

BODYSTAT BODY COMPOSITION REPORT

Patient: Geff

Examiner: Konstantina Fyta, Ph.D.

Date: 16 June 2009

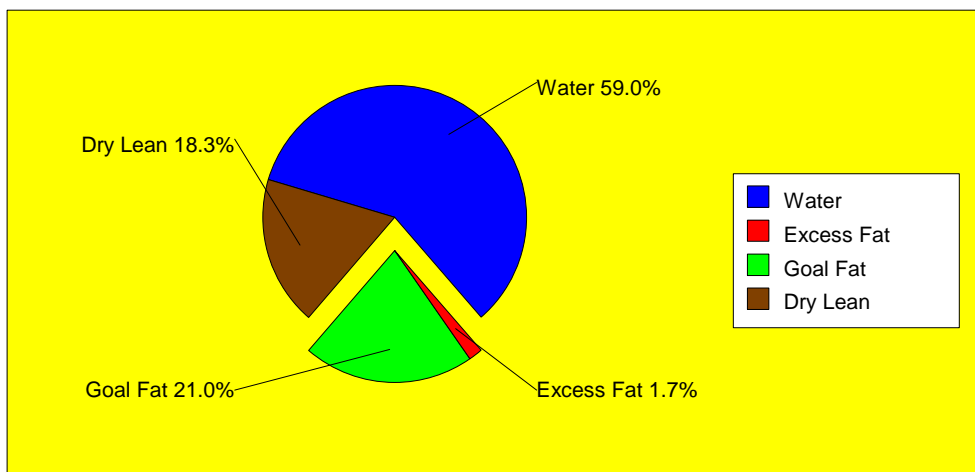
Sex	Male	Weight	99.1 kg
Age	64	Height	183 cm
Activity	Very low	Impedance 50kHz	369
Resistance 50kHz	366	Impedance 5kHz	423
Reactance 50kHz	41.3	Phase Angle 50kHz	6.4
		Regression Equation	1

	Measured	'Normal' Range	Measured %	'Normal' Range
Total Body Weight <i>(Composition)</i>	99.1 kg	92 kg to 97 kg		
Body Fat	22.5 kg	16 kg to 20 kg	22.7%	17% to 21%
Body Lean	76.6 kg	75 kg to 79 kg	77.3%	79% to 83%
Body Water	58.5 lts	55 lts to 64 lts	59.0%	55% to 65%
Dry Lean Weight	18.1 kg			
Wellness Marker	0.872			

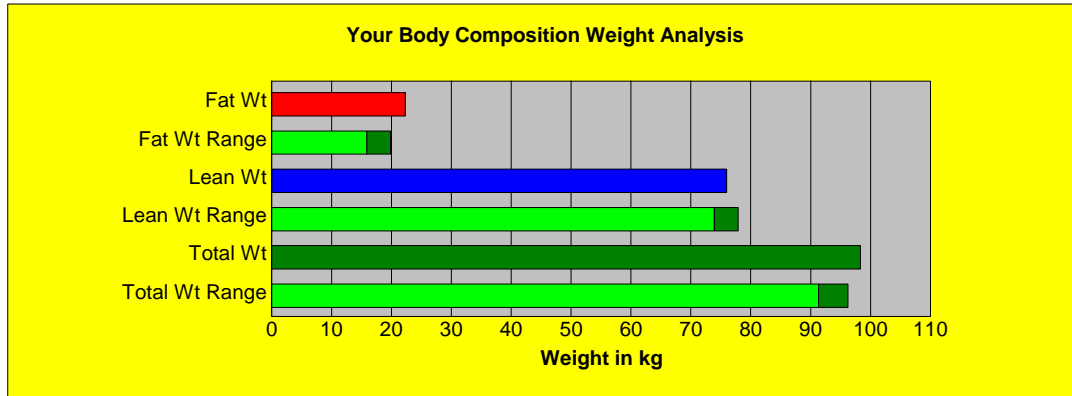
Basal Metabolism 2184 kcal/day (22.0 kcal/kg)
 B.M. rate is an estimate of your body's resting energy requirements.

