

BODYSTAT BODY COMPOSITION REPORT

Patient: Geff
Examiner: Konstantina Fyta, Ph.D.
Date: 04 April 2009

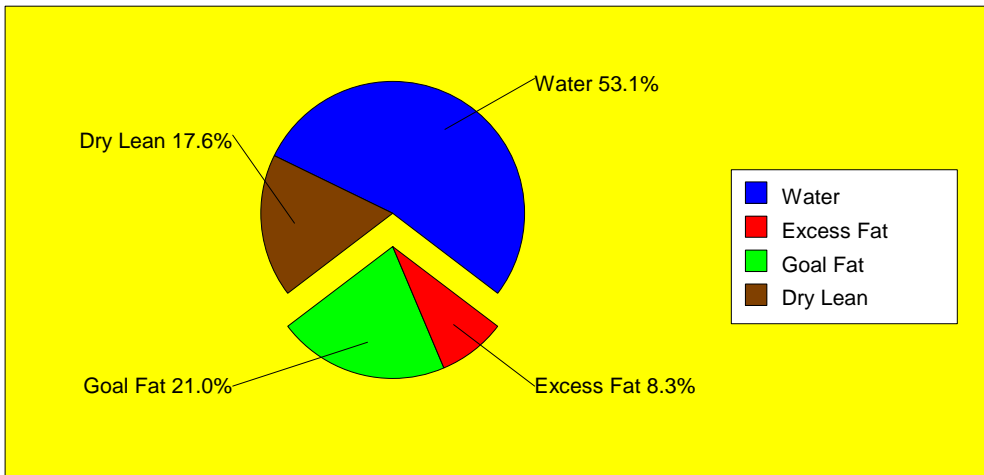
Sex	Male	Weight	109.8 kg
Age	64	Height	183 cm
Activity	Very low	Impedance 50kHz	388
Resistance 50kHz	386	Impedance 5kHz	446
Reactance 50kHz	44.3	Phase Angle 50kHz	6.6
		Regression Equation	1

	Measured	'Normal' Range	Measured %	'Normal' Range
Total Body Weight (Composition)	109.8 kg	93 kg to 98 kg		
Body Fat	32.2 kg	16 kg to 20 kg	29.3%	17% to 21%
Body Lean	77.6 kg	76 kg to 80 kg	70.7%	79% to 83%
Body Water	58.3 lts	60 lts to 71 lts	53.1%	55% to 65%
Dry Lean Weight	19.3 kg			
Wellness Marker	0.870			

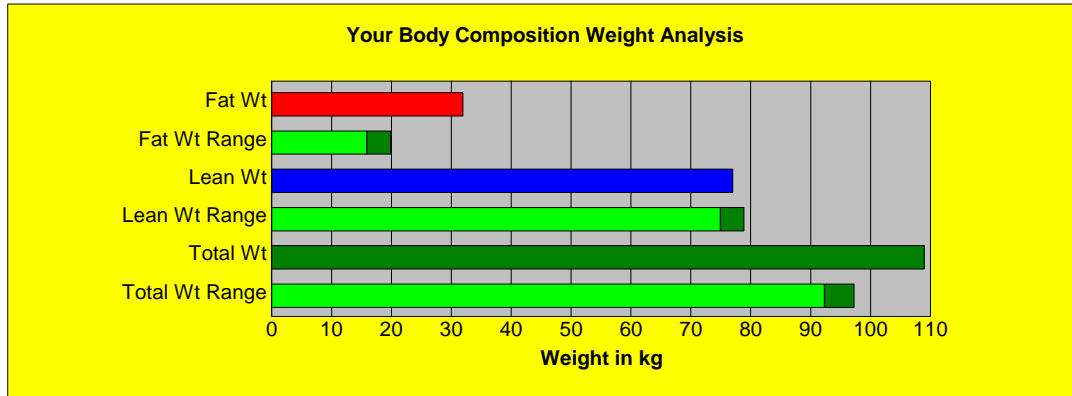
Basal Metabolism 2209 kcal/day (20.1 kcal/kg)
 B.M. rate is an estimate of your body's resting energy requirements.

Activity Metabolism 3093 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

32.2 kg

29.3%

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

77.6 kg

70.7%

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

109.8 kg

The Composition weight range for you is **93 kg** to **98 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.

