

# Report

The Summary Body Composition Analysis

## User Information

\* User :

## Personal Information

\* Name : Mediana i30 child      \* Age : 12      \* Sex : Female  
\* ID : i30child      \* Record Date : 2023/01/27 11:48

## Result Data

\* Height : 105.0 cm  
\* Weight : 54.3 kg  
\* Total Body Water : 16.6 L ( 30.6% of Weight )  
\* Intracellular Water - N/CL (N/C% of TBW)      \* Extracellular Water - N/CL (N/C% of TBW)  
\* Protein Mass : 4.3 kg ( 4.3% of Weight )  
\* Mineral Mass : 1.09 kg ( 1.8% of Weight )  
\* Muscle Mass : 21.0 kg ( 38.7% of Weight )  
\* Fat Mass : 32.3 kg ( 59.5% of Weight )  
\* Extracellular Water Ratio : N/C of TBW  
\* Segmental Fat Mass      \* Segmental Muscle Mass  
\* Left Arm : 2.8 kg      \* Left Arm : 0.48 kg  
\* Right Arm : 2.7 kg      \* Right Arm : 0.49 kg  
\* Left Leg : 4.6 kg      \* Left Leg : 2.96 kg  
\* Right Leg : 4.6 kg      \* Right Leg : 3.06 kg  
\* Trunk : 16.7 kg      \* Trunk : 8.75 kg

## Reference Data

\* Ideal Weight : 19.9 kg      \* Standard FAT : 18.0% - 28.0%  
\* Ideal Muscle Mass : 15.0 kg      \* Standard TBW : 54.8% - 62.3%  
\* Ideal FAT Mass : 4.3 kg      \* Standard ECW Ratio : 36.0% - 39.0%

## Conclusions

ID .	<b>i30child</b>	Gender .	<b>Female</b>	Height .	<b>105.0cm</b>	Age .	<b>12</b>
Name .	<b>Mediana i30 child</b>	Current .	<b>2023/01/27 11:48</b>	Previous .	<b>None</b>		

### Weight Control

BMI (kg/m <sup>2</sup> )	<b>49.3</b> (15.4-20.2)	
Obesity Degree (%)		<b>272.9</b>
Desirable Weight (kg)		<b>26.2</b>
Weight Control (kg)		<b>-28.1</b>
Body Fat Control (kg)		<b>-28.1</b>
Muscle Control (kg)		<b>0.0</b>

### Mediana Score

**26**

### Growth Evaluation

Muscle	Caution	<b>Good</b>
Skeletal	Caution	<b>Good</b>
Obesity	Under Good	<b>Over</b>

### Body Balance

Upper Body	Caution	<b>Good</b>
Lower Body	Caution	<b>Good</b>

### Body Composition History

Date	Height (cm)	Weight (kg)
23.01.27	105.0	54.3

Date	Skeletal Muscle (kg)	Body Fat (%)
23.01.27	9.3	59.5

### Impedance

kHz	LA	RA	TR	LL	RL
5	428.7	412.1	25.7	306.3	326.5
50	389.7	372.0	21.5	275.9	293.6
100	366.6	352.0	16.9	256.7	273.9

### Blood Pressure

<b>Systolic</b>	(mmHg)	<b>0</b>
<b>Diastolic</b>	(mmHg)	<b>0</b>
<b>Mean BP</b>	(mmHg)	<b>0</b>
<b>Pulse rate</b>	(bpm)	<b>0</b>

### Body Composition Analysis

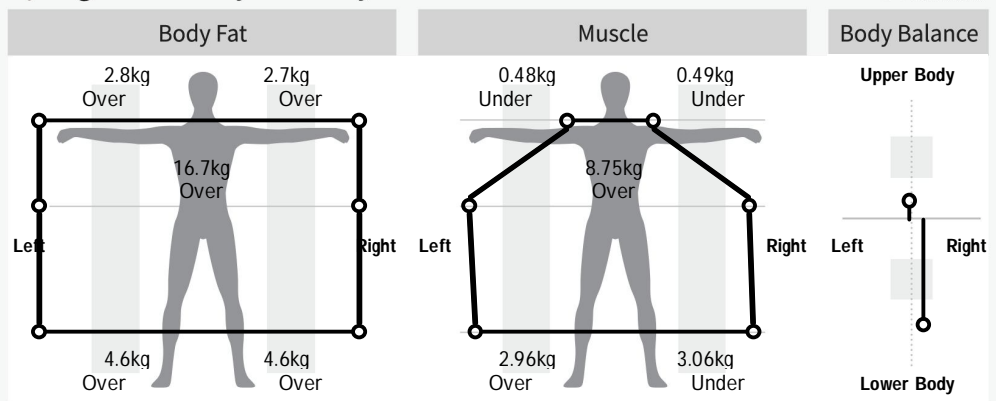
	Total Body Water (L)	Protein (kg)	Mineral (kg)	Body Fat (kg)
Values (Standard)	<b>16.6</b> (10.6-13.0)	<b>4.3</b> (2.7-3.1)	<b>1.09</b> (0.72-0.82)	<b>32.3</b> (3.4-6.9)
Total Body Water (L)	<b>16.6</b> (10.6-13.0)	<b>21.0</b> (13.5-16.5)		
Muscle Mass (kg)		<b>9.3</b> (7.8-9.5)		
Fat Free Mass (kg)			<b>22.0</b> (14.4-16.4)	
Weight (kg)				<b>54.3</b> (16.9-22.9)

