

BODYSTAT BODY COMPOSITION REPORT

Rosie

Examiner: Konstantina Fyta, Ph.D

CLIENT ID No 26

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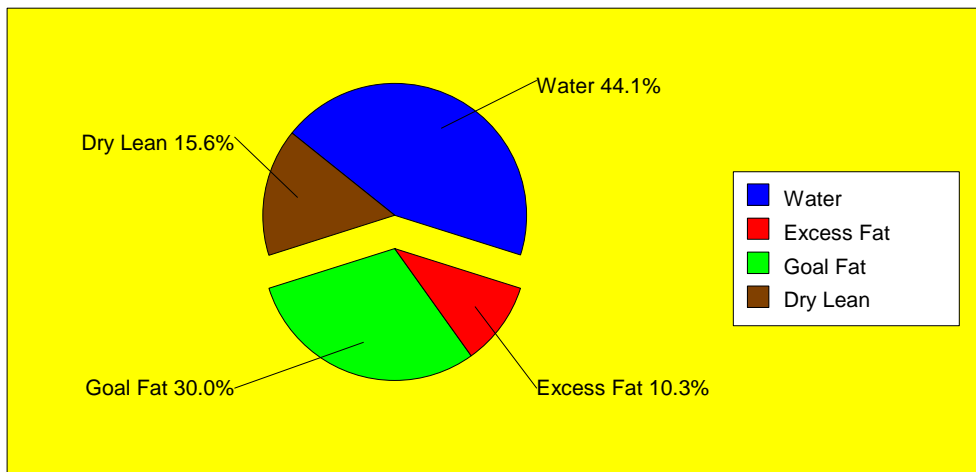
Sex	Female	Weight	74.0 kg
Age	57	Height	169 cm
Activity	Low/Medium	Impedance 50kHz	660
Resistance 50kHz	658	Impedance 5kHz	713
Reactance 50kHz	50.5	Phase Angle 50kHz	4.4
		Regression Equation	1

	Measured	'Normal' Range	Measured %	'Normal' Range
Total Body Weight (Composition)	74.0 kg	57 kg to 63 kg		
Body Fat	29.8 kg	13 kg to 18 kg	40.3%	22% to 30%
Body Lean	44.2 kg	42 kg to 47 kg	59.7%	70% to 78%
Body Water	32.6 lts	37 lts to 44 lts	44.1%	50% to 60%
Dry Lean Weight	11.6 kg			
Wellness Marker	0.926			

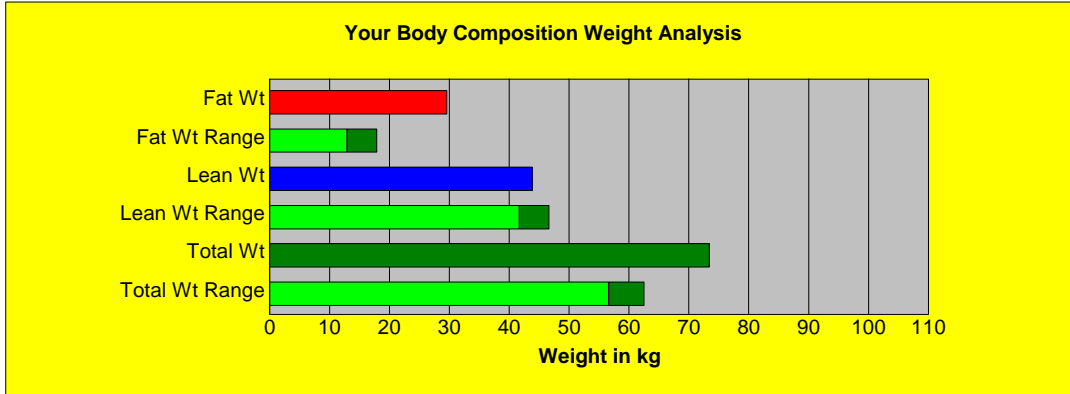
Basal Metabolism 1405 kcal/day (19.0 kcal/kg)
 B.M. rate is an estimate of your body's resting energy requirements.

