

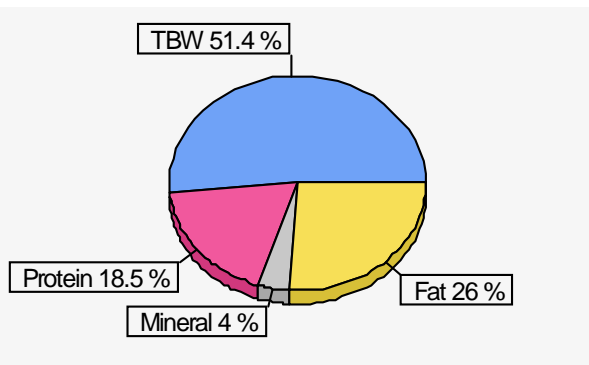
Body Composition Analysis

ID	Name	Age	Sex	Height	Present	Before
00003	Kenko Taro	25	F	167.0 cm	2/10/2004 6:21:06 PM	Not Existing

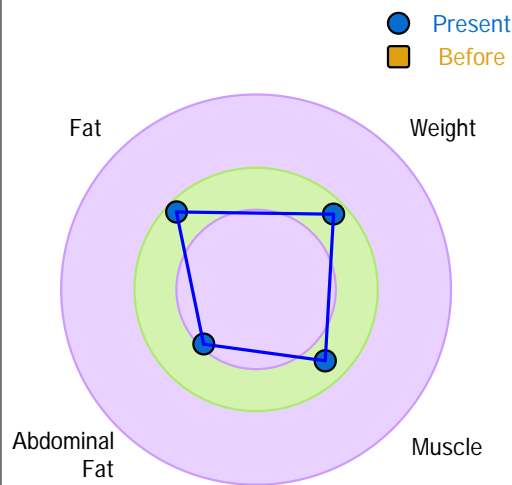


Body Composition Analysis

Body Composition	Before	Present
TBW (L)	0.0	30.8
Protein (kg)	0.0	11.1
Mineral (kg)	0.0	2.4
Fat Mass (kg)	0.0	15.6