Activity Metabolism 3058 kcal/day
 The estimated amount of energy your body requires for the activity level selected.

Weight : high
 Fat % : high
 Water % : normal



BODYSTAT BODY COMPOSITION REPORT



TOTAL BODY FAT WEIGHT

22.5 kg

22.7%

The normal percentage fat range for you is **17% to 21%**.

Your percentage fat is **HIGH** for your age and gender.

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.

TOTAL BODY LEAN WEIGHT

76.6 kg

77.3%

The normal percentage lean range for you is **79% to 83%**.

Your percentage lean is **LOW** for your age and gender.

Lean body weight is fat free weight consisting of muscle, water and bone.

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.

Never use the lean weight as a goal weight.

TOTAL BODY WEIGHT

99.1 kg

The Composition weight range for you is **92 kg to 97 kg**.

Your body weight is above "Normal" limits.

This weight is reported to be associated with increased health risks.

You should have your blood pressure and cholesterol levels checked.

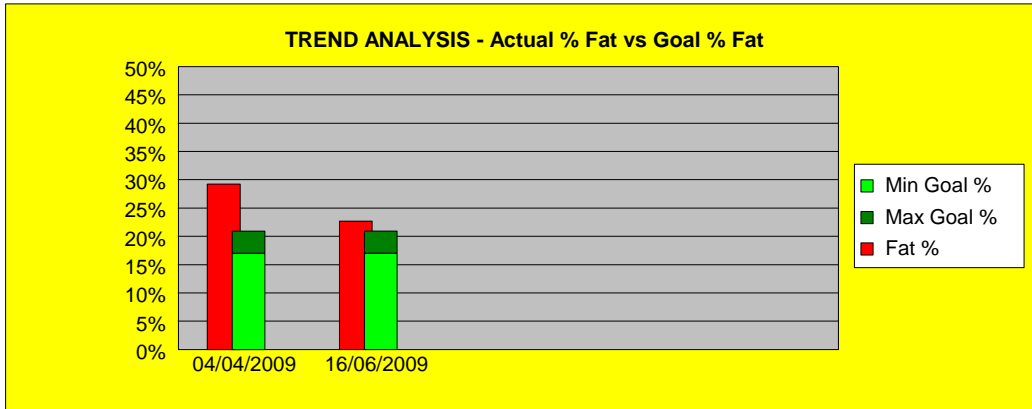
You are advised to reduce your body weight slowly.

Reducing your daily dietary intake by 551 kcal should result in a weight loss of 0.5 kg per week.

