

BODYSTAT BODY COMPOSITION REPORT

Rosie

Examiner: Konstantina Fyta

CLIENT ID No 26

12 February 2010

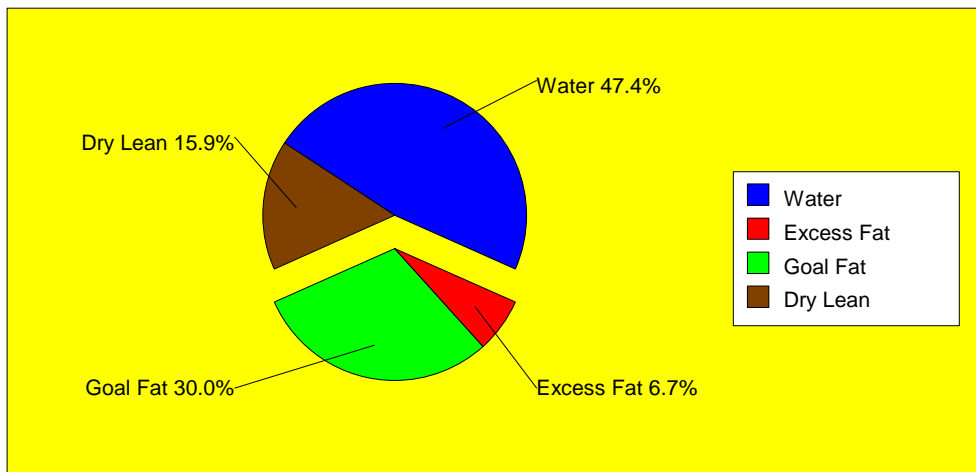
Sex	Female	Weight	69.0 kg
Age	57	Height	169 cm
Activity	Low/Medium	Impedance 50kHz	639
Resistance 50kHz	636	Impedance 5kHz	705
Reactance 50kHz	53.0	Phase Angle 50kHz	4.8
		Regression Equation	1

	Measured	'Normal' Range	Measured %	'Normal' Range
Total Body Weight <i>(Composition)</i>	69.0 kg	56 kg to 62 kg		
Body Fat	25.3 kg	13 kg to 18 kg	36.7%	22% to 30%
Body Lean	43.7 kg	41 kg to 46 kg	63.3%	70% to 78%
Body Water	32.7 lts	35 lts to 41 lts	47.4%	50% to 60%
Dry Lean Weight	11.0 kg			
Wellness Marker	0.906			

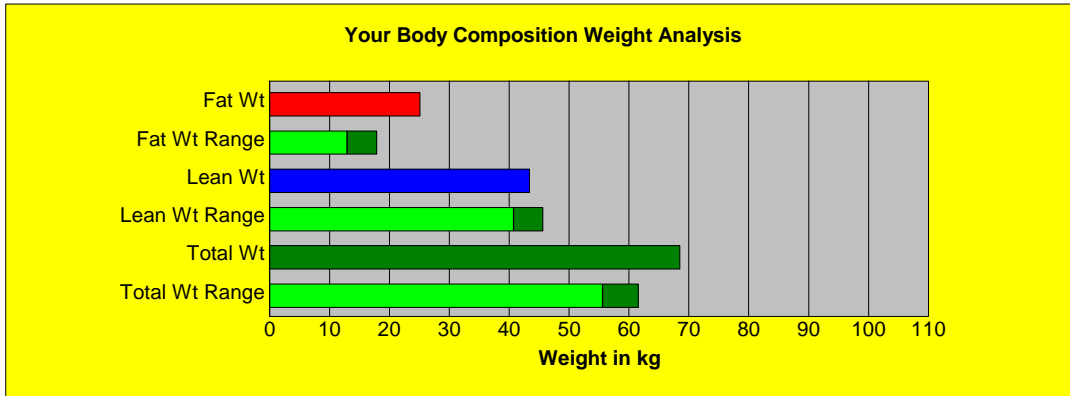
Basal Metabolism 1394 kcal/day (20.2 kcal/kg)
 B.M. rate is an estimate of your body's resting energy requirements.