Activity Metabolism 2108 kcal/day
 The estimated amount of energy your body requires for the activity level selected.

Weight : high
 Fat % : high
 Water % : low



BODYSTAT BODY COMPOSITION REPORT



TOTAL BODY FAT WEIGHT

29.8 kg

40.3%

The normal percentage fat range for you is **22% to 30%**.

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

44.2 kg

59.7%

The normal percentage lean range for you is **70% to 78%**.

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

74.0 kg

The Composition weight range for you is **57 kg to 63 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.

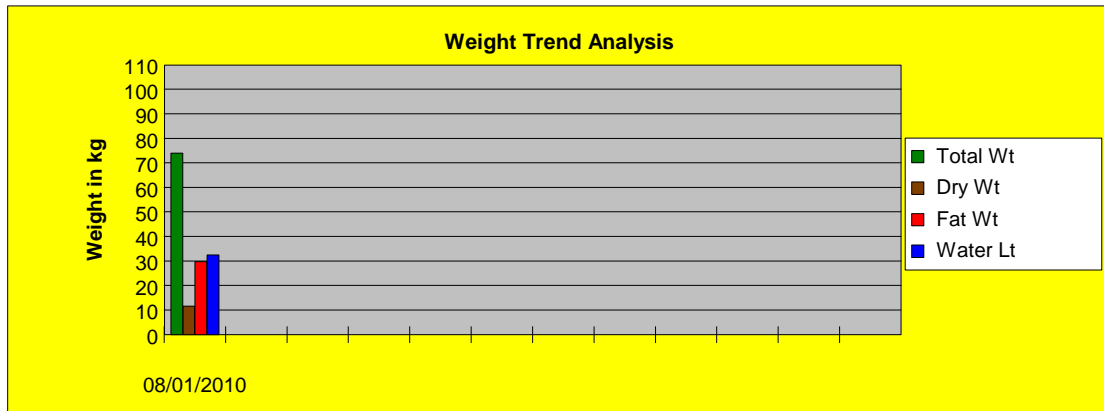
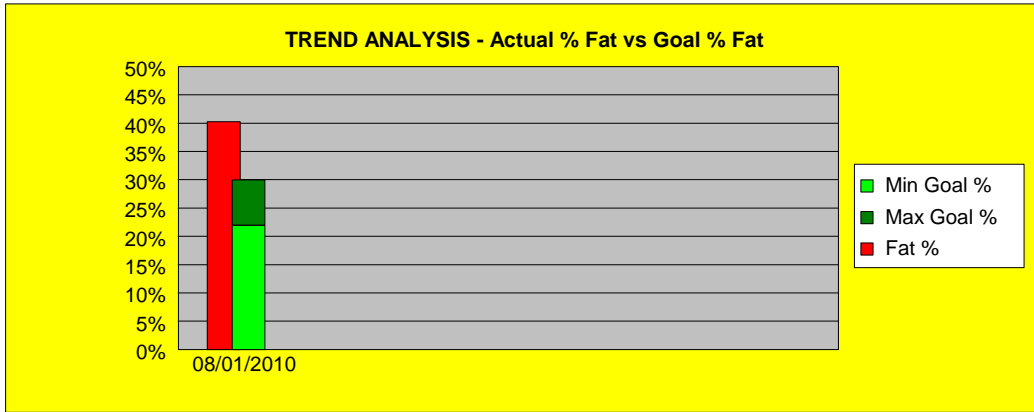
BODY COMPOSITION

Your body composition does not fall within "normal" limits.

Allowing for genetic factors this may be normal for you. You should consider reducing your fat weight. Your consultant will advise you on a nutritional/exercise program.