BODY COMPOSITION

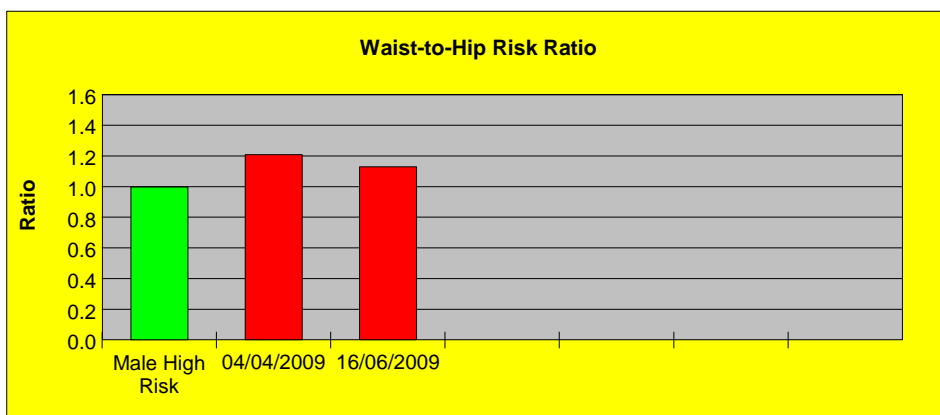
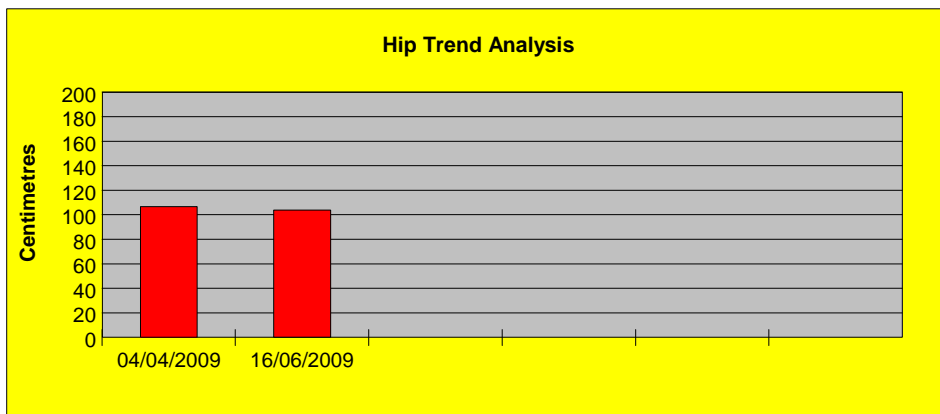
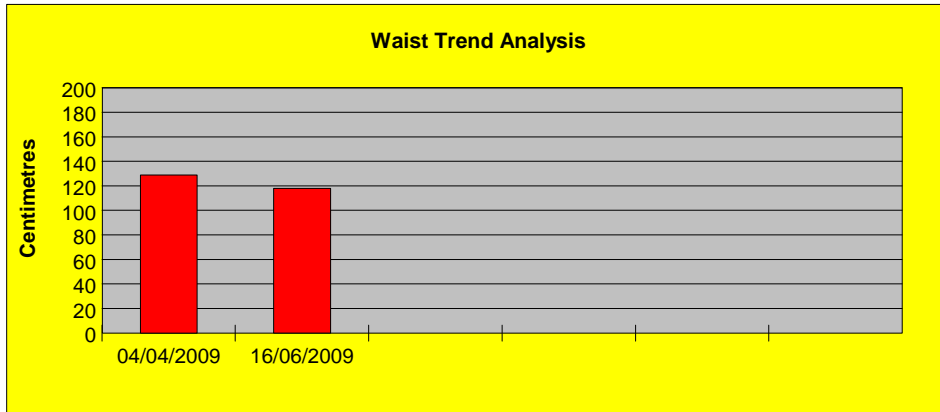
Your body composition does not fall within "normal" limits. You need to reduce your fat weight by following a diet and exercise program as advised by your consultant. Use **BODYSTAT** to monitor your body composition regularly.