Activity Metabolism 2091 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

25.3 kg

36.7%

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

43.7 kg

63.3%

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

69.0 kg

The Composition weight range for you is **56 kg to 62 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.

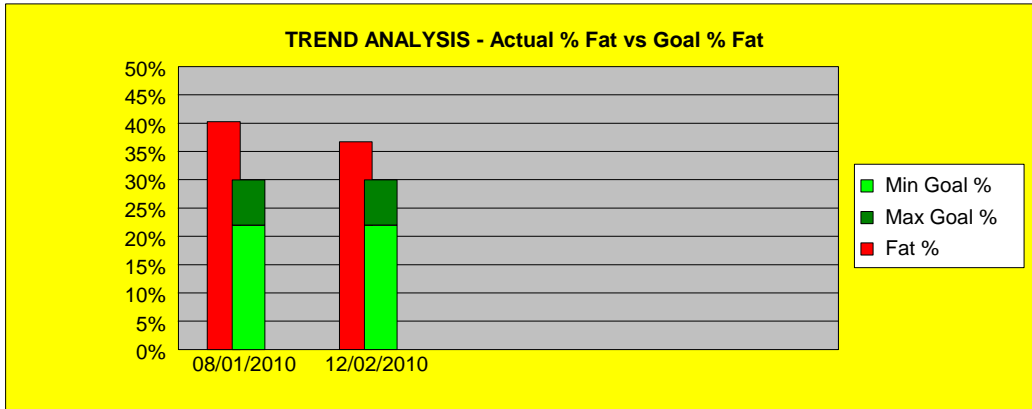
BODY COMPOSITION

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.

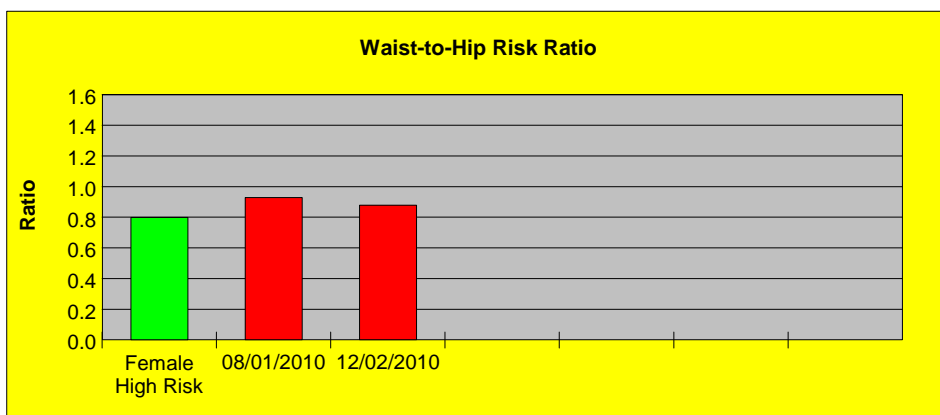
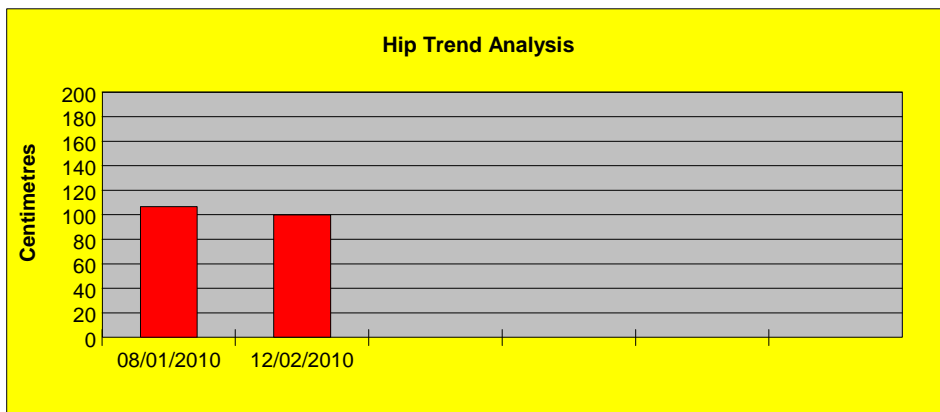
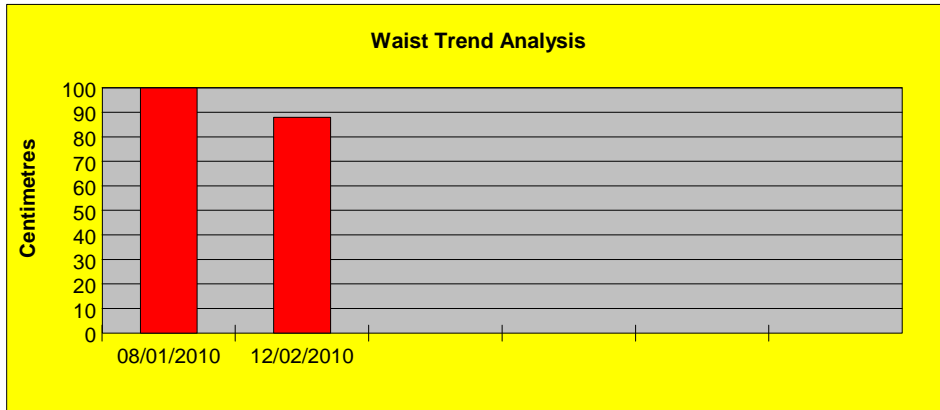
Use **BODYSTAT** to monitor your body composition regularly.