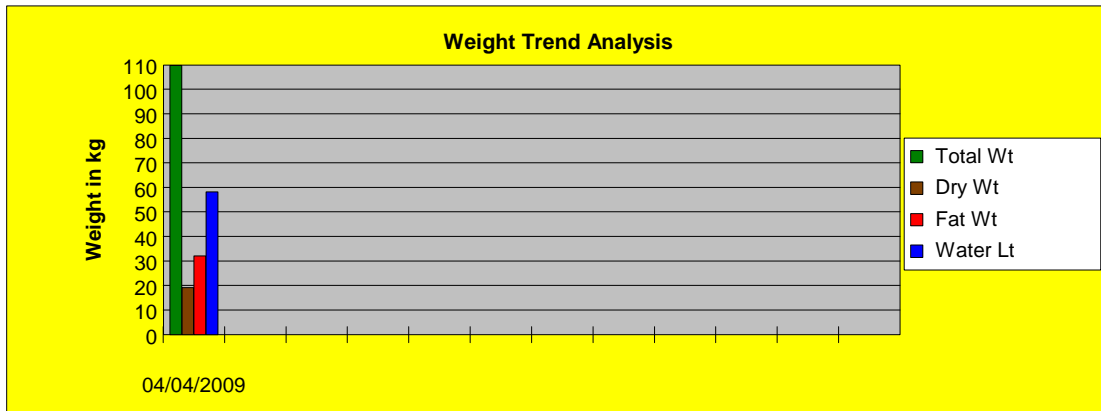
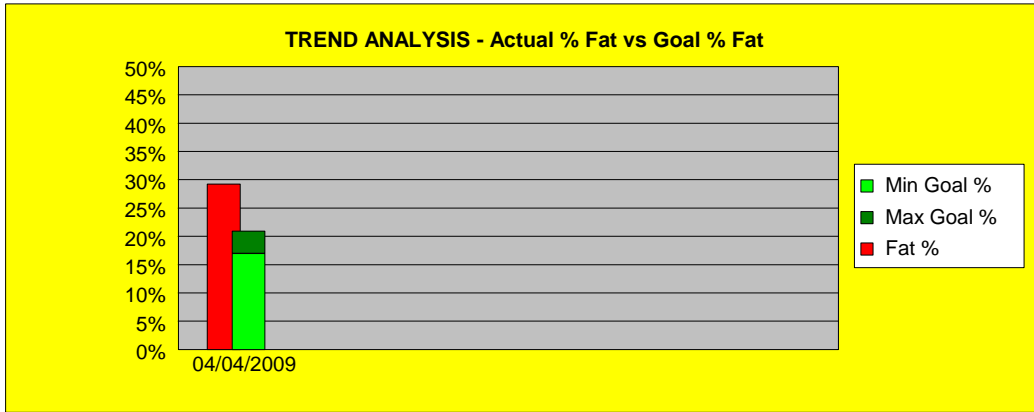
You are advised to reduce your body weight slowly.