### Skeletal Muscle & Body Fat Analysis

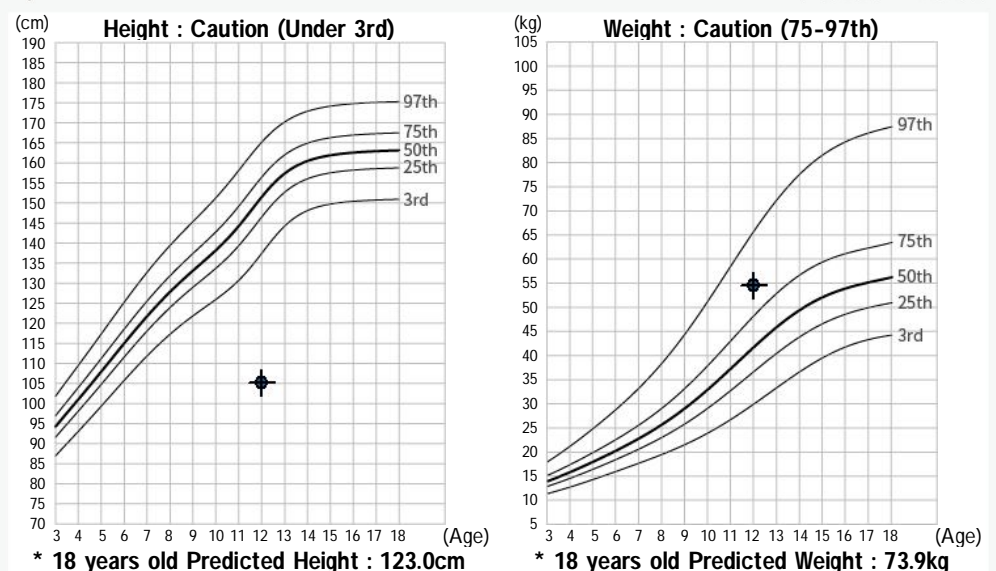
	Under	Standard	Over
Weight (kg)	55 70 85	100 115	130 145 160 175 205 235 %
Skeletal Muscle (kg)	70 80 90	100 110	120 130 140 150 170 190 %
Body Fat (kg)	40 60 80	100 160	220 280 340 400 520 640 %

