

Human Body Composition Monitoring Report of Analysis and Suggestion

Name	Sex	Age	Height	Time of Measurement
TEST	Male	25	169cm	2015-06-22 10:20

Total Score **70.3**

Bio-Age **29**

Indicators of Body Composition

Indicators	Results	Ideal Range	Degree Of Judgment				
			Lower	Low	Normal	High	Higher
Weight(kg)	62.5	52.8 68.3	[Progressive bar chart]				
BMI(kg/ m ²)	21.8	18.5 23.9	[Progressive bar chart]				
TBF%	24.1	12 23	[Progressive bar chart]				
VFI	8.7	2.1 9	[Progressive bar chart]				
TBW%	51.2	50 70	[Progressive bar chart]				
SM%	28.7	35 49	[Progressive bar chart]				
BMC(kg)	2.6	2.6 3.3	[Progressive bar chart]				
BMR (KCal/d)	1394	1395 1782	[Progressive bar chart]				

Weight Control Advice

Reduce Fat	Enhance Muscle	Maintain the status
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Maintain Weight	52.8 68.3 kg	
Increase Muscle	3.9 12.7 kg	
Reduce Fat	0.7 7.6 kg	
Maintain Water	31.3 43.8 kg	
Maintain Minerals	2.6 3.3 kg	

Recommended daily calorie intake

1597 KCal/day

Analysis Of Lean Body And Fat Mass

Focus	Results	Ideal Range
Fat Mass FM	15.06	6.34 15.7
Fat Mass Index FMI	5.27	2.22 5.5
Fat-free Mass FFM	47.44	46.5 52.56
Fat-free Mass Index FFMI	16.61	16.28 18.4
Ratio of Fat and SM	0.84	0.34 0.47



Analysis Of Limb Balance

Upper Balance L/R **1.063**

Symmetrical Enhance Left Enhance Right

Total Balance L/R **0.998**

Symmetrical Enhance Left Enhance Right

Lower Balance L/R **1.099**

Symmetrical Enhance Left Enhance Right

Health Evaluation Of Body Composition

The result shows that the weight is in standard range, but the fat content is excessive, it is a dangerous signal which may bring down the body flexibility, body-aliasing and other adverse effects, and even lead to high blood press, high blood sugar and other metabolic diseases, and the muscles content is lower because of lacking exercise, recommend you do aerobic exercise and strength training every other day, try to eat less greasy food, eat more fruit and vegetable to replenish moisture.

Health Risks Warning

Congratulations! At present no danger warning signal to your body from the body composition inspection, please monitor body composition at regularly