BODYSTAT TREND REPORT

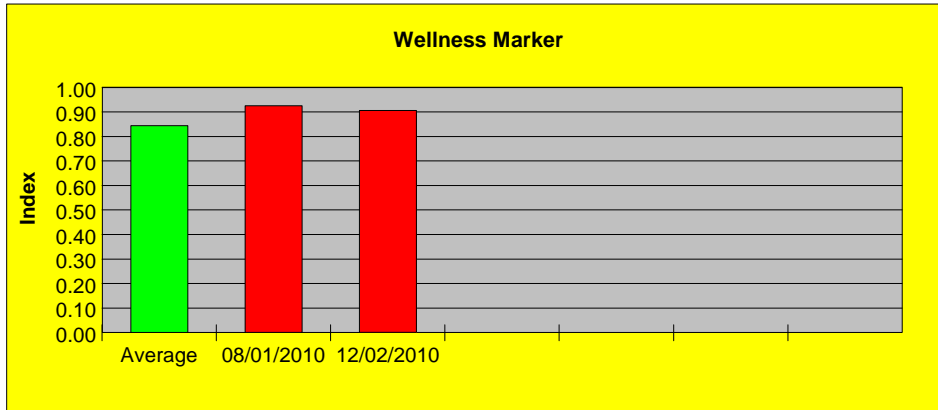


<u>Date</u>	<u>Total Wt</u> <u>kg</u>	<u>Lean Wt</u> <u>kg</u>	<u>Fat Wt</u> <u>kg</u>	<u>Fat %</u>	<u>Goal %</u>	<u>BM Rate</u> <u>kcal/kg</u>	<u>Dry Wt</u> <u>kg</u>	<u>Water</u> <u>Lts</u>	<u>Wellness</u> <u>Marker</u>	<u>Imped</u> <u>50 kHz</u>	<u>WH Ratio</u>	<u>Phase</u> <u>Angle</u>
08/01/2010	74.0	44.2	29.8	40.3	26	19.0	11.6	32.6	0.926	660	0.93	4.4
12/02/2010	69.0	43.7	25.3	36.7	26	20.2	11.0	32.7	0.906	639	0.88	4.8

