

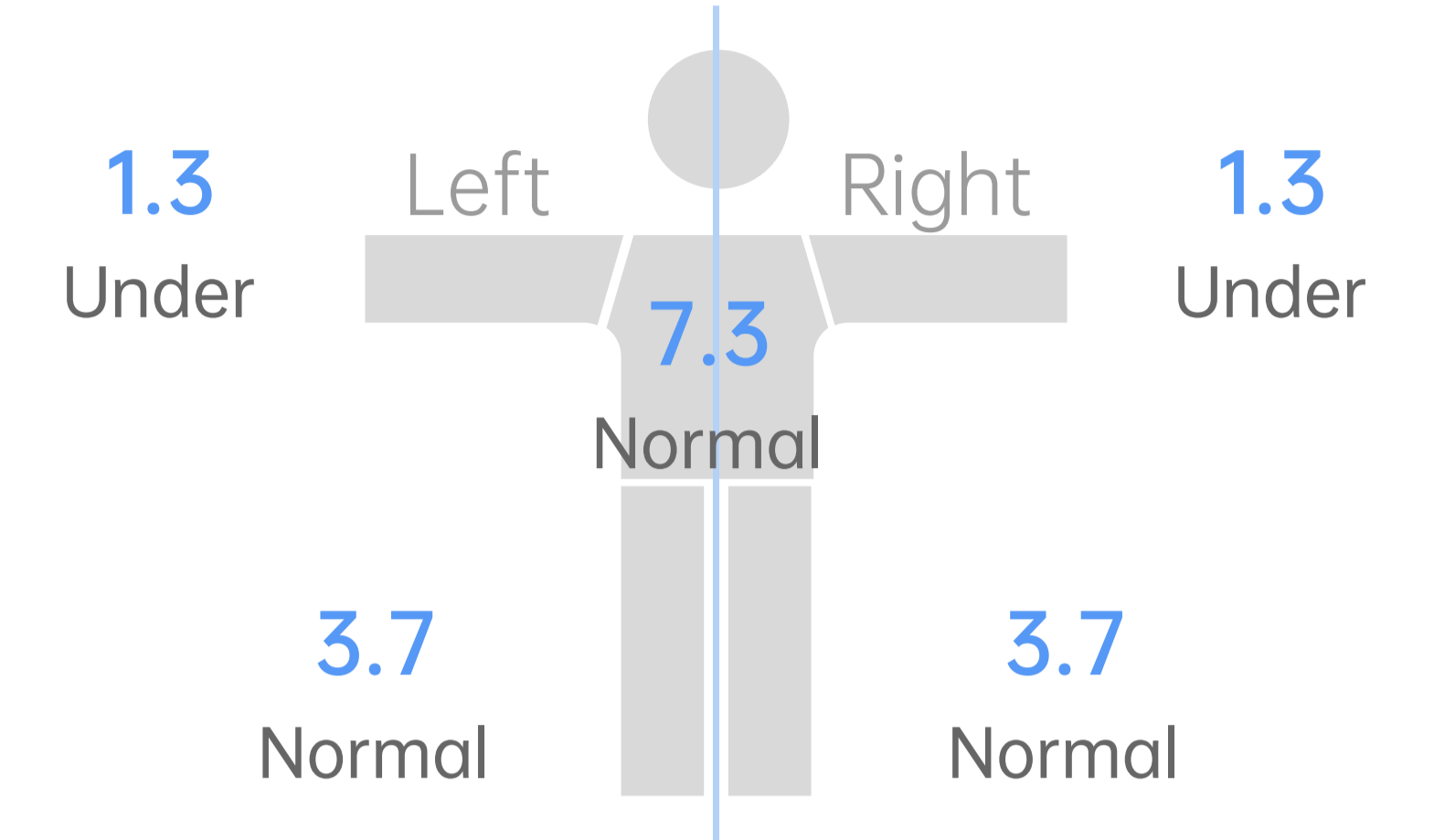
VISBODY Body Composition Report Score 67

ID: su***er@gmail.com Gender: Female Height: 5 ft. 7 in. Age: 26 Test Date/Time: Mar 25, 2020, 16:34 Compared To The Last Score -5

Body Composition Overview

	Values	Body Fat Mass	Inorganic Salts	Protein
Weight lbs	106.5 [113.8~153.9]	19.2 [24.7~49.4]		
Lean Body Mass lbs	87.3 [92.4~113.1]		6.2 [6.4~7.7]	
Muscle Mass lbs	82.2 [87.5~106.9]			17.6 [18.3~22.3]
Body Water lbs	63.5 [68.1~83.1]			