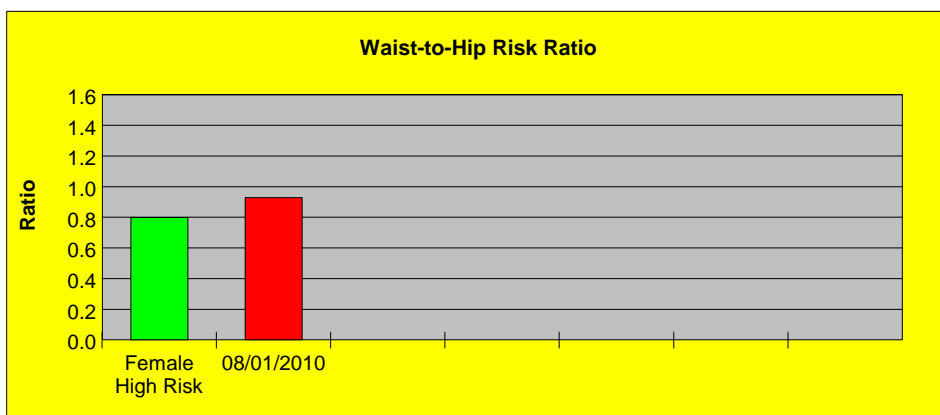
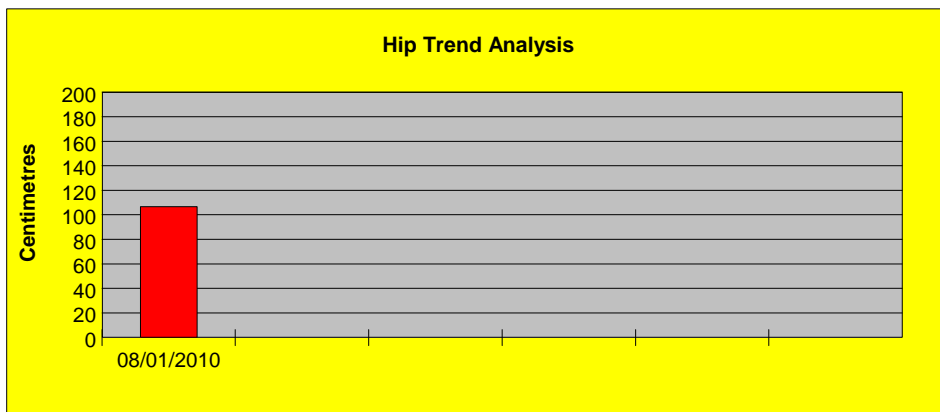
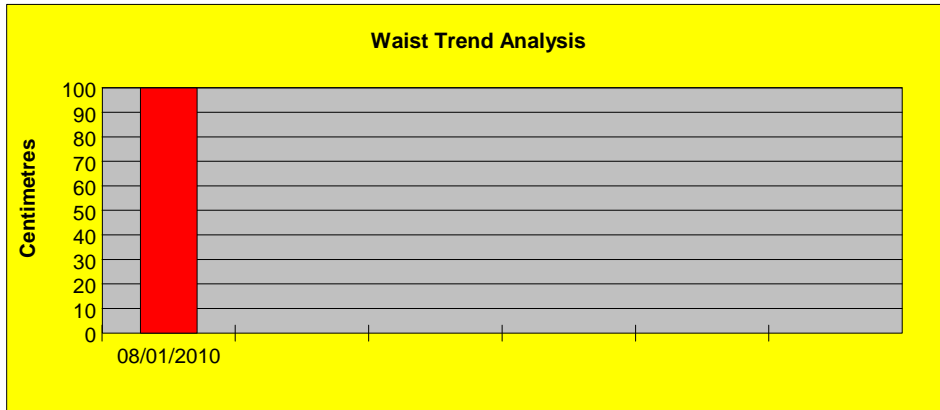
Use **BODYSTAT** to monitor your body composition regularly.

