140 150 160 170	27.8 lbs.		
Total Body Water	60 70 80 90 100 110 120 130 140 150 160 170	72.1 lbs.		

## Obesity Analysis

	Value	Normal Range	Equation
BMI (kg/m <sup>2</sup> ) Body Mass Index	19.3	18.5 ~ 25.0	$BMI = \frac{Weight, kg}{(Height, m)^2}$
PBF (%) Percentage of Body Fat	18.1	18.0 ~ 28.0	$PBF = \frac{Fat, kg}{Weight, kg} \times 100$

## Segmental Lean Analysis

	Under	Normal	Over	UNIT: %
Right Arm	20 40 60 80 100 120 140 160 180 200 220 240	4.74 lbs. 108.7%		
Left Arm	20 40 60 80 100 120 140 160 180 200 220 240	4.52 lbs. 103.6%		
Trunk	60 70 80 90 100 110 120 130 140 150 160 170	41.8 lbs. 105.1%		
Right Leg	60 70 80 90 100 110 120 130 140 150 160 170	15.65 lbs. 113.1%		
Left Leg	60 70 80 90 100 110 120 130 140 150 160 170	15.81 lbs. 114.3%		

## Body Fat & Lean Body Mass

Considering your current body composition, you could benefit by an increase of 9.0 lbs. of body fat and an increase of 4.4 lbs. of muscle mass. Your Basal Metabolic Rate is 1331 kcal. BMR is the number of calories your body burns at rest during every 24hr period. BMR is independent of your daily activities. Your BMR increases as you add muscle mass and decreases when muscle is lost.

## Intracellular, Extracellular and Total Body Water

The majority of body water is Intracellular water and found within muscles and organs. In general, healthy people maintain a ratio of Extracellular Water (ECW) and Total Body Water (TBW) near 0.380. The expected or healthy range of ECW:TBW is 0.360~0.390. Your ECW/TBW ratio is 0.385. Please consult your physician if your reported ratio is 0.400 or above.

## Obesity Analysis

BMI (Body Mass Index) 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 measurement of your actual body composition; PBF is the percentage of your total weight that isn't muscle, bone or fluid. PBF is a more accurate means of assessing degrees of obesity or degrees of fitness.

## 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.

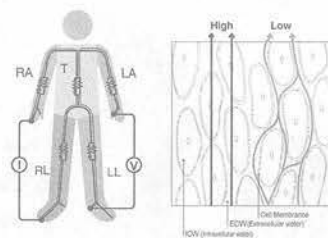
## Impedance

	RA	LA	TR	RL	LL
Z 5 kHz	380.3	397.5	27.1	280.9	271.1
50 kHz	341.7	359.1	24.0	252.7	245.7
500 kHz	298.7	316.8	19.2	222.0	216.8

# Understanding the InBody Results

## Direct / Segmental / Multi-frequency Bioelectrical Impedance Analysis (DSMF-BIA)

The InBody520 divides the body into five segments - 4 limbs and a trunk - and measures the impedance of each segment at multiple frequencies (5, 50 and 500 kHz). The DSMF-BIA method has a high level of accuracy because of the combination of varying frequencies and segmental analysis. The extreme accuracy makes it possible for the InBody520 to monitor the slightest compositional changes during the process of medical treatment, rehabilitation, and exercise programs.



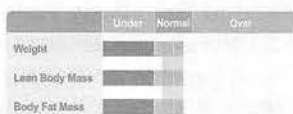
## Body Composition Analysis

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 undo strain on our joints, heart and vital organs. Ideally, the Lean Body Mass graph should reach or surpass the normal range and the Body Fat Mass graph should be falling within the normal range.

## Basal Metabolic Rate

Basal Metabolic Rate or BMR is the minimum number of calories expended while completely at rest, even the calories required to digest food are not part of our BMR. As we age we tend to lose muscle mass, a process known as Sarcopenia. As we lose muscle, our caloric needs decrease. Maintaining or increasing muscle mass is the only way to increase your minimum caloric requirements.

## "Weight-Lean Body Mass-Body Fat Mass" Graph Interpretation



Normal Weight - Standard Type



Normal Weight - Strong Type



Normal Weight - Obese Type



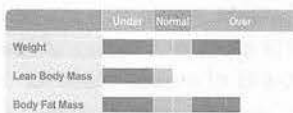
Normal Weight - Weak Type



Under Weight - Weak Type



Under Weight - Strong Type



Over Weight - Weak Type



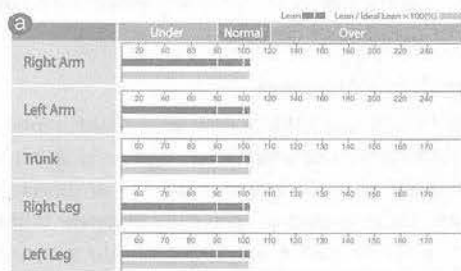
Over Weight - Strong Type



Over Weight - Obese Type

\* Connect the end points of weight, lean body mass and body fat mass graphs. The most ideal type is 'D'. 'C' type could indicate that some adjustments could be recommended to achieve a more balanced body composition.

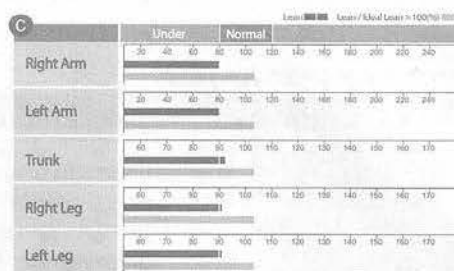
## Segmental Lean Analysis



If both bar graphs are aligned within the normal range at the 100% mark or above, the body is considered to contain the proper amount of muscle mass in relationship to their weight.



Since the darker bar graphs on the top extend into the over range, you might consider the individual to be a muscular type. However, the bottom bar graph shows relative muscle with total weight as a consideration. These graphs indicate that this individual's body contains excessive fat mass and a lower level of muscle content than the ideal level for their weight.



Since the darker bar graphs on the top are in the under range, you might consider this to be a non-muscular type. However, the bottom bar graphs show that the individual has a high level over than 100% of muscle mass in relationship to their weight. Therefore, this individual may contain the minimum amount of fat and a high level of muscle content for their weight.

\* Disclaimer: Please refer to the User's Manual for ranges on the result sheet.