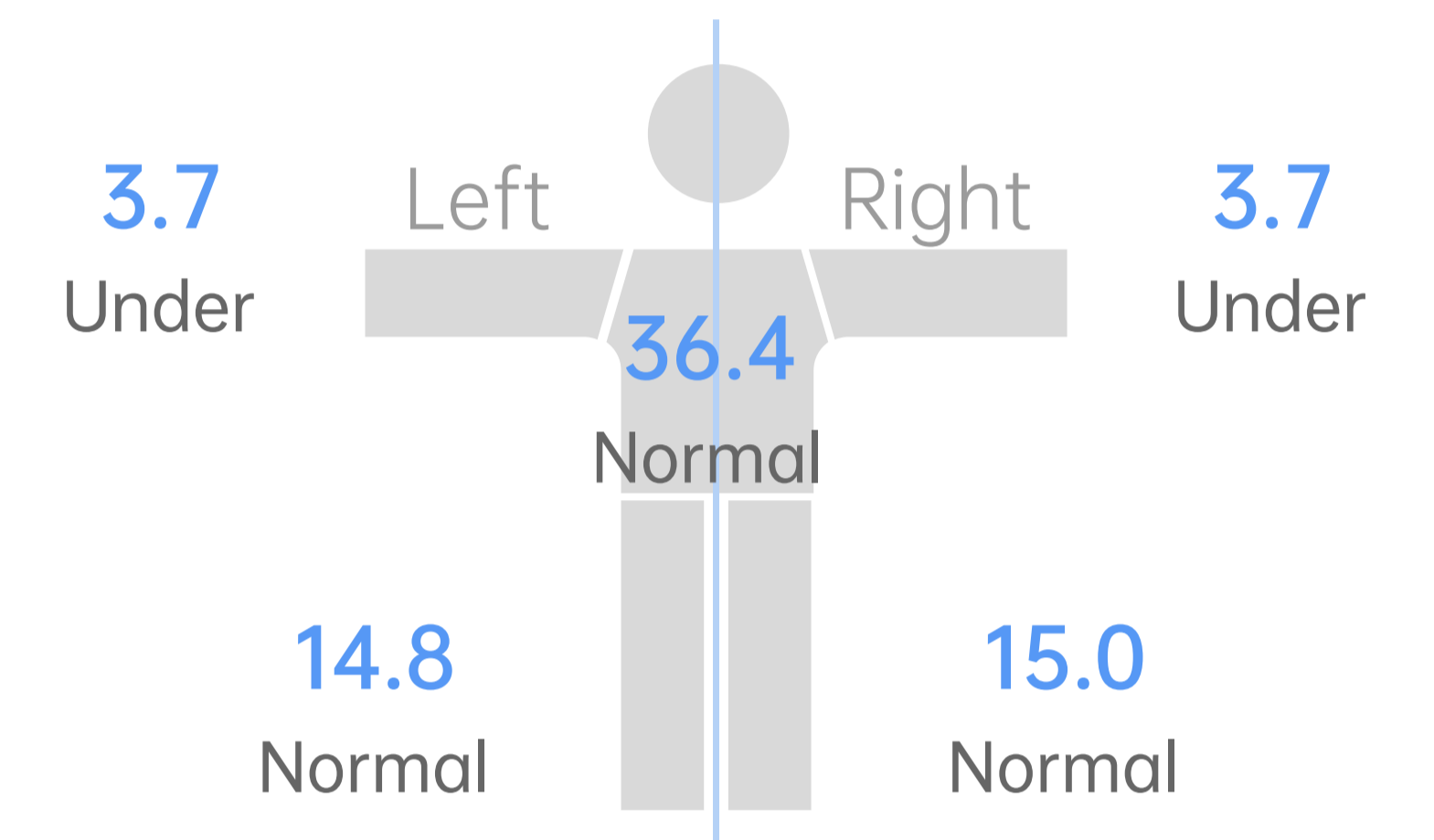
Segmental Fat Analysis lbs



Muscle-Fat Analysis

	Under	Normal	Over	Standard Range	Net
Weight lbs	106.5			[113.8~153.9]	↓ 8.8
SMM lbs	49.4			[50.9~63.5]	↓ 0.4
Body Fat Mass lbs	19.2			[24.7~49.4]	↑ 0.2