BODYSTAT TREND REPORT

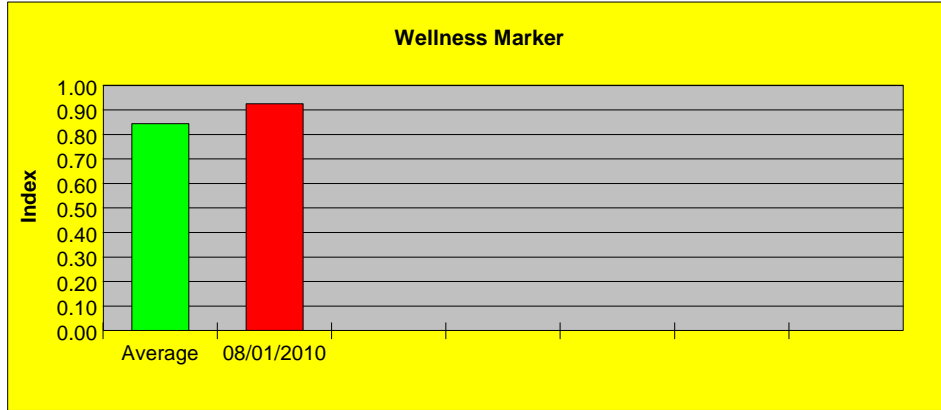


<u>Date</u>	<u>Total Wt</u> <u>kg</u>	<u>Lean Wt</u> <u>kg</u>	<u>Fat Wt</u> <u>kg</u>	<u>Fat %</u>	<u>Goal %</u>	<u>BM Rate</u> <u>kcal/kg</u>	<u>Dry Wt</u> <u>kg</u>	<u>Water</u> <u>Lts</u>	<u>Wellness</u> <u>Marker</u>	<u>Imped</u> <u>50 kHz</u>	<u>WH Ratio</u>	<u>Phase</u> <u>Angle</u>
08/01/2010	74.0	44.2	29.8	40.3	26	19.0	11.6	32.6	0.926	660	0.93	4.4