BODYSTAT TREND REPORT

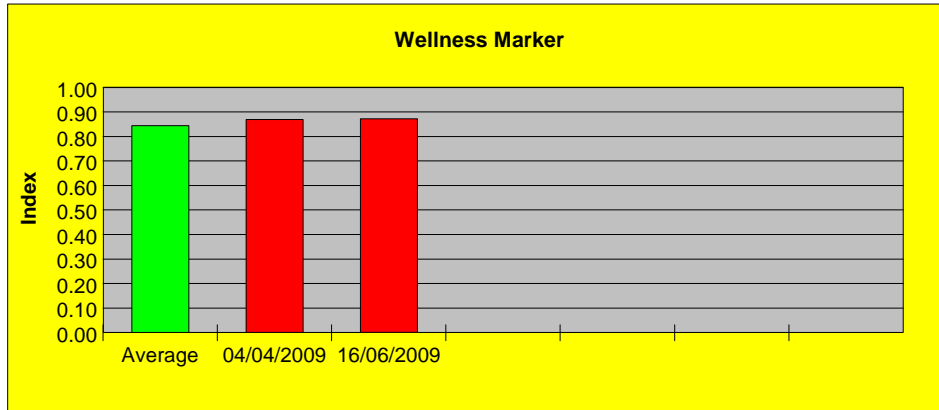


<u>Date</u>	<u>Total Wt</u> <u>kg</u>	<u>Lean Wt</u> <u>kg</u>	<u>Fat Wt</u> <u>kg</u>	<u>Fat %</u>	<u>Goal %</u>	<u>BM Rate</u> <u>kcal/kg</u>	<u>Dry Wt</u> <u>kg</u>	<u>Water</u> <u>Lts</u>	<u>Wellness</u> <u>Marker</u>	<u>Imped</u> <u>50 kHz</u>	<u>WH Ratio</u>	<u>Phase</u> <u>Angle</u>
04/04/2009	109.8	77.6	32.2	29.3	19	20.1	19.3	58.3	0.870	388	1.21	6.6
16/06/2009	99.1	76.6	22.5	22.7	19	22.0	18.1	58.5	0.872	369	1.13	6.4