BODYSTAT TREND REPORT



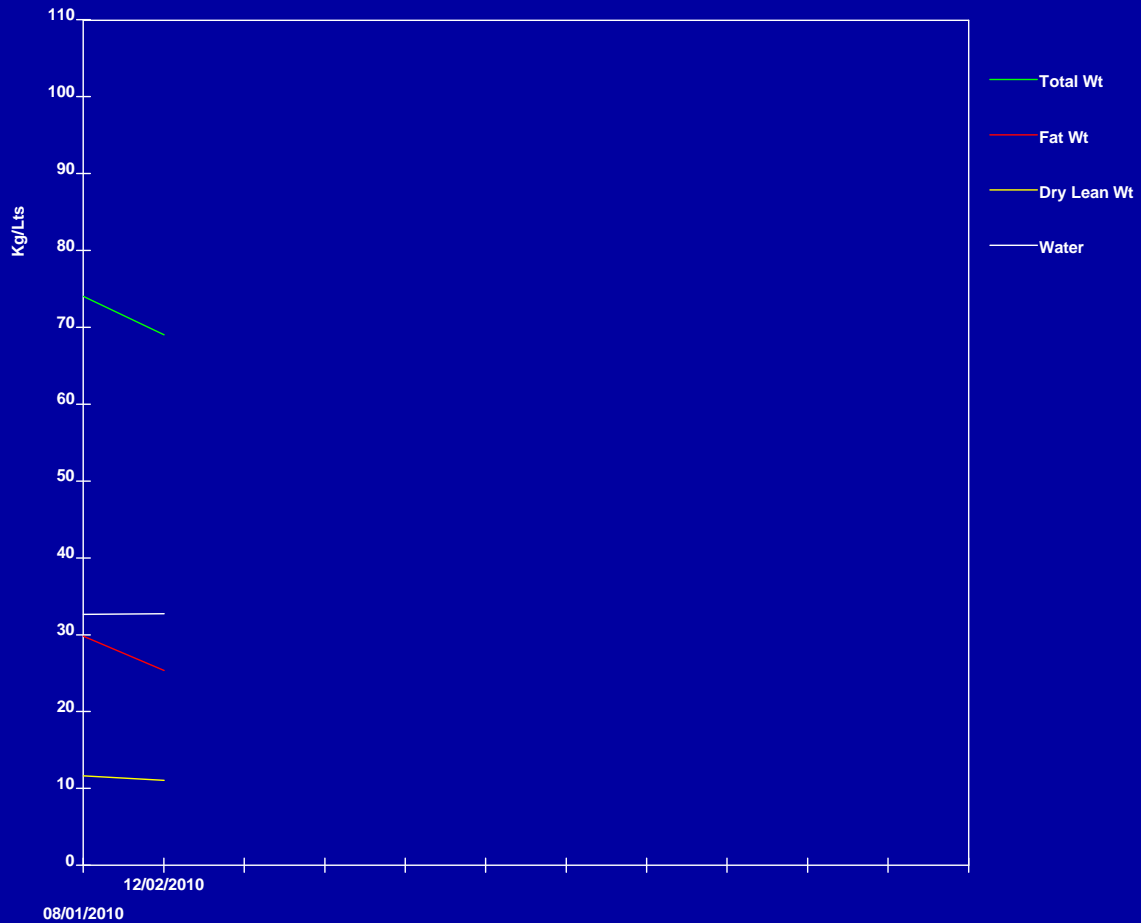
BODYSTAT TREND REPORT



BODYSTAT HISTORY GRAPH

	<u>Start</u>	<u>End</u>	<u>Variance</u>	<u>% Variance</u>
Date	08/01/2010	12/02/2010		
Total Wt	74.0 kg	69.0 kg	-5.0 kg	-6.8 %
Fat Wt	29.8 kg	25.3 kg	-4.5 kg	-15.1 %
Dry Lean Wt	11.6 kg	11.0 kg	-0.6 kg	-5.2 %
Water Lts	32.6 lts	32.7 lts	0.1 lts	0.3 %
Imp 50kHz	660	639		

