

NAME: (LB100719160306) AGE: 20,0years HEIGHT: 170,0cm GENDER: Female DATE: 16:26:59

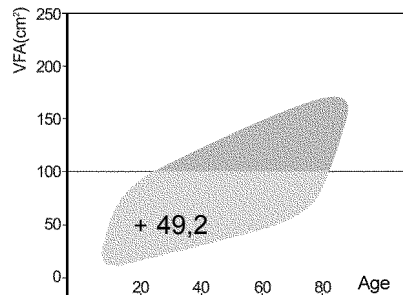


Body Composition Analysis

Compartments	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight	Normal Range
I C W (ℓ) <small>Intracellular Water</small>	19,6	31,7	40,7	43,4	66,9	19,6 ~ 24,0
E C W (ℓ) <small>Extracellular Water</small>	12,1					12,0 ~ 14,7
Protein (kg)	8,4	<small>non-osseous</small>				8,5 ~ 10,4
Mineral (kg)	3,25	osseous: 2,73				2,93 ~ 3,58
Body Fat Mass (kg)	23,5					12,4 ~ 19,9

► Mineral is estimated.

Visceral Fat Area



Muscle - Fat Analysis

	Under	Normal	Over	UNIT: %	Normal Range
Weight (kg)	55 70 85 100	115 130 145 160 175 190 205			52,8 ~ 71,5
S M M (kg) <small>Skeletal Muscle Mass</small>	70 80 90 100	110 120 130 140 150 160 170			23,8 ~ 29,1
Body Fat Mass (kg)	40 60 80 100 160	220 280 340 400 460 520			12,4 ~ 19,9

Obesity Diagnosis

	Under	Normal	Over	Normal Range
B M I (kg/m²) <small>Body Mass Index</small>	10 15 18,5 21 25 30 35 40 45 50 55			18,5 ~ 25,0
P B F (%) <small>Percent Body Fat</small>	8 13 18 23 28 33 38 43 48 53 58			18,0 ~ 28,0
W H R <small>Waist-Hip Ratio</small>	0,60 0,65 0,70 0,75 0,80 0,85 0,90 0,95 1,00 1,05 1,10			0,75 ~ 0,85

Nutritional Evaluation

Protein Normal Deficient

Mineral Normal Deficient

Fat Normal Deficient Excessive

Weight Management

Weight Normal Under Over

SMM Normal Strong Under

Fat Normal Under Over

Obesity Diagnosis

B M I Normal Under Over Extremely Over

P B F Normal Over Extremely Over

W H R Normal Over Extremely Over

Lean Balance

	Under	Normal	Over	UNIT: %	Segmental Edema	Edema
Right Arm (kg)	40 60 80 100 120 140 160 180				ECF/TBF: 0,327 ECW/TBW: 0,373	0,335 : 0,382
Left Arm (kg)	40 60 80 100 120 140 160 180				0,331 0,378	
Trunk (kg)	70 80 90 100 110 120 130 140				0,336 0,383	
Right Leg (kg)	70 80 90 100 110 120 130 140				0,335 0,381	
Left Leg (kg)	70 80 90 100 110 120 130 140				0,338 0,385	

Body Balance

Upper Balanced Slightly Unbalanced Extremely Unbalanced

Lower Balanced Slightly Unbalanced Extremely Unbalanced

Upper-Lower Balanced Slightly Unbalanced Extremely Unbalanced

Body Strength

Upper Normal Developed Weak

Lower Normal Developed Weak

Muscle Normal Muscular Weak

Health Diagnosis

Body Water Normal Under

Edema Normal Slight Edema Edema

Life Pattern Normal Alert Risky Highly Risky

Body Composition History

DATE/TIME	Weight	SMM	Fat	Score	ECW/TBW
16/07/19 14:31	70,0	27,7	19,8	76	0,378
16/07/19 16:26	66,9	23,5	23,5	66	0,382

Additional Data (Normal Range)

Obesity = 107% 90 ~ 110
 B C M = 28,1kg 28,1 ~ 34,4
 B M C = 2,73kg 2,41 ~ 2,95
 B M R = 1308kcal 1371,0 ~ 1594,0
 A C = 28,5cm
 A M C = 23,8cm

Weight Control

Target Weight	62,1 kg
Weight Control	- 4,8 kg
Fat Control	- 9,2 kg
Muscle Control	+ 4,4 kg
Fitness Score	66 Points