BODYSTAT TREND REPORT



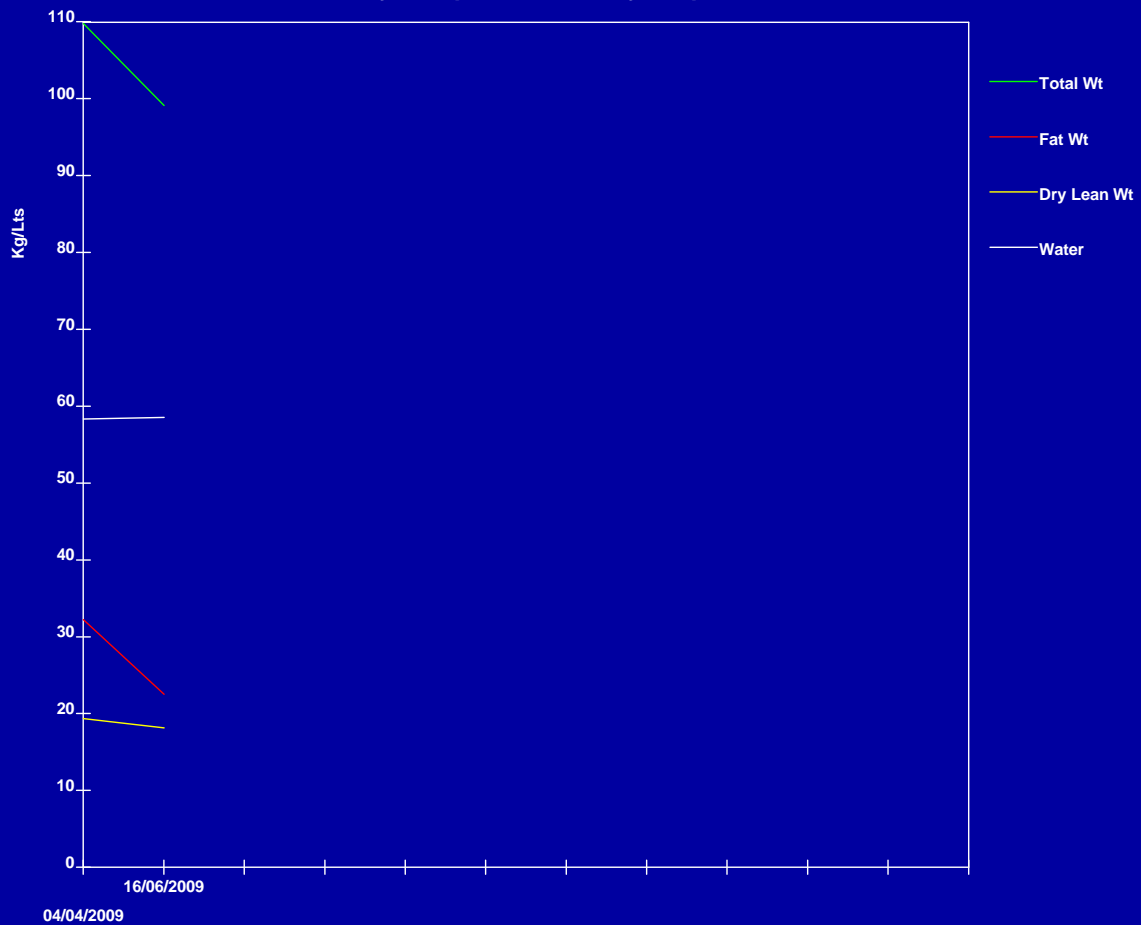
BODYSTAT TREND REPORT



BODYSTAT HISTORY GRAPH

	<u>Start</u>	<u>End</u>	<u>Variance</u>	<u>% Variance</u>
Date	04/04/2009	16/06/2009		
Total Wt	109.8 kg	99.1 kg	-10.7 kg	-9.7 %
Fat Wt	32.2 kg	22.5 kg	-9.7 kg	-30.1 %
Dry Lean Wt	19.3 kg	18.1 kg	-1.2 kg	-6.2 %
Water Lts	58.3 lts	58.5 lts	0.2 lts	0.3 %
Imp 50kHz	388	369		

Body Composition History Graph

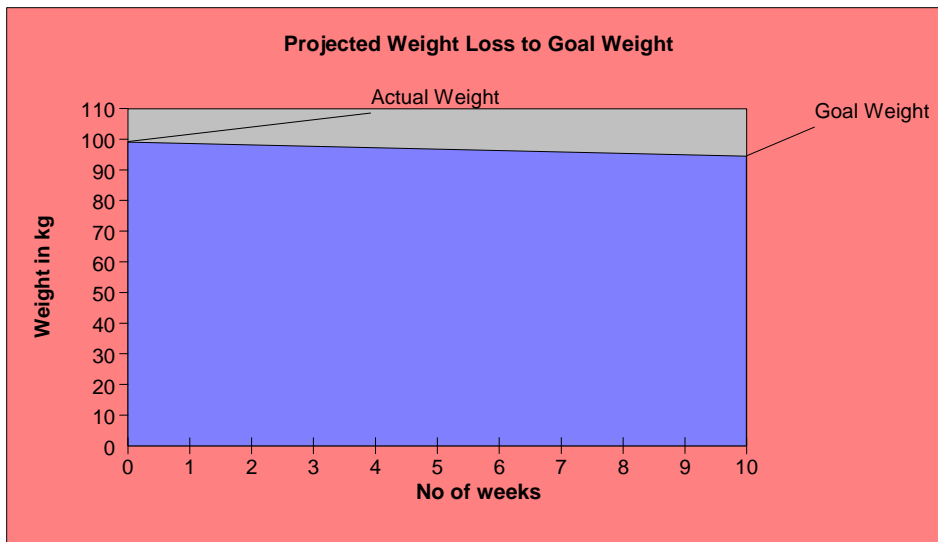


WEIGHT AND ACTIVITY MANAGER

Body weight	99.1 kg
Goal weight	94.5 kg
Weight change (Rate)	-0.5 kg/week
Dietary change (Total)	-550 kcal/day
Activity change (Total)	0 kcal/day