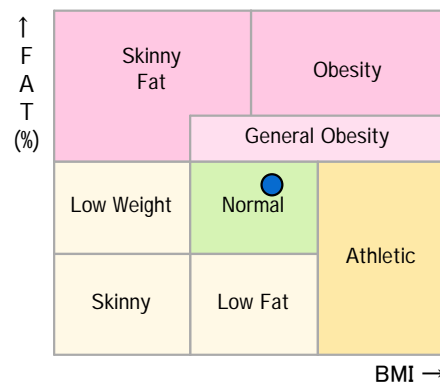


Body Type

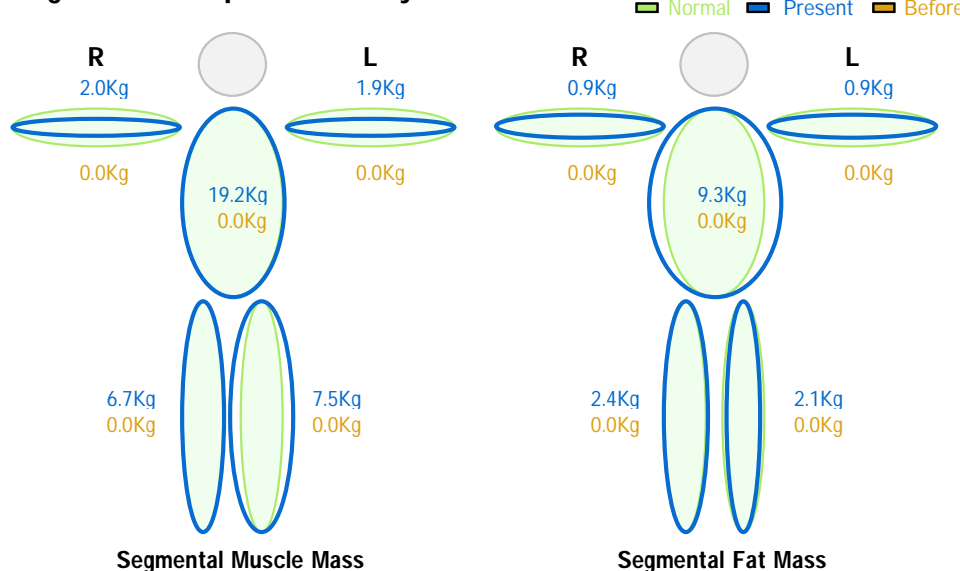


Muscle / Fat Balance

Item	Value	Muscle / Fat Balance										
		Under			Normal		Over					
Weight (kg)	60.0	60%	70%	80%	90%	100%	110%	120%	130%	140%	150%	
Muscle (kg)	41.9	60%	70%	80%	90%	100%	110%	120%	130%	140%	150%	
Fat Mass (kg)	15.6	20%	40%	60%	80%	100%	150%	200%	250%	300%	350%	
Percent Body Fat (%)	26.0				5%	10%	15%	20%	25%	30%	35%	Male
					8%	13%	18%	23%	28%	33%	38%	43%



Segmental Composition Analysis



Reference

Item	Before	Present	Normal	Diff.
B M I	0.0	21.5	20.8	0
W H I	0.00	0.39	0.43	0
B M R	0.0	1414.1	1401.6	0
kcal/day	0.0	2131.1	2092.4	0
Abdominal Fat	0.00	0.74	0.75 - 0.85	0
ECF Rate	0.0%	32.8%	30-35%	0%

Final Result

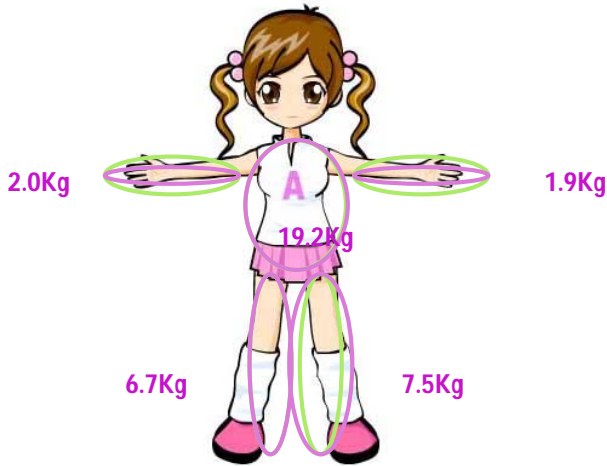
Weight Control	Your Normal weight is 58.0Kg. Need of -2.0Kg weight. To maintain normal weight, need of +0.3Kg muscle, -2.3Kg fat mass.	Health Index
Balance	Do appropriate exercise to increase the muscle mass of your arm Need of appropriate exercise and food intake to maintain the balance of fat and muscle. ※ Please ask your health care professional for more information about your report.	★★★★★