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

BODY COMPOSITION

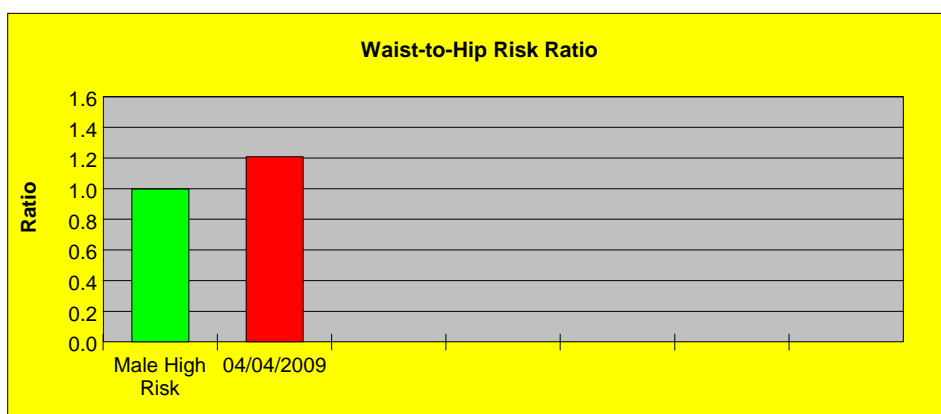
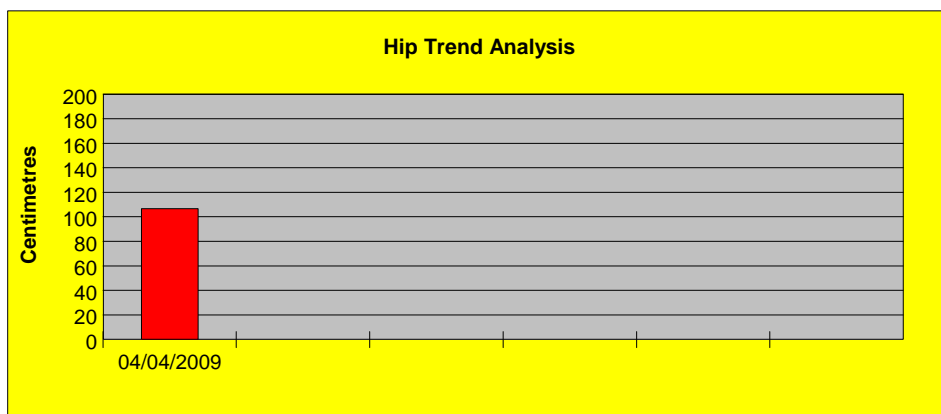
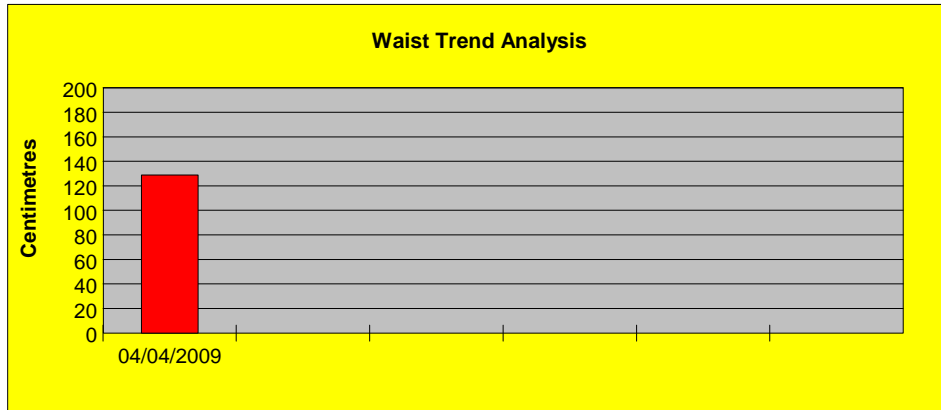
Your body composition does not fall within "normal" limits. You need to reduce your fat weight by following a diet and exercise program as advised by your consultant. Use **BODYSTAT** to monitor your body composition regularly.

BODYSTAT TREND REPORT

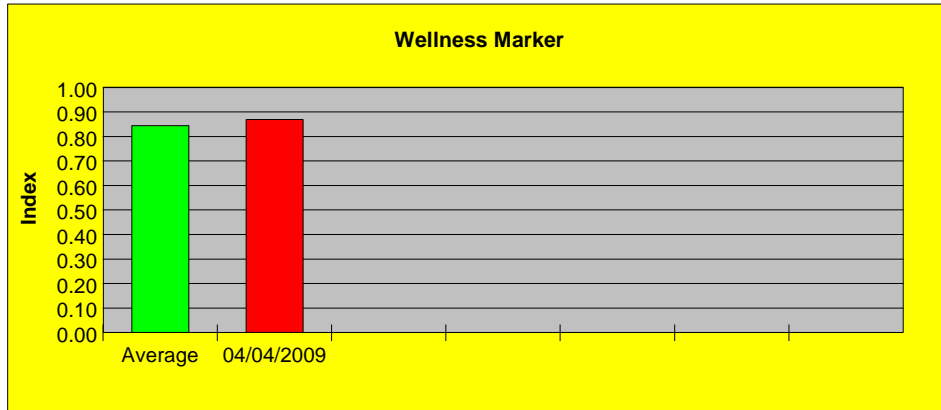


<u>Date</u>	<u>Total Wt</u> <u>kg</u>	<u>Lean Wt</u> <u>kg</u>	<u>Fat Wt</u> <u>kg</u>	<u>Fat %</u>	<u>Goal %</u>	<u>BM Rate</u> <u>kcal/kg</u>	<u>Dry Wt</u> <u>kg</u>	<u>Water</u> <u>Lts</u>	<u>Wellness</u> <u>Marker</u>	<u>Imped</u> <u>50 kHz</u>	<u>WH Ratio</u>	<u>Phase</u> <u>Angle</u>
04/04/2009	109.8	77.6	32.2	29.3	19	20.1	19.3	58.3	0.870	388	1.21	6.6