Legend: ■ Current ■ Previous

### Segmental Analysis & Body Balance



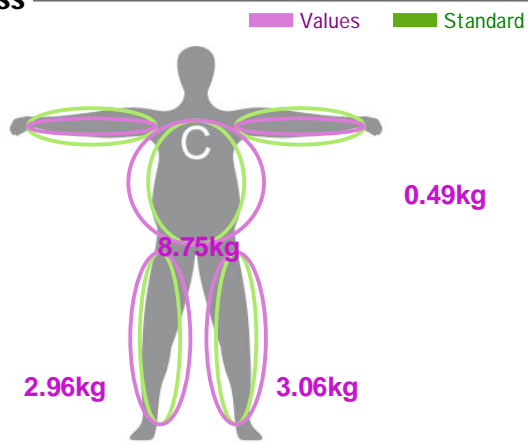
### Growth Chart



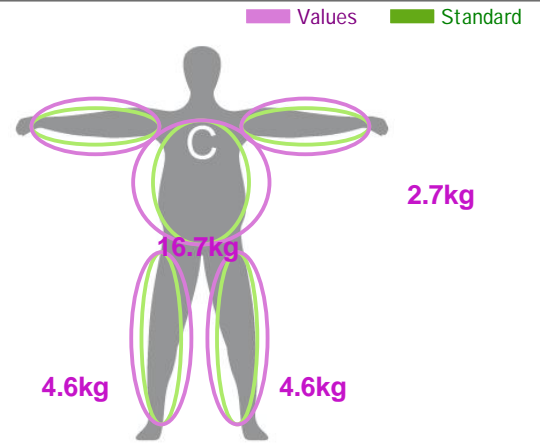
# Segmental Analysis & Body Balance

ID i30child  
Name Mediana i30 child

## Muscle Mass



## Fat Mass



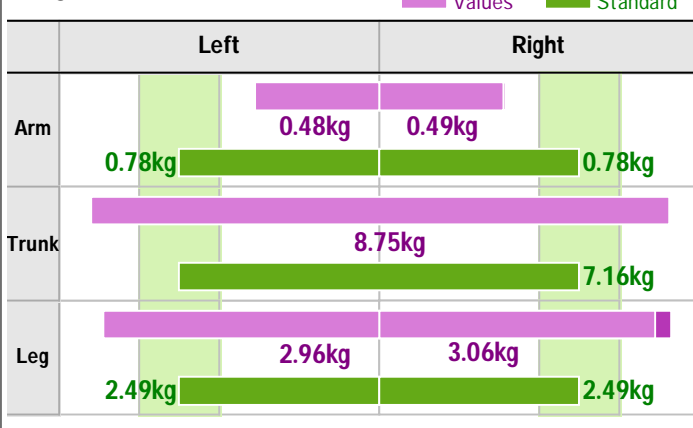
## Balance

Upper Balance	49 : 51	Lower Balance	49 : 51
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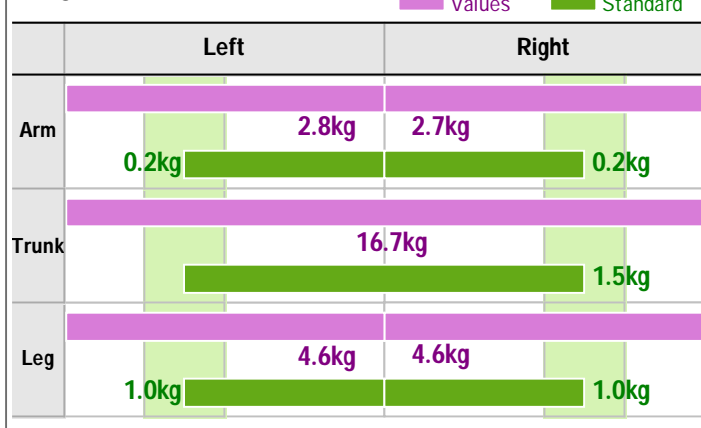
## Balance

Upper Balance	51 : 49	Lower Balance	50 : 50
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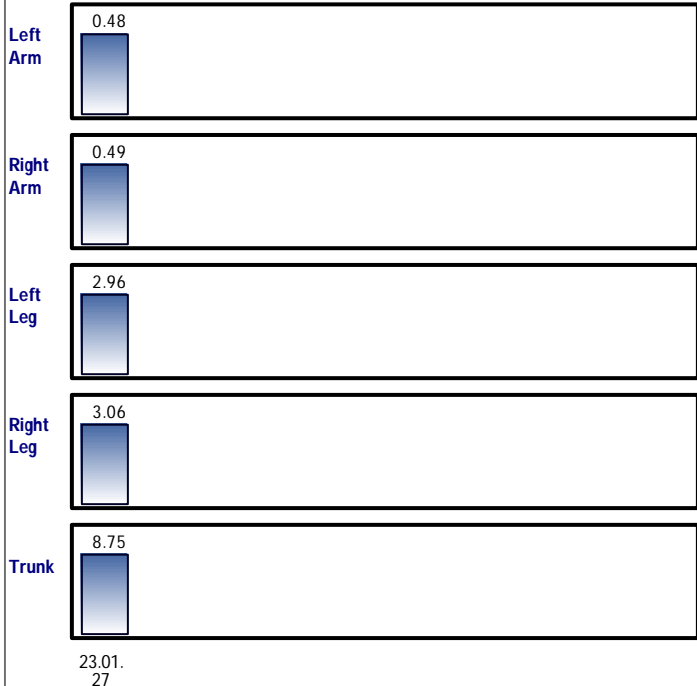
## Segmental Muscle Mass