Segmental Analysis

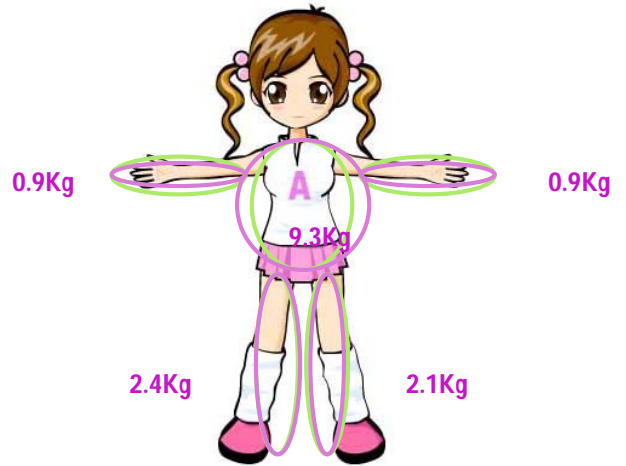
ID : 00003

Name : Kenko Taro

Muscle Mass



Fat Mass



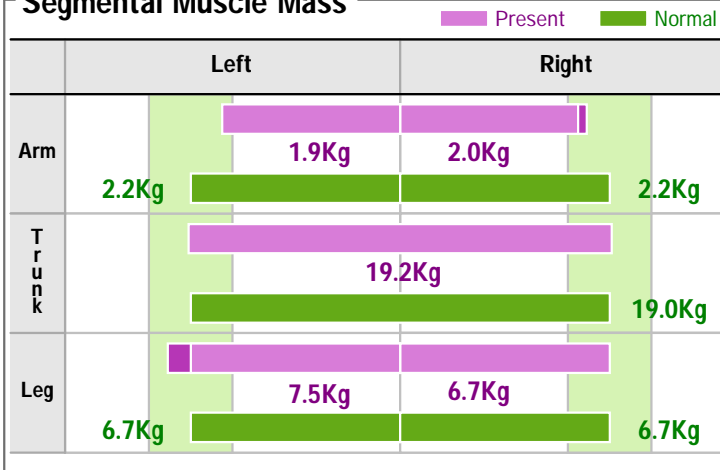
Balance

Upper Balance	49 : 51	Lower Balance	53 : 47
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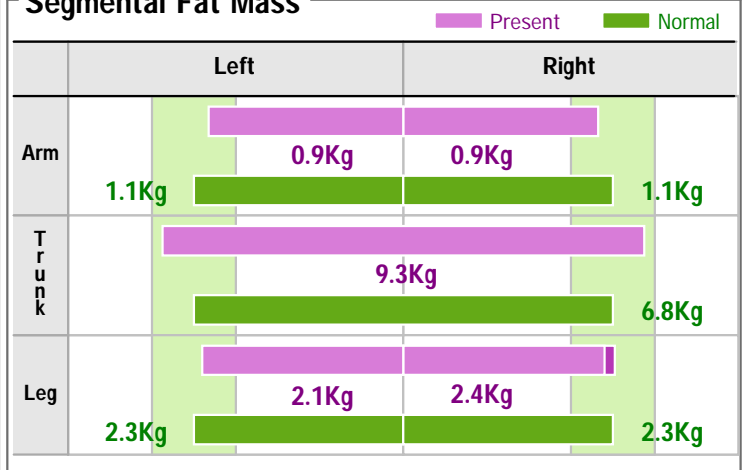
Balance

Upper Balance	50 : 50	Lower Balance	47 : 53
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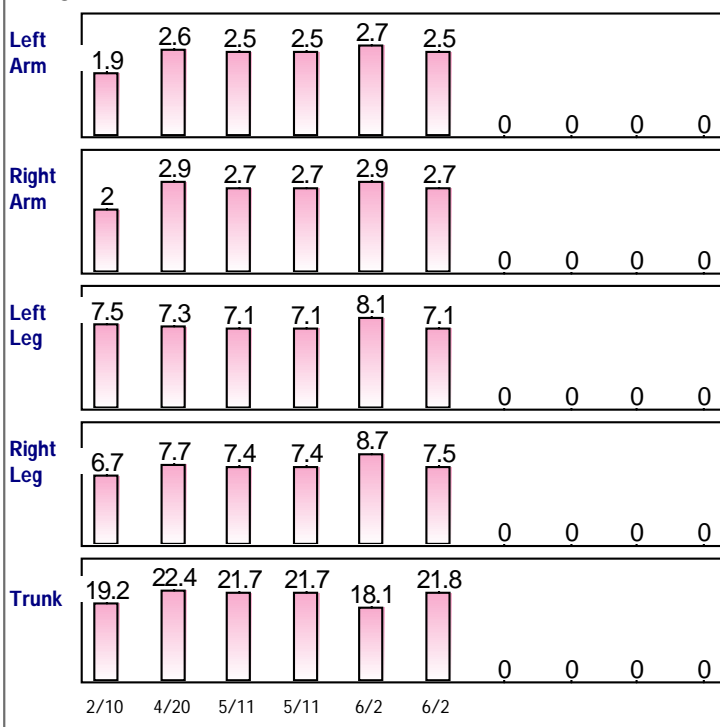
Segmental Muscle Mass