BODYSTAT TREND REPORT



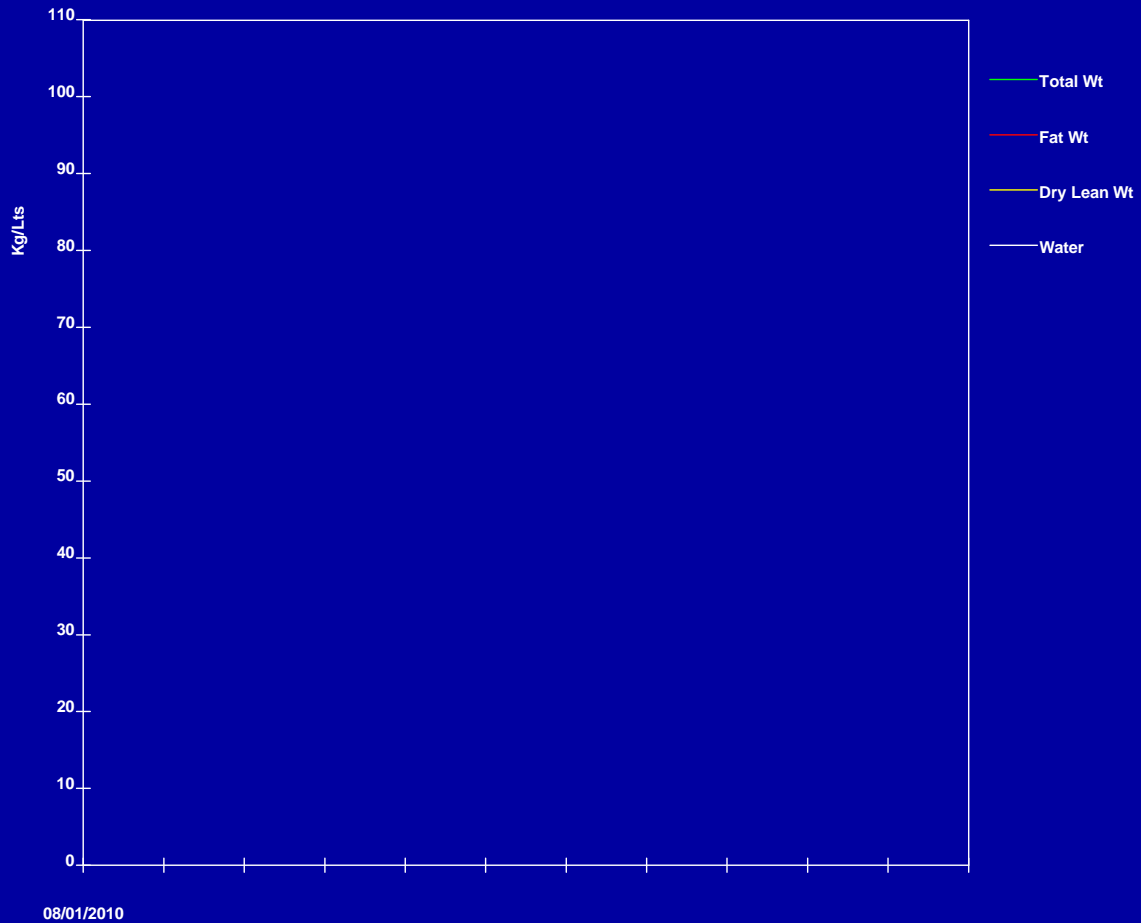
BODYSTAT TREND REPORT



BODYSTAT HISTORY GRAPH

	<u>Start</u>	<u>End</u>	<u>Variance</u>	<u>% Variance</u>
Date	08/01/2010	08/01/2010		
Total Wt	74.0 kg	74.0 kg	0.0 kg	0.0 %
Fat Wt	29.8 kg	29.8 kg	0.0 kg	0.0 %
Dry Lean Wt	11.6 kg	11.6 kg	0.0 kg	0.0 %
Water Lts	32.6 lts	32.6 lts	0.0 lts	0.0 %
Imp 50kHz	660	660		

Body Composition History Graph

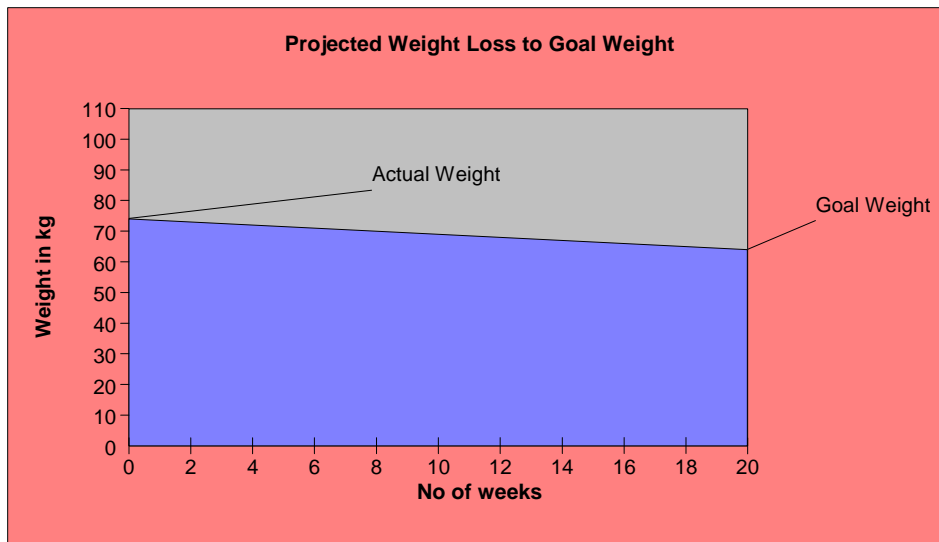


WEIGHT AND ACTIVITY MANAGER

Body weight	74.0 kg
Goal weight	64.0 kg
Weight change (Rate)	-0.5 kg/week
Dietary change (Total)	-521 kcal/day
Activity change (Total)	30 kcal/day

To lose 0.5 kg/week you need to reduce your dietary intake by -521 kcal/day.