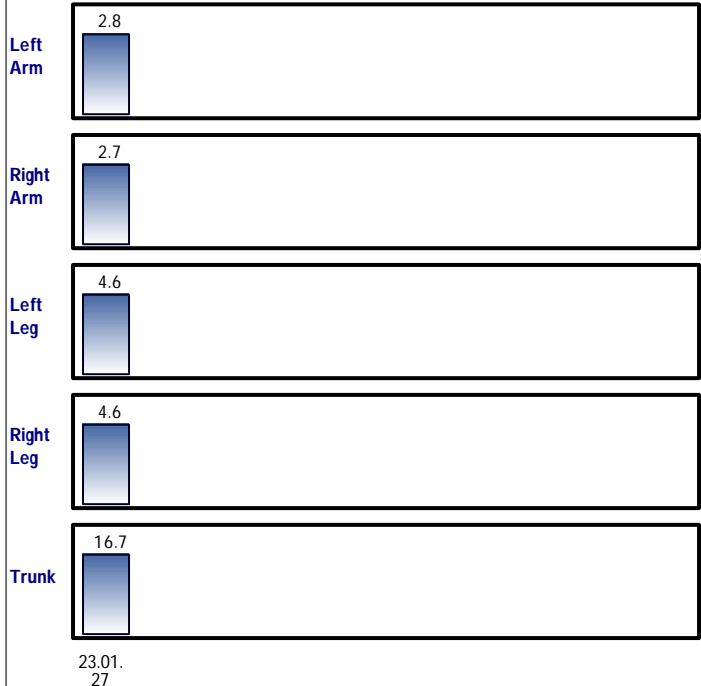
## Segmental Fat Mass



## Evolution

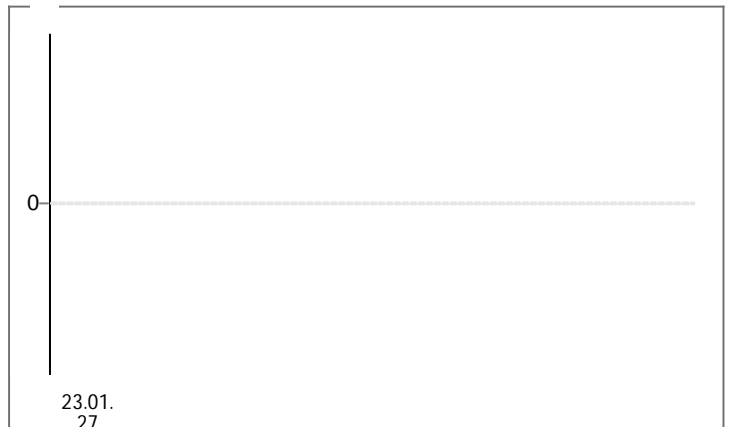
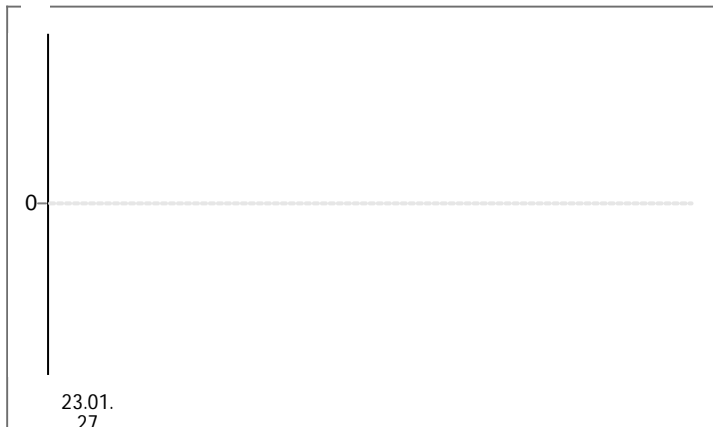
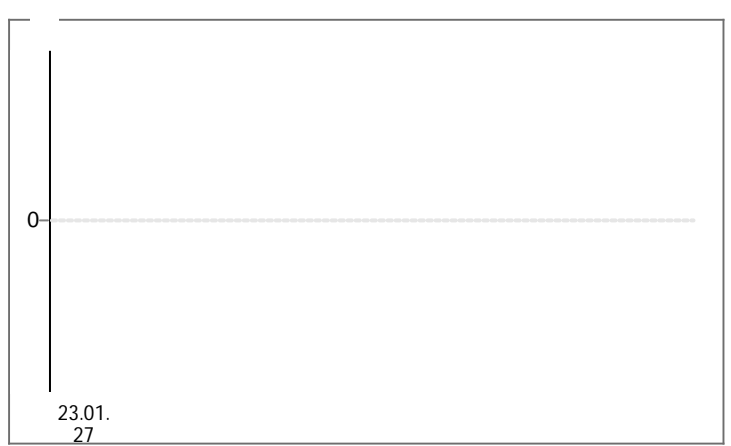
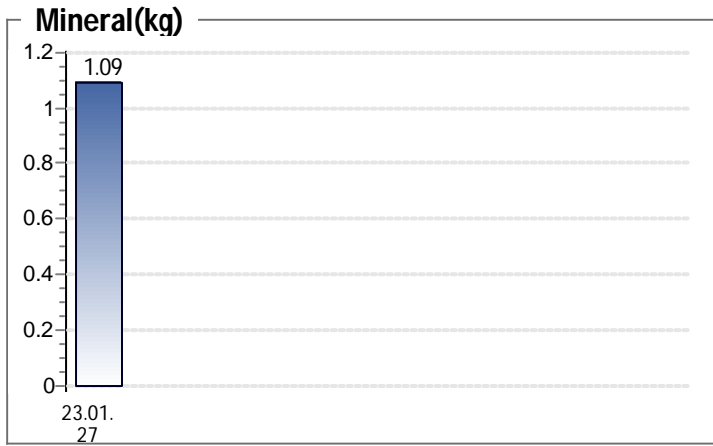