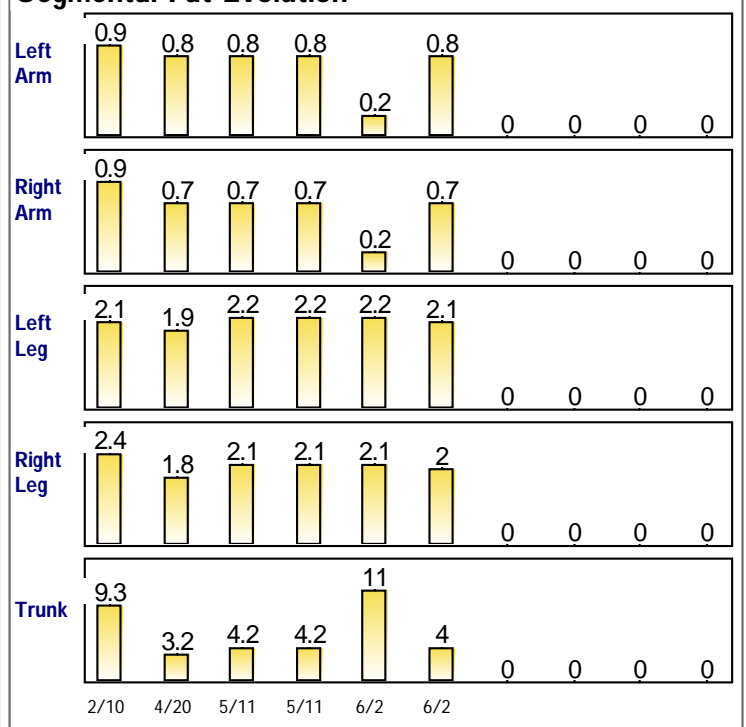
Segmental Fat Mass



Segmental Muscle Evolution



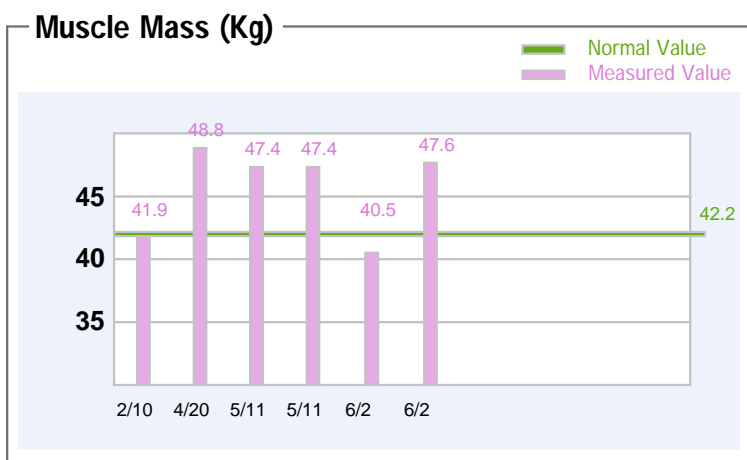
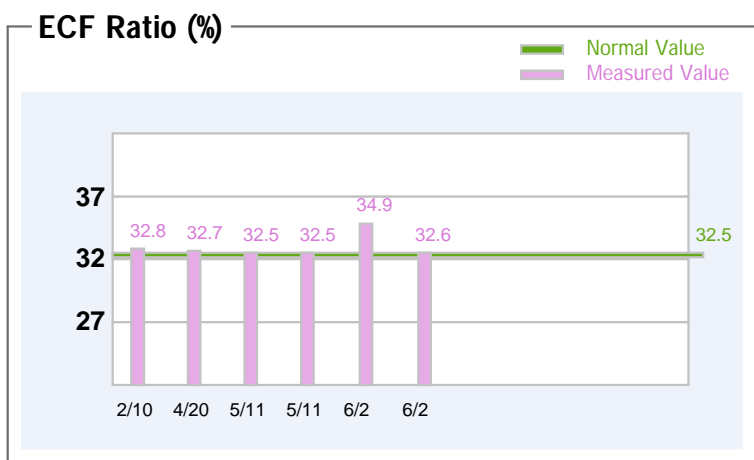
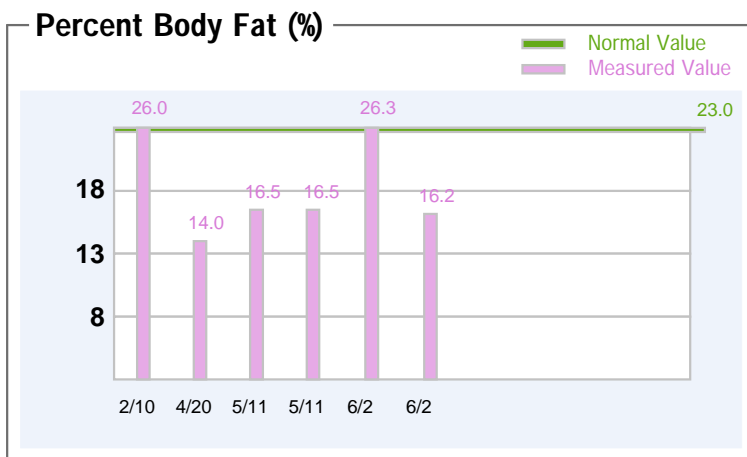
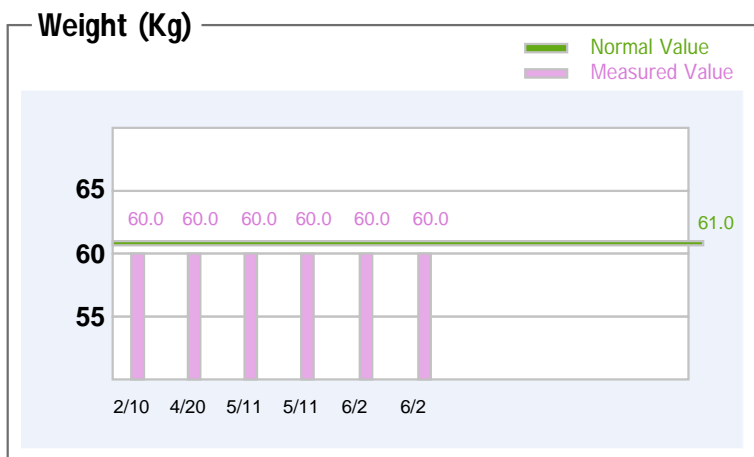
Segmental Fat Evolution