Segmental Lean Analysis lbs



Obesity Analysis

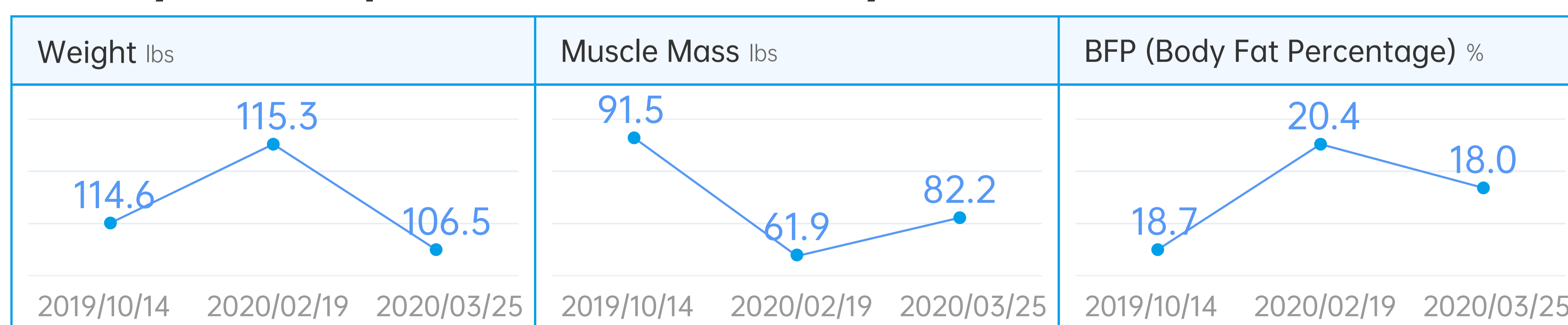
	Under	Normal	Over	Standard Range	Net
BFP %	18.0			[18.0~28.0]	↓ 2.4
BMI kg/m²	16.7			[18.5~24.0]	↓ 1.4
WHR	0.77			[0.75~0.85]	↑ 0.01

	Under	Normal	Over	Standard Range	Net
Basal Metabolism Rate kcal/d	1256.5			[1241.2~1517.0]	↓ 16.9

	Normal	Over	Standard Range	Net
Visceral Fat Level	2.0		[1.0~10.0]	↑ 0.0

	Values	Obesity Assessment	Gold Standard	Net
Weight lbs	106.5	▲ Deficient	133.6	+27.1
Body Fat Mass lbs	19.2	▲ Deficient	33.5	+14.3
Muscle Mass lbs	82.2	▲ Deficient	95.7	+13.4

Body Composition History



Weight: Weight is the sum of body water, protein, inorganic salt and body weight.

Lean Body Mass: Lean Body Mass is the total body weight without fat.

Muscle Mass: Muscle Mass is body weight minus body fat as well as inorganic salts.

Body Water: Most of the human body is water with an amount of 50%-70% of body weight. And body water is mainly in human cells and body fluids, most of which is in muscle cells.

Body Fat Mass: Body Fat mass is the sum of subcutaneous fat, visceral fat and muscle fat.

Inorganic Salts: The human body is composed of organic matter, inorganic matter and water. The inorganic matter here is inorganic salts which amounts to 5% of the body weight.

Protein: Protein is a solid substance with ammonia, which exists in all cells of the human body. It is the main component of muscle mass.

SMM (Skeletal Muscle Mass): Skeletal muscle mass, also known as striated muscle, is a type of muscle attached to bones. This data contains the amount of Skeletal Muscle.

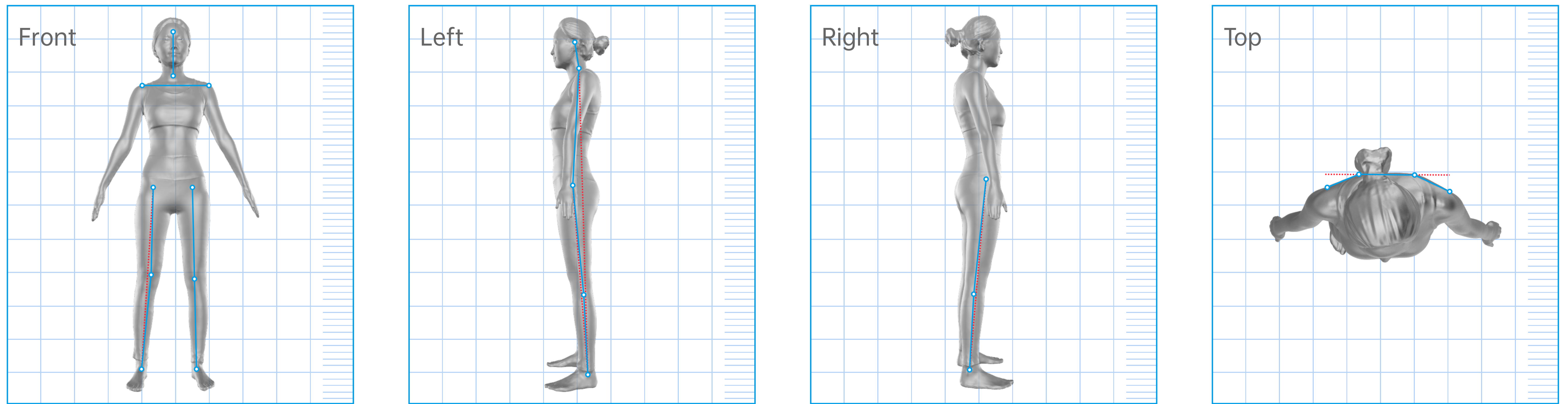
BFP (Body Fat Percentage): BFP is a measurement of body composition telling how much of the body weight is fat.