Body Composition History Graph

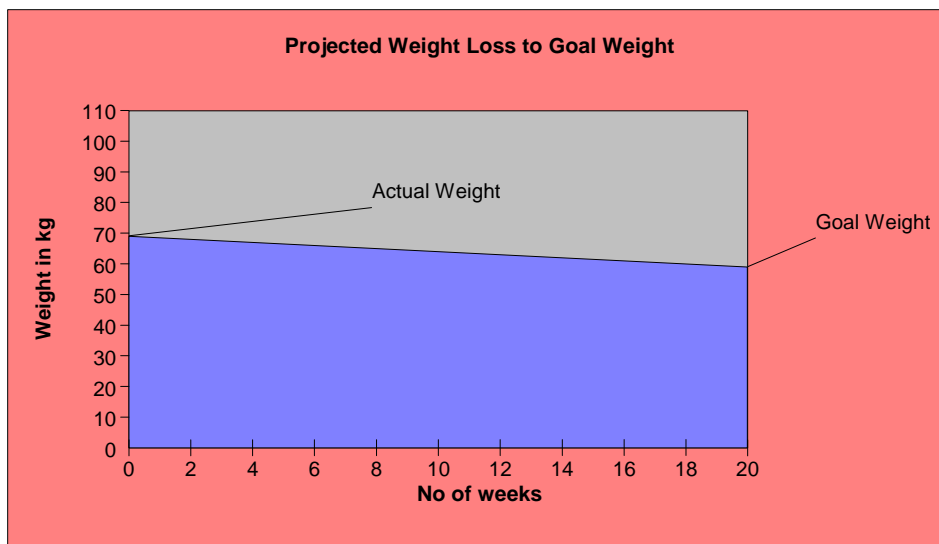


WEIGHT AND ACTIVITY MANAGER

Body weight	69.0 kg
Goal weight	59.0 kg
Weight change (Rate)	-0.5 kg/week
Dietary change (Total)	-550 kcal/day
Activity change (Total)	0 kcal/day

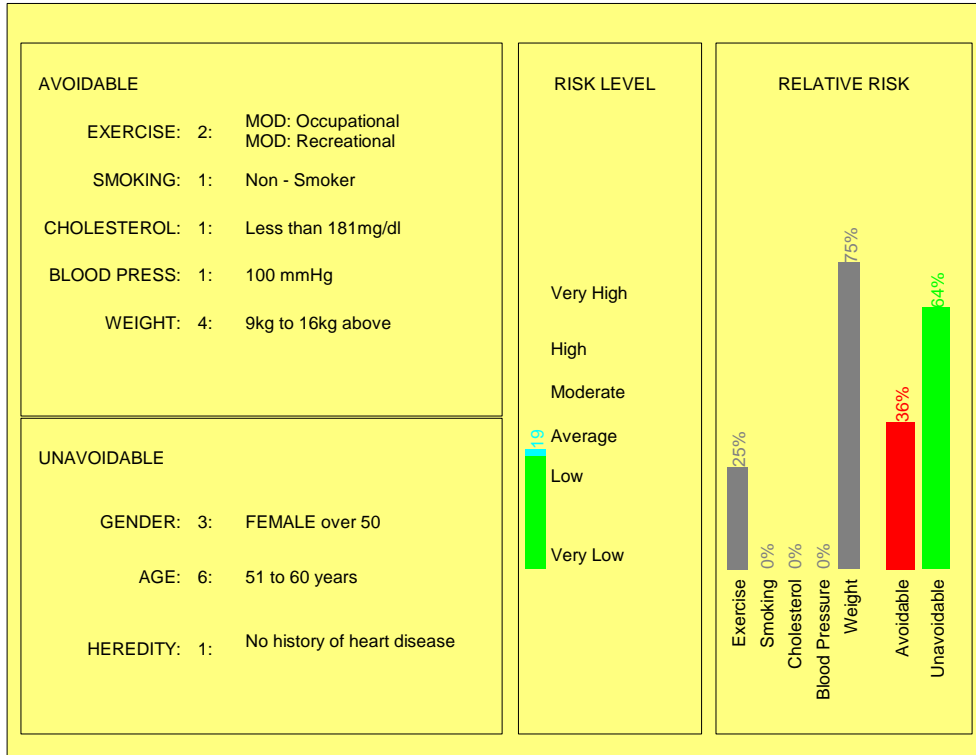
To lose 0.5 kg/week you need to reduce your dietary intake by -550 kcal/day.

This should enable you to reach your goal weight of 59.0 kg in 20 weeks.



No activities have been selected.

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.