Body Composition Evolution & Exercise Prescription

ID : 00003

Name : Kenko Taro



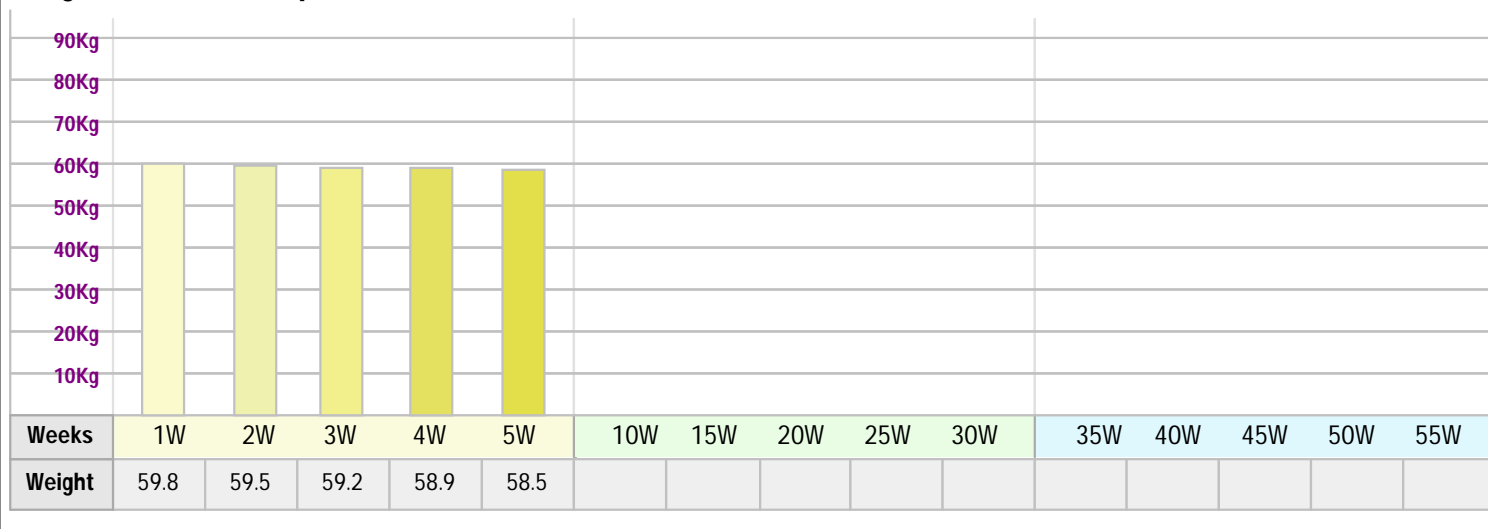
Exercise Prescription

Prescription Calories	Target Weight	Total Energy Expenditure	Target Fat Mass	Exercise Level	Weight Target Time
2092.4 Kcal	58.0 Kg	2131.1 Kcal	13.3 Kg	500Kcal/day	about 5 Weeks

30-minute per day of jogging for about 80 days is recommended.