Impedance

Z (KHz)	RA	LA	TR	RL	LL
1kHz:	0,0	0,0	0,0	0,0	0,0
5kHz:	0,0	0,0	0,0	0,0	0,0
50kHz:	0,0	0,0	0,0	0,0	0,0
250kHz:	0,0	0,0	0,0	0,0	0,0
500kHz:	0,0	0,0	0,0	0,0	0,0
1000kHz:	0,0	0,0	0,0	0,0	0,0

NAME	AGE	HEIGHT	GENDER	DATE
(LB100719160306)	20,0years	170,0cm	Female	16:26:59

Biospace

Body Composition Analysis

* ,did you feel good with your weight being in the normal range?

Not any more. , you are low muscle and severely obese.

, you have a normal weight. However, as your skeletal muscle mass is below the average with more than average body fat, you have a typical C shape. in terms of the percent body fat, you are severely obese. Therefore, you are low muscle and severely obese marked by a high percent body fat with low muscle and high body fat. Then what is the problem with the low muscle obesity?

Unlike fat tissues, muscles are highly elastic and dense. If you weigh a lump of fat and muscle, muscle is heavier than fat. On the other hand, fat tissue is soft and less dense and bigger in volume. , as you have relatively low muscle and high body fat,

you would look chubby and big. You are severely obese as the difference between muscle and body fat is relatively greater. You may look much more chubbier and bigger part

* Do you have a favorite exercise that you do on a regular basis.

you have sufficient muscles compared to your weight.

If we look at the bars below in the Lean Balance Graph, we can see the arms and legs are within the normal range. , you have enough muscles to support your weight. In particular, your upper body is more muscled than your lower body.

It is easy to have lower body muscles in the normal range with exercise such as walking. It is because walking itself is a good exercise to develop muscle. If you are weak in your lower body, it means you don't walk often in your daily life. In case of the upper body, it is hard to develop without engaging in some special exercise, because daily activities are not enough to build muscles like lower body. In this regard, you have well muscled upper body as you regularly do exercise, or you may have inherited such physique.

* From now on...

you have Light abdominal obesity. However it is fine because it is a type of subcutaneous fat, but you should know too much subcutaneous fat causes more visceral fat. Please keep continuing aerobic exercise and get rid of abdominal fat. wa39

Body Type based on SMM-Body Fat Mass



weak/obese
66point

Abdominal Obesity



Subcutaneous Fat Type

subcutaneous fat type
light abdominal obesity

Edema



Edema

normal

Body Strength



Developed
Normal
Weak

Standard of upper and lower body

Body Balance



balance

balance

balance

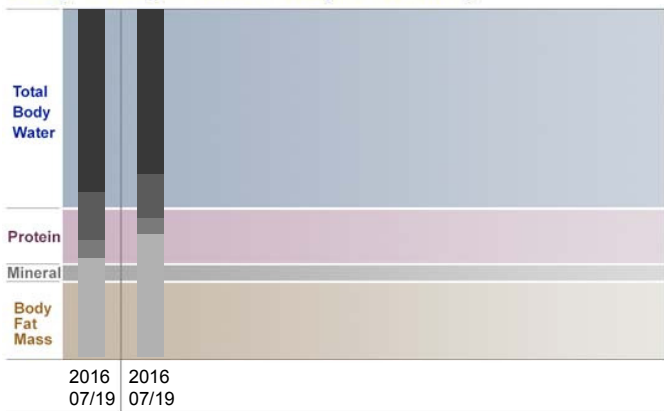
Body Composition History

Have you ever been on a diet? Is it working well? Of course, reducing solely the body fat mass as you want is not easy. However, in case of Mr./Ms. , as the body fat mass that should be shrunk comparing to the previous measuring has increased further and the obesity has become a more serious issue, the weight control is a must. The key of weight control is to practice proper habits for a long time. As you are aware, control the portion of diet and increase overall activities. Together with efforts for a balanced body composition, keep checking the changing status of body composition.