This should enable you to reach your goal weight of 64.0 kg in 20 weeks.

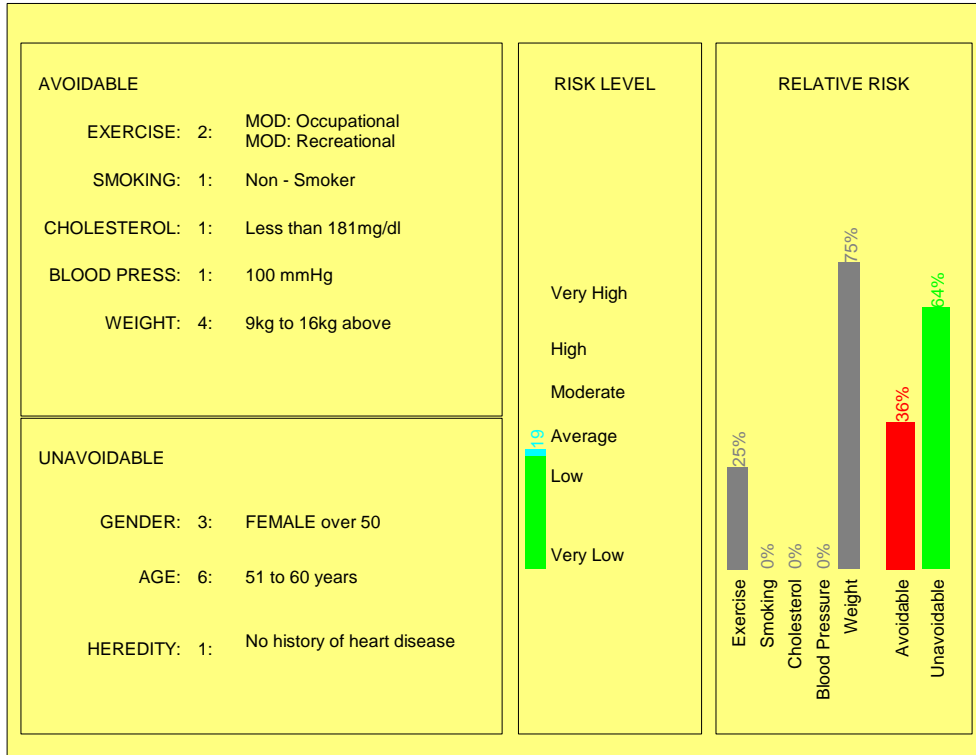


Activities selected

GRADE 1: 1.2 kcal/min. 01:00 hh:mm/day, 3 days/week.

Activities include:- Billiards, Standing/Drawing, Canoeing(leisure), Typing/Writing, Cooking/Baking, Music playing, Horse riding (walking), Card playing, Knitting/Sewing.

CARDIAC RISK REPORT



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

You can control **36%** of this Risk Level.

The most important Avoidable factor in your case is **Weight** which accounts for **75%** of the factors that you can control.

CARDIAC RISK REPORT

AVOIDABLE RISK FACTORS

RISK	PRESENT	PROPOSED
Exercise	2 MOD Occ. MOD Rec.	2 No change
Tobacco	1 Non - Smoker	1 No change
Cholesterol	1 <181 mg/dl	1 No change
Blood Pressure	1 100 mmHg	1 No change
Weight	4 9 to 16kg over	3 2.2 to 9 kg over
Sub total	9	8

UNAVOIDABLE RISK FACTORS

Gender	3 FEMALE over 50	
Age	6 51 to 60 years	
Heredity	1 NO history of heart disease (brothers, sisters and parents)	
Sub total	10	10

TOTAL SCORE 19 LOW RISK 18 LOW 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.