After a specific point, adjust caloric prescription and exercise level for balanced ratio of fat and muscle.

Weight Transition Map



Exercise Menu

ID : 00003

Name: Kenko Taro

Recommended Menu

Name	Characteristic
Cycling	Cycling is good for muscular strength of the lower body and cardiorespiratory endurance.
Walking	Walking is good for men and women of all ages because it is low impact on ankles, knees and other lower body joints.
Stepper	Stepper is good for hip and leg's muscular strength.
Tennis	Tennis is good for cardiorespiratory functional capacity improvement by exercising the whole body.
Pac Dec Fly	Pac dec fly is good to improve chest muscle's mass and definition.
Bent-over lateral raise	Bent-over lateral raise is good for shoulder and arm's balance by exercising with dumbbells.
Leg extension	Leg extension is simple articular exercise to improve thigh muscle strength and volume.

Sports Supplement Menu

Aerobic Exercise Menu

NO	Name	Load	Time	Characteristic
1	Treadmill(Running)	0.289	10	Treadmill is good for improving the cardiorespiratory system, burning calories and increasing lower limbs strength.
2	Cycling(Training Machine)	0.127	10	Cycling is good for muscular strength of the lower body and cardiorespiratory endurance.
3	Stepper	0.036	10	Stepper is good for hip and leg's muscular strength.
4	Swimming	0.156	10	Swimming is good for exercising most of body muscles as well as burning energy without stressing the articulations and bones.
5	Tennis	0.109	10	Tennis is good for cardiorespiratory functional capacity improvement by exercising the whole body.
6	Aerobic dance	0.105	10	Aerobic dance is good for developing the cardiovascular system.
7	Badminton	0.097	10	Badminton is good for maintain health and improving overall fitness by exercising the whole body.
8	Jogging	0.135	10	Jogging is good for increasing energy expenditure while developing endurance.
9	Walking	0.08	10	Walking is good for men and women of all ages because it is low impact of ankle, knee and waist.

Weight Training Menu

Part	Name	Load	Time
Upper Body	Abs - Crunches		
Upper Body	Abs - Leg twist		
Upper Body	Biceps - Cable curl		
Upper Body	Shoulders - Side lateral raise		
Whole Body	Dead lift		
Whole Body	Bridge exercise for the core		
Lower Body	Leg press		
Lower Body	Leg curls		
Lower Body	Calf Raise		
Lower Body	Hack Squat		

Exercise Prescription

ID : 00003

Name : Kenko Taro

Exercise Objectives



Item	Training Phase					Improvement Phase						Maintenance Phase
Weeks	1	2	3	4	5	6 - 9	10 - 13	14 - 16	17 - 19	20 - 23	24 - 27	28 Weeks
Exercise Frequency	3	3	3	3	3	3 - 4	3 - 4	3 - 4	4 - 5	4 - 5	3 - 4	2 - 3
Exercise Intensity (%/MHR)	40 - 50	50	50	60 - 70	60 - 70	70 - 80	70 - 80	70 - 80	70 - 80	70 - 80	70 - 80	70 - 80
Consumption Calories (Kcal/day)	500.0	584.0	662.5	750.0	837.5	875.0	1000.0	1000.0	1162.5	1250.0	1162.5	1000.0
Consumption Calories (Kcal/week)	1500.0	1751.5	1987.5	2250.0	2512.5	3062.5	3500.0	3500.0	5231.5	5625.0	4068.5	2500.0

Exercise Options : Average duration in minutes.