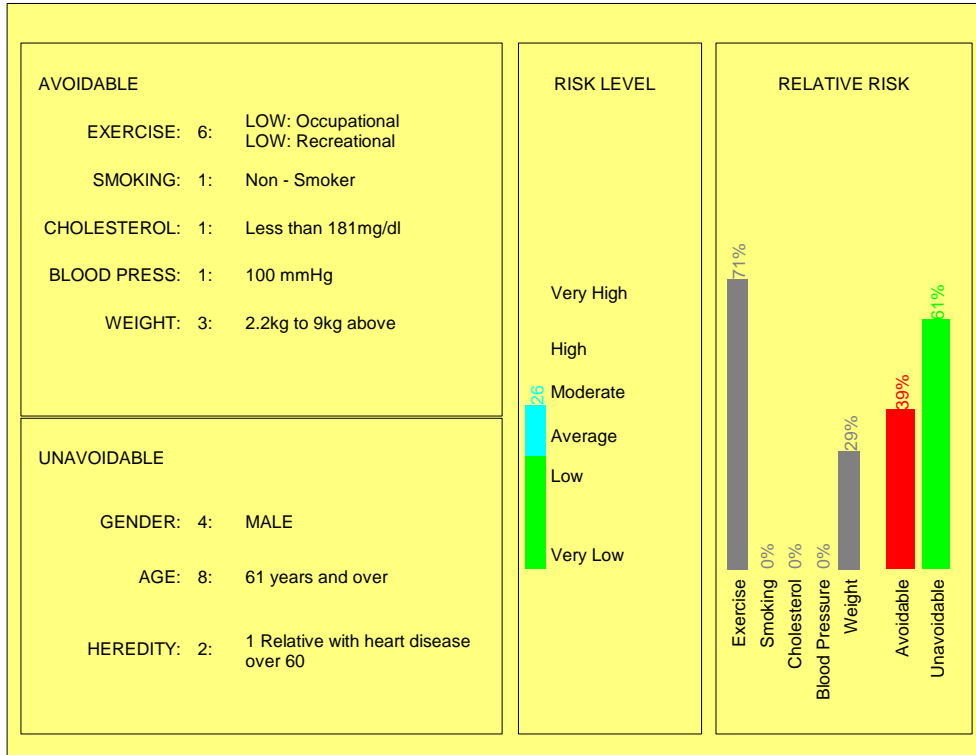
To lose 0.5 kg/week you need to reduce your dietary intake by -550 kcal/day.

This should enable you to reach your goal weight of 94.5 kg in 10 weeks.



No activities have been selected.

CARDIAC RISK REPORT



You have an **AVERAGE** risk of attracting Coronary Heart Disease within a 6 to 8 year period.

You can control **39%** of this Risk Level.

The most important Avoidable factor in your case is **Exercise** which accounts for **71%** of the factors that you can control.

CARDIAC RISK REPORT

AVOIDABLE RISK FACTORS

RISK	PRESENT	PROPOSED
Exercise	6 LOW Occ. LOW Rec.	5 LOW Occ. MOD Rec.
Tobacco	1 Non - Smoker	1 No change
Cholesterol	1 <181 mg/dl	1 No change
Blood Pressure	1 100 mmHg	1 No change
Weight	3 2.2 to 9 kg over	2 -2.2 to +2.2 kg
Sub total	12	10

UNAVOIDABLE RISK FACTORS

Gender	4 MALE	
Age	8 61 years and over	
Heredity	2 One relative with heart disease over 60	
Sub total	14	14
TOTAL SCORE	26 AVERAGE RISK	24 AVERAGE RISK

EXERCISE: Regular exercise plays a major role in the prevention of CHD by reducing cholesterol (reduces LDL, increases HDL), psychological stress, blood pressure, resting heart rate and body fat and increases body lean mass.

TOBACCO SMOKING: This is probably the biggest single cause of CHD and strokes.

CHOLESTEROL: High levels are caused by consuming diets high in saturated fats and cholesterol, high body fat, physical inactivity, tobacco smoking and stress. Reduction of cholesterol may be achieved through changes in lifestyle and diet ie. exercise, body fat loss, high fibre foods, monounsaturated fats.

LDL (low density lipoproteins) : high levels increase CHD risk.

HDL (high density lipoproteins) : high levels decrease CHD risk.

BLOOD PRESSURE (HYPERTENSION): High blood pressure may be caused by obesity, tobacco smoking, salt (sodium in sodium chloride), physical inactivity, fatty build up on artery walls, including many unknown causes.

WEIGHT: Obesity (Over-fat) contributes to CHD risk.

This report is only intended to be a GUIDE to the improvement of lifestyle.

NOTE: Always seek expert advice before changing your diet/exercise habits.