BMI: BMI is mainly used to assess the appearance of obesity, and it is a common standard for measuring body fatness.

WHR (Waist-Hip Ratio): The ratio of waist to hip circumference, it is an important indicator for determining central obesity.

Basal Metabolism Rate: Basal Metabolism rate is the total energy consumed in a day when the body is at rest, not affected by exercise, physical objects, nervousness, external temperature changes, etc.

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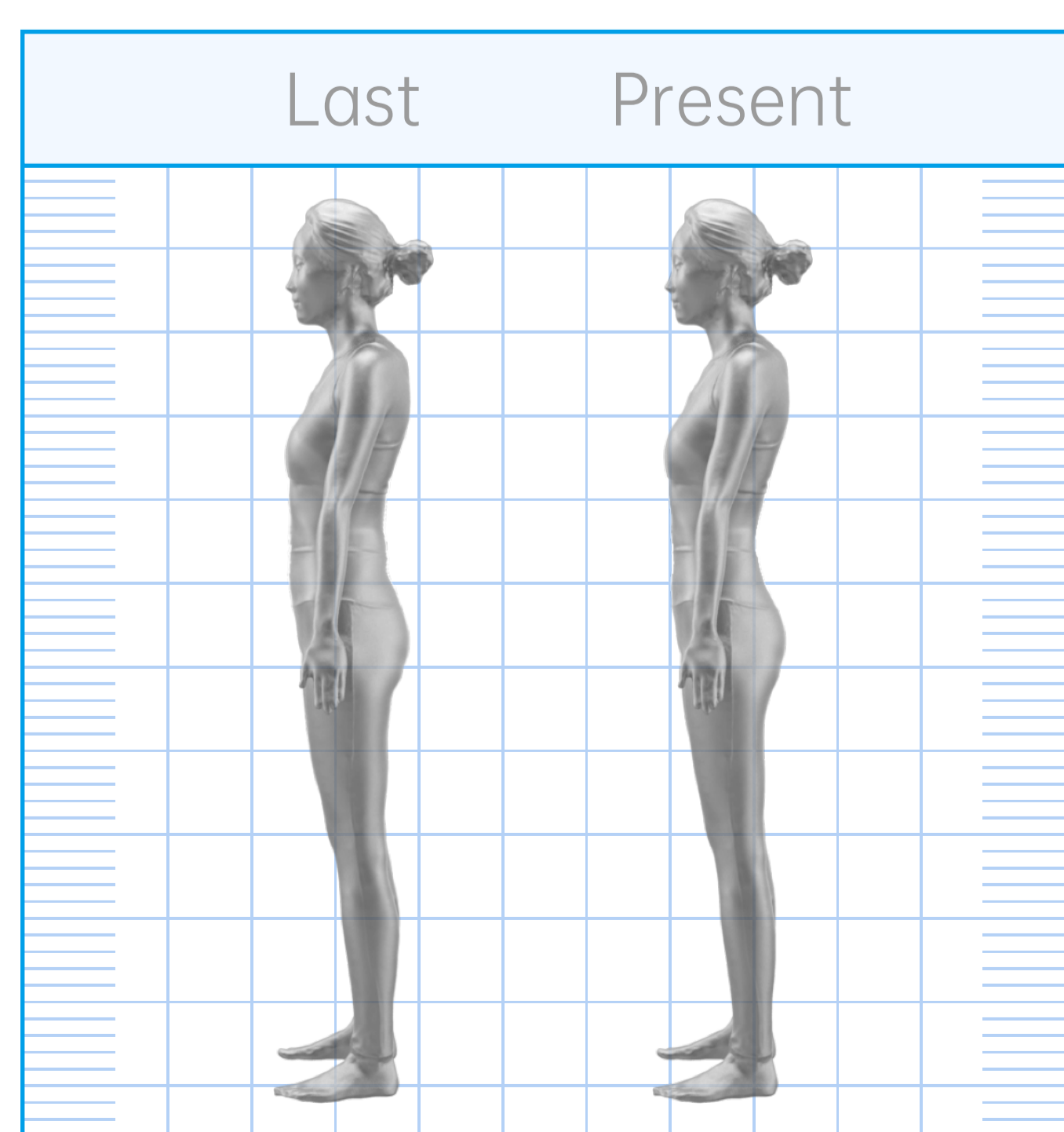