Walking 5.6km/h	114	133	151	170	190	199	227	227	264	284	264	227
Walking 9km/h	49	57	65	73	82	85	97	97	113	122	113	97
Stepper	60	71	80	91	101	106	121	121	141	151	141	121
Cycling 10km/h	114	133	151	170	190	199	227	227	264	284	264	227
Cycling 19km/h	66	77	87	99	110	115	132	132	153	165	153	132
Rope Skipping 80/m	58	67	76	87	97	101	115	115	134	144	134	115
Jogging 9km/h	56	65	74	84	94	98	112	112	130	140	130	112
Mountain climbing	60	70	79	89	100	104	119	119	138	149	138	119
Trunk Raise	76	89	101	115	128	134	153	153	178	191	178	153
Golf	104	122	138	156	174	182	208	208	242	260	242	208
Tennis	75	88	99	113	126	131	150	150	174	188	174	150
Shuttlecock	104	122	138	156	174	182	208	208	242	260	242	208
Swimming 18m/m	121	141	160	182	203	212	242	242	282	303	282	242
Swimming 46m/m	54	63	71	80	90	94	107	107	125	134	125	107
Aerobic	63	73	83	94	105	109	125	125	145	156	145	125
Rowing	57	66	75	85	95	99	114	114	132	142	132	114
Circuit training	76	88	100	114	127	132	151	151	176	189	176	151

Dietary Prescription

ID : 00003












Name : Kenko Taro

Main Dietary Prescription

Basal Metabolic Expenditure	Total Energy Expenditure		Prescription Calories	
1414.1 Kcal	2131.1 Kcal		2092.4 Kcal	
Macronutrient	Breakfast	Lunch	Dinner	Total
Carbohydrate	341.0	418.0	372.0	1130.0 Kcal
Protein	120.0	147.0	131.0	398.0 Kcal
Lipid	170.0	209.0	186.0	565.0 Kcal
Total	630.6	773.9	687.9	2092.4 Kcal



Recommended Food

Food Name	Quantity	Kcal	Characteristic
 Hamburger bun	Half a bun, 9cm Dia., 30g	80	1 Exchange of Starch
 Soft white toast	2 toasts, thin, 7.5cm, 30g	80	1 Exchange of Starch
 Soft brown toast	2 toasts, thin, 7.5cm, 30g	80	1 Exchange of Starch
 Soft white toast	4cm Dia., 6(30g)	80	1 Exchange of Starch
 Hard brown toast	4 cm Dia, 6 (22g)	80	1 Exchange of Starch
 Kaak, white	24cm, 24g	80	1 Exchange of Starch
 Sandwich, white	9cm, 30g	80	1 Exchange of Starch
 Sandwich, whole grain	9cm, 30g	80	1 Exchange of Starch
 Bread, large, whole grain	1/4 loaf, 32cm Dia., 30g	80	1 Exchange of Starch
 Kaak, small, round	8 (24g)	80	1 Exchange of Starch
 Bread, large, white	1/4 loaf, 32cm Dia., 30g	80	1 Exchange of Starch

	Halawi	1 slice, 30g	154.8	1.1 Exchanges of Starch + 1.5 Exchanges of Fat
	Chocolate spread	1 Tbsp, 15ml	100	0.8 Exchanges of Starch + 0.9 Exchanges of Fat, high in saturated fat
	Znood el sitt	1 piece, 28g	104	0.8 Exchanges of Starch + 1 Exchange of Fat
	Chocolate cake	1 slice, 30g	117	0.9 Exchanges of Starch + 1 Exchange of Fat
	Doughnut, chocolate glazed	1 piece, 7.5cm dia.	194	1.5 Exchanges of Starch + 1.9 Exchanges of Fat, high in saturated fat
	Beer	330ml	142	1 alcoholic drink + 0.8 Exchanges of Starch
	Red wine	120ml	102	1 alcoholic drink + 0.6 Exchanges of Sugar
	Whiskey	40ml	100	1 alcoholic drink

Food Table

ID : 00003

Name : Kenko Taro

Specific foods related to Hyperlipemia are listed.

Food Name	Quantity	Calories	Carbo- hydrate	Protein	Lipid
1 Rice					
bean-mixed rice	1portion	375	275	50	50
2 Fruit					
orange	1	50	50		
banana	1	100	100		
apple	1	175	175		
tomato	1	25	25		
3 FruitCan					
white peach can	1can	275	275		
4 Bread					
ring donus	1slice	350	150	75	125
hamburger	1piece	500	150	100	250
5 Eggs					
boiled eggs	1piece	100		25	50
6 Alcoholic					
Arak	1 cup	100	$\frac{2222}{2}$	3333	4444

Very Well | Well | Normal | Bad