

Bodystat® Body Composition Simplified

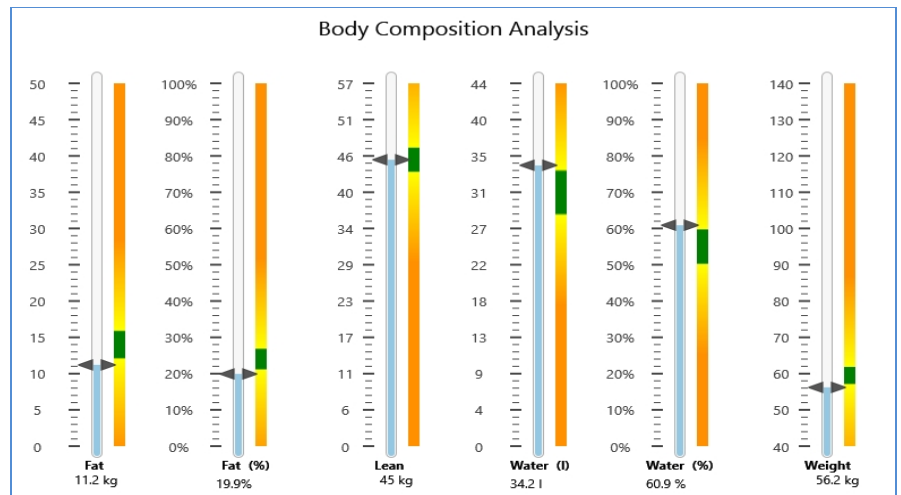
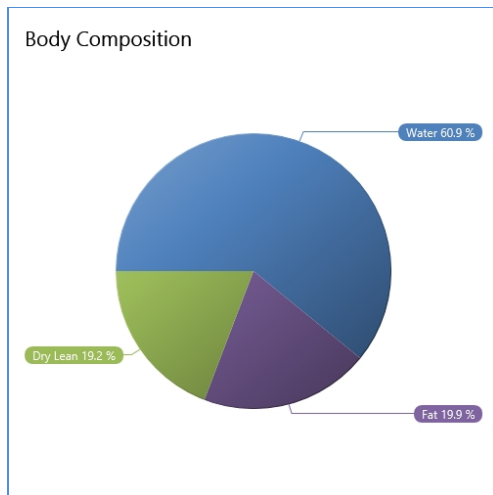
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Subject Name	Subject Ref	Age	Gender	Activity	Height	Weight
Example Subject		40	F	Medium/High	1.64 m	56.2 kg
Test Date	Test No. / Ref	Device	Serial No.	Waist	Hip	Impedance 50 kHz (Ω)
14/06/2014 15:14	2	1500 BT	213670	75 cm	93 cm	514

	Measured	Normal Range	Measured %	Normal Range %
Total Body Weight	56.2 kg	(57 kg - 62 kg)		
Body Fat	11.2 kg	(12 kg - 16 kg)	19.9%	(21% - 27%)
Body Lean	45 kg	(43 kg - 47 kg)	80.1%	(73% - 79%)
Body Water	34.2 l	(28 l - 34 l)	60.9%	(50% - 60%)
Dry Lean Weight	10.8 kg			

Basal Metabolism 1516 Kcal per day (27 Kcal per kg)
 B.M. rate is an estimate of your body's resting energy requirements.

Activity Metabolism 2578 Kcal per day
 The estimated amount of energy your body requires for the activity level selected.



Total Body Fat Weight	11.2 kg	19.9%
<p>The normal percentage fat range for you is (21% - 27%)</p> <p>Your percentage fat is low for your age and gender</p> <p>Under normal conditions, body fat should not be reduced to below the recommended lower limit as fats are essential for normal body functions and good health</p>		

Total Body Lean Weight	45 kg	80.1%
<p>The normal percentage lean range for you is (73% - 79%)</p> <p>Your percentage lean is high for your age and gender</p> <p>Lean body weight is fat free weight consisting of muscle, water and bone.</p> <p>Dry lean weight excludes the water component of lean. It should be monitored closely to ensure, under normal circumstances, that there is little or no loss of muscle and bone, particularly during the ageing process.</p> <p>Never use the lean as a goal weight.</p>		

Total Body Weight	56.2 kg
<p>The Composition weight range for you is (57 kg - 62 kg)</p> <p>Your body weight is within "Normal" limits.</p>	

Body Composition
<p>Your results indicate that you have a lean build.</p> <p>You have been successful in maintaining/obtaining a suitable body composition. However, you must continue to maintain a suitable body composition by following a healthy eating plan and exercise program.</p> <p>Use BODYSTAT to monitor your body composition regularly.</p>