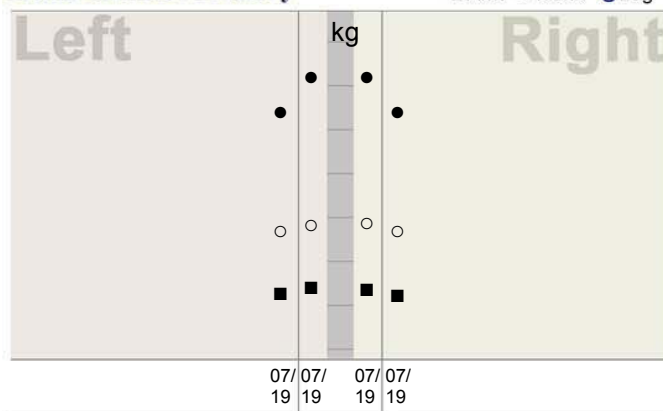
NAME: (LB100719160306) AGE: 20,0years HEIGHT: 170,0cm GENDER: Female DATE: 16:26:59

Biospace

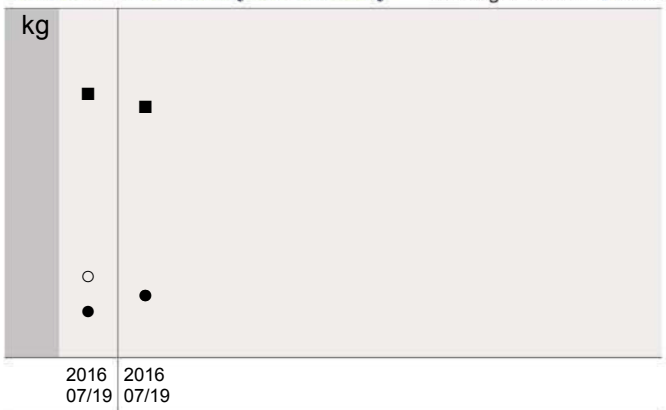
Body Composition Analysis History



Lean Balance History



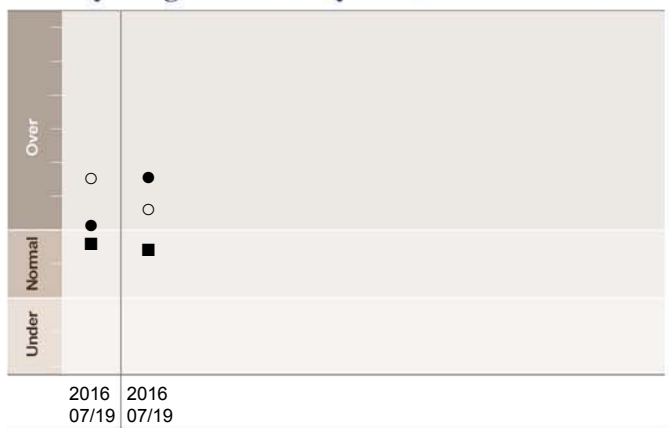
Muscle - Fat Analysis History



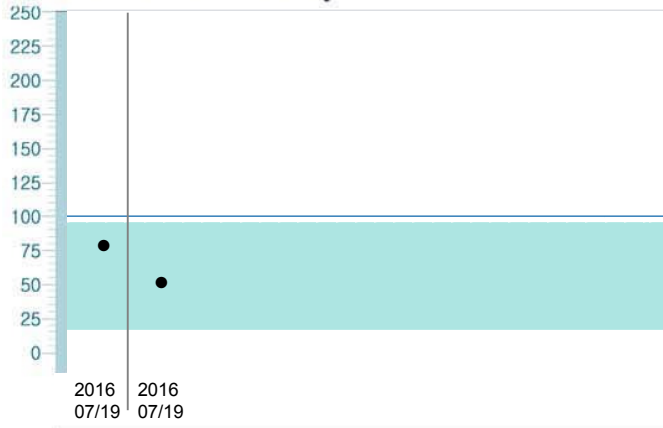
Edema History

	EDEMA		R.Arm		L.Arm		Trunk		R.Leg		L.leg	
	ECW/TBW	ECF/TBF	ECW/TBW	ECF/TBF	ECW/TBW	ECF/TBF	ECW/TBW	ECF/TBF	ECW/TBW	ECF/TBF	ECW/TBW	ECF/TBF
16/07/19	,378	,331	,375	,328	,375	,328	,379	,332	,377	,331	,378	,331
16/07/19	,382	,335	,373	,327	,378	,331	,383	,336	,381	,335	,385	,338

Obesity Diagnosis History



Visceral Fat Area History



Additional Data History

DateTimes	16/07/19	16/07/19
Obesity Degree	110,1	107,7
BCM	32,7	28,1
BMC	3,1	2,7
BMR	1454,0	1308,0
AC	30,0	28,5
AMC	25,7	23,8