

SUMMARY BODY COMPOSITION ANALYSIS



body data

CLIENT: _____
 DOB: _____
 SEX: _____
 HEIGHT: _____
 EMAIL: _____
 SCAN DATE: _____

WWW.BODYDATAUSA.COM
 1366A HIGHWAY 82
 LEESBURG, GA 31767

FAT MASS (LBS)		LEAN MASS (LBS)		TOTAL MASS (LBS)	
----------------	--	-----------------	--	------------------	--

TOTAL BODY FAT PERCENTAGE			FAT MASS INDEX (FAT MASS/ HEIGHT ²)		
Essential Fat %	Men: 4% Women: 12%				

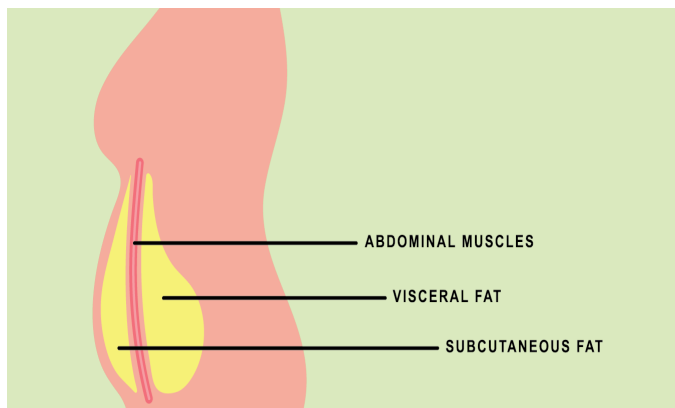
As the Fat Mass Index increases above normal the incidence of cardiovascular disease, cancer and dementia increase.

FAT MASS INDEX					
	Normal	Excess Fat	Obese Class I	Obese Class II	Obese Class III
Men	3-6	6-9	9-12	12-15	>15
Women	5-9	9-13	13-17	17-21	>21

VISCERAL ADIPOSE TISSUE (AREA cm ²)	
--	--

Normal	Increased Risk	High Risk
<100cm ²	100-160cm ²	>160cm ²

Not all fat is created equal. There is abundant fat that protects our organs, supports our nervous system and is essential for good health. Having no fat is not the goal. VAT is the fat that surrounds the internal organs in the abdomen (referred to as "belly fat" or "abdominal fat") and has long been considered a "metabolically active pathogenic fat deposit." Increased amounts of VAT are associated with a marked increased risk of developing diabetes, coronary artery disease, stroke, cancer and dementia. This is the number you want as low as possible.



LEAN MASS INDEX (LEAN MASS/ HEIGHT ²)	
--	--

LEAN MASS INDEX			
	Normal	Medium	High
Men	<18.7	18.7-21.0	>21.0
Women	<14.9	14.9-17.2	>17.2

This is the amount of muscle and bone in your body. The amount of lean mass is as important to an elderly person trying to remain independent with aging as it is to an athlete preparing for competition. The preservation and the building of lean muscle can be key in improving your health.

RESTING METABOLIC RATE (CALORIES/ DAY)	
www.calculator.net/bmr-calculator	

RMR is an estimate of the calories your body burns daily. It is calculated using your lean mass. Yes, increasing your lean mass increases the calories you burn daily at rest without any additional effort. This is why weight loss that involves any loss of lean muscle is detrimental to your health.