



Body Composition Analysis (And Why You Need It!)

What Is a BIA?

BIA stands for Bioelectrical Impedance Analysis. It is a method of assessing your body composition, including body fat, lean body mass, and water.

Why is Body Composition Important to My Health?

Research has shown that body composition is directly related to health. A normal balance of body fat is associated with good health and longevity. Excess fat in relation to lean body mass can greatly increase your risk of cardiovascular disease, diabetes, and other chronic diseases.

Why Measure BIA with the InBody Scale?

This scale allows you to understand where your weight lies in your body. Weight alone is a poor indicator of health, so understanding how your body weight is broken down will help you set goals for better health and changes in body fat mass/lean body mass. By using the InBody scale, you can easily track your progress with your own personal profile saved within the system.



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Guidelines for Assessment

For the most accurate results, the following guidelines should be followed:

1. Do not eat for 4 hours prior to testing
2. Do not exercise for 12 hours prior to testing
3. Do not consume alcohol for 24 hours prior to testing.
4. Drink at least 1 quart of water one hour before your test
5. Do not drink caffeine the day of your test.

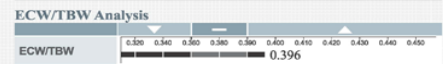
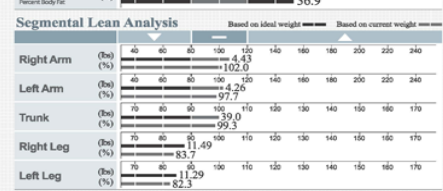
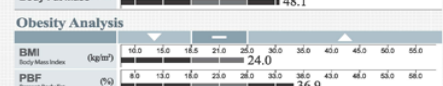
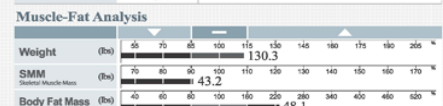
InBody

[InBody570]

SEE WHAT YOU'RE MADE OF

ID Jane Doe Height 5ft.01.8in. Age 51 Gender Female Test Date / Time 05.04.2012 09:46

Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lbs) 36.6	60.6	82.2	130.3
Extracellular Water (lbs) 24.0			
Dry Lean Mass (lbs) 21.6			
Body Fat Mass (lbs) 48.1			



Body Composition History	Weight (lbs)	SMM (lbs)	PBF (%)	ECW/TBW
10.10.11	143.9	44.3	41.3	0.399
10.30.11	139.9	44.1	40.7	0.398
11.02.11	137.6	43.4	39.2	0.396
11.01.11	136.2	43.4	39.0	0.396
01.12.12	137.3	43.6	39.4	0.397
02.10.12	134.3	43.4	38.6	0.396
03.15.12	133.4	43.6	37.8	0.398
05.04.12	130.3	43.2	36.9	0.396

Body Fat - Lean Body Mass Control
 Body Fat Mass - 21.8 lbs
 Lean Body Mass + 5.5 lbs
 (+) means to gain fat/lean (-) means to lose fat/lean

Segmental Fat Analysis
 Right Arm (3.5 lbs) 179.0%
 Left Arm (3.5 lbs) 184.1%
 Trunk (25.8 lbs) 239.9%
 Right Leg (6.4 lbs) 132.5%
 Left Leg (6.4 lbs) 131.5%

Basal Metabolic Rate
1175 kcal

Visceral Fat Level
Level 12 (Low 10 High)

Results Interpretation
Obesity Analysis
 BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

Segmental Lean Analysis
 Evaluates whether the muscles are adequately developed in the body. In each segment, the top bar shows the comparison of muscle mass to ideal weight and the bottom bar shows that of the current weight.

Body Water Analysis
 ECW/TBW is the ratio of Extracellular Water to Total Body Water, which is an important indicator whether the body water is balanced.

Visceral Fat Level
 Visceral Fat Level is an indicator based on the estimated amount of fat surrounding internal organs in the abdomen. Maintain a Visceral Fat Level under 10 to stay healthy.

Results Interpretation QR Code
 Scan the QR Code to see results interpretation in more detail.

Impedance

	RA	LA	TR	RL	LL
Z(0)	373.1	385.4	25.7	303.0	314.1
50kHz	337.2	352.5	23.0	282.3	289.8
500kHz	297.4	311.5	19.1	258.1	267.8