BODYSTAT TREND REPORT



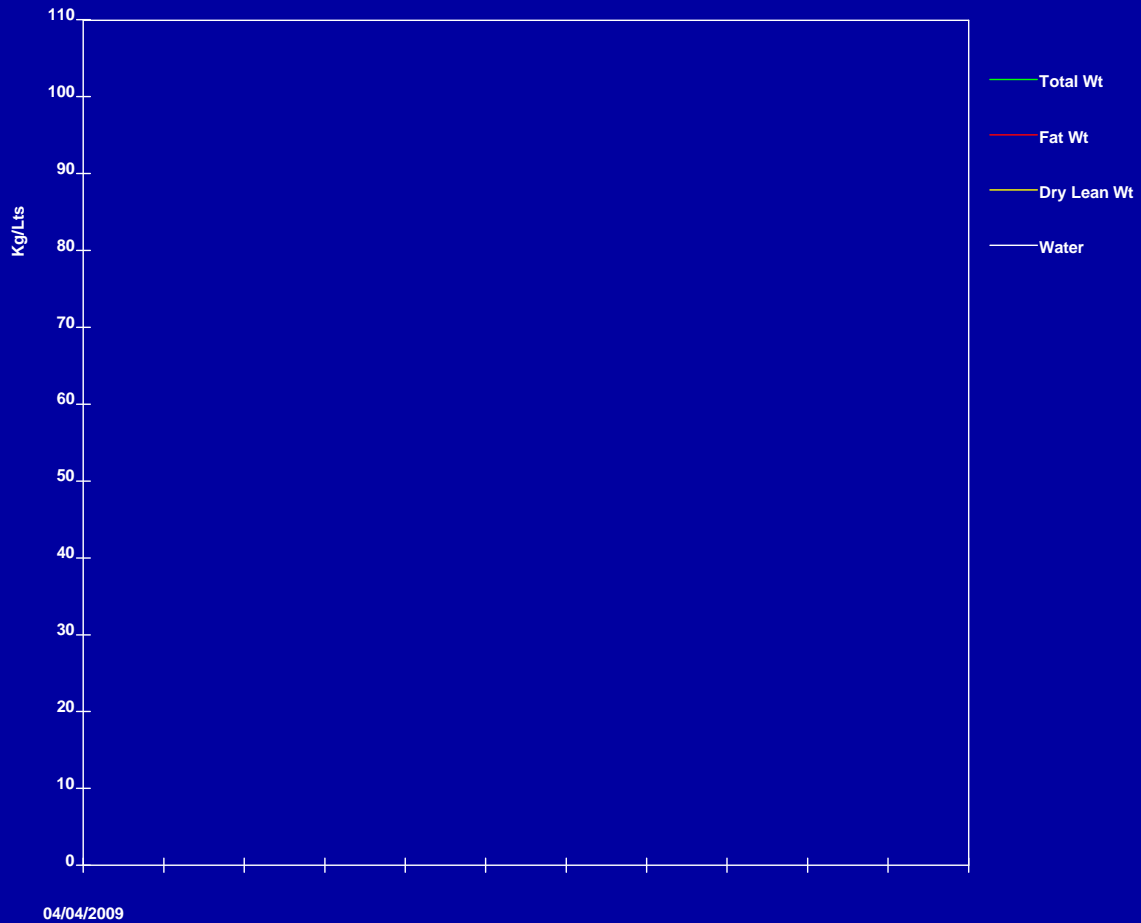
BODYSTAT TREND REPORT



BODYSTAT HISTORY GRAPH

	<u>Start</u>	<u>End</u>	<u>Variance</u>	<u>% Variance</u>
Date	04/04/2009	04/04/2009		
Total Wt	109.8 kg	109.8 kg	0.0 kg	0.0 %
Fat Wt	32.2 kg	32.2 kg	0.0 kg	0.0 %
Dry Lean Wt	19.3 kg	19.3 kg	0.0 kg	0.0 %
Water Lts	58.3 lts	58.3 lts	0.0 lts	0.0 %
Imp 50kHz	388	388		