Posture Evaluation Overview * To ensure the data accuracy, please wear tight clothes

	Values	Evaluation Conclusion	Risk Warning
Forward Head Posture	20.0°	Possible forward head posture	Forward head may lead to pain and discomfort of neck and shoulders, even cervical degeneration and physiological curvature change if the symptom lasts for a long time
Head Tilt	2.3°	Possible head tilt (left side)	Head tilt may lead to unilateral neck discomfort, migraine and the numbness and weakness of the arms
Rounded Shoulders Posture(left side)	20.0°	Possible rounded shoulders(left side)	Rounded shoulders posture may reduce the chest volume, restrict the diaphragm movement, affect the respiratory, cardiovascular systems and the absorption. It may lead to symptoms such as chest distress, dizziness and shortness of breath
Rounded Shoulders Posture(right side)	20.0°	Possible rounded shoulders(right side)	
Uneven Shoulders	0.7 in.	Possible uneven shoulders(high on right)	Uneven shoulders may lead to chronic pain of neck and shoulders, accompanied by the symptoms such as scoliosis, pelvic displacement and leg length discrepancy
Anterior Pelvic Tilt/Posterior Pelvic Tilt	3.0°	Possible anterior pelvic tilt	Anterior pelvic tilt/posterior pelvic tilt may lead to lumbar muscle strain, organ ptosis and pelvic floor muscle weakness
Left Knee Evaluation	3.0°	Possible left knee forward bending	Knee hyper extension or forward bending may change the mechanical structure of knee joint and increase the damage risk of meniscus, ligament and joint capsule
Right Knee Evaluation	3.0°	Possible right knee forward bending	
Leg Type	Left leg: 3.0° Right leg: 3.0°	Possible O-shaped legs	Abnormal leg type may result in the mechanical dysfunction of the lower limbs, increase the injury risk of knee joint and lead to bad posture and symptoms of pelvis and spine

Body Circumferences Inches

High-accuracy



Circumferences	Left Upper Arm	Right Upper Arm	Bust	Waist	Hip	Left Thigh	Right Thigh	Left Calf	Right Calf
Present	9.4	9.8	32.6	26.3	34.1	17.2	17.1	13.1	13.3
Last	9.9	9.8	33.9	27.2	34.2	17.4	17.1	13.4	13.5
Compared To Last Time	-0.5	0.0	-1.3	-0.9	-0.1	+0.2	0.0	-0.3	-0.2

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Shoulder Function Assessment

	Item	Values	Standard Range	Evaluation Conclusion	Net
	Abduction and upthrow - left hand	143.0°	[150.0°~180.0°]	Limited range of motion	↑ 0°
	Abduction and upthrow - right hand	177.0°	[150.0°~180.0°]	Normal	↑ 5.0°
	Anteflexion and upthrow - left hand	117.0°	[120.0°~180.0°]	Limited range of motion	↑ 0°
	Anteflexion and upthrow - right hand	117.6.0°	[120.0°~180.0°]	Limited range of motion	↓ 10.0°

Shoulder Function Assessment Result

Abduction and upthrow - left hand, Anteflexion and upthrow - left hand, Anteflexion and upthrow - right hand Range of motion of the shoulder joint is restricted.

Analysis: The motion of the shoulder joint is restricted is mostly caused by nervous muscles, insufficient range of motion of clavicle and scapula, and neck scapula not in the neutral position. It may influence the normal motion mode (leading to sports injury) and related pathological problems (Such as scapulohumeral periarthritis, hunchback, aching cervical vertebra). Long-term neglect may lead to various shoulder joint diseases .

Suggestion: Please invite professionals to further seek for concrete reasons.