Body Composition History Graph

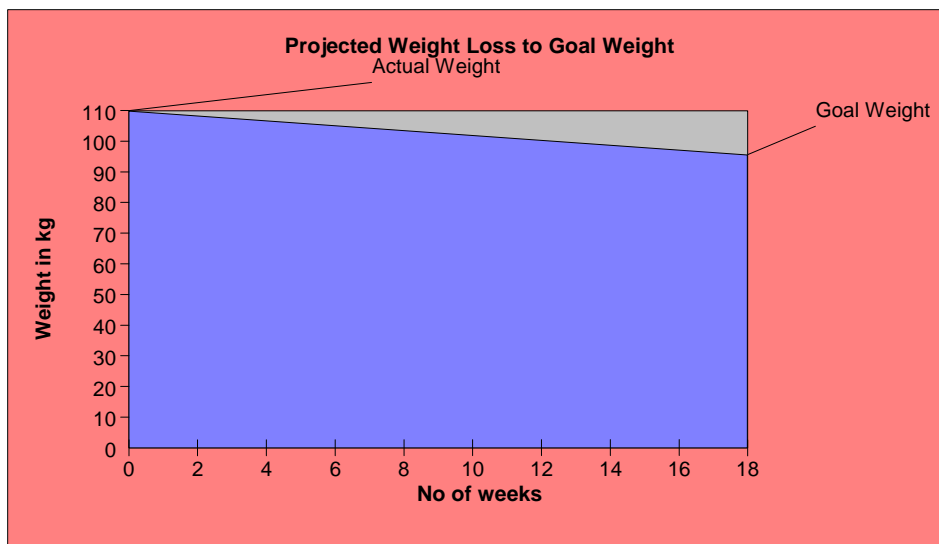


WEIGHT AND ACTIVITY MANAGER

Body weight	109.8 kg
Goal weight	95.5 kg
Weight change (Rate)	-0.8 kg/week
Dietary change (Total)	-881 kcal/day
Activity change (Total)	0 kcal/day

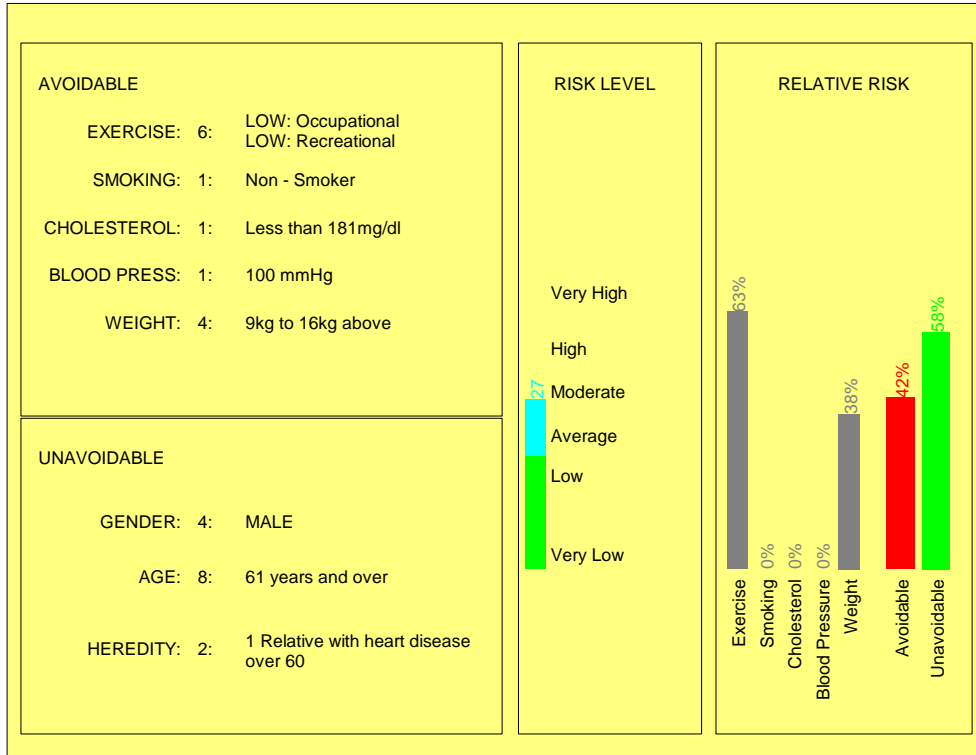
To lose 0.8 kg/week you need to reduce your dietary intake by -881 kcal/day.

This should enable you to reach your goal weight of 95.5 kg in 18 weeks.



No activities have been selected.

CARDIAC RISK REPORT



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

You can control **42%** of this Risk Level.

The most important Avoidable factor in your case is **Exercise** which accounts for **63%** 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	4 9 to 16kg over	3 2.2 to 9 kg over
Sub total	13	11

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	27 MODERATE RISK	25 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.