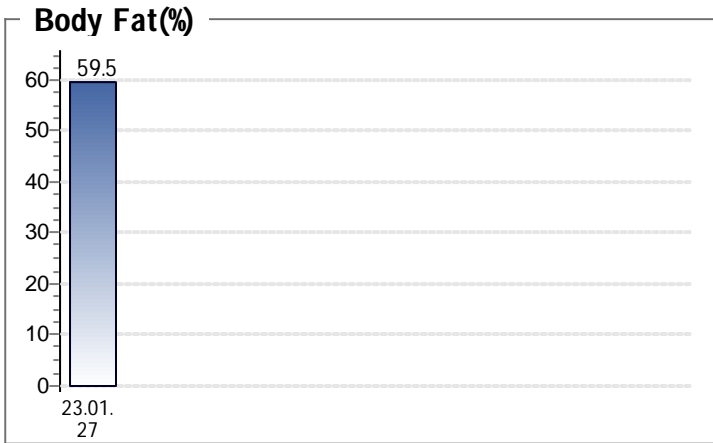
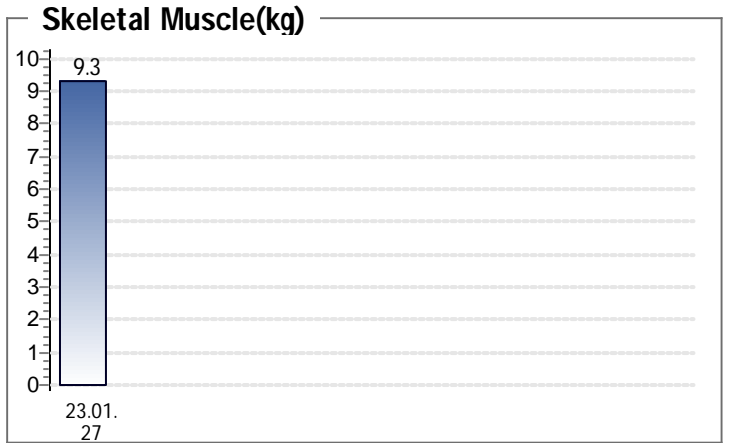
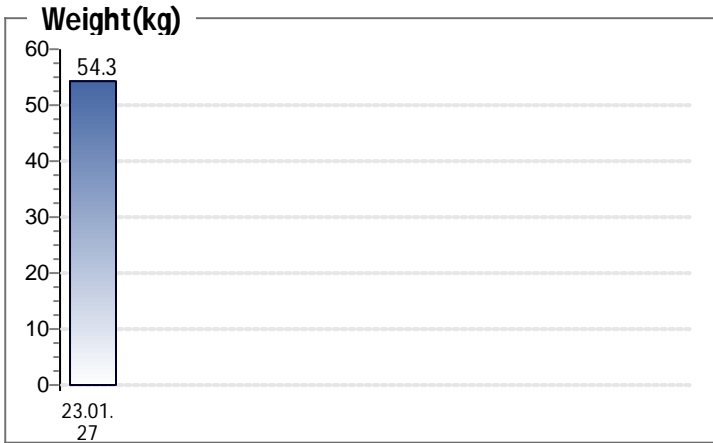


## Evolution



# Evolution

ID i30child  
Name Mediana i30 child



# Exercise Plan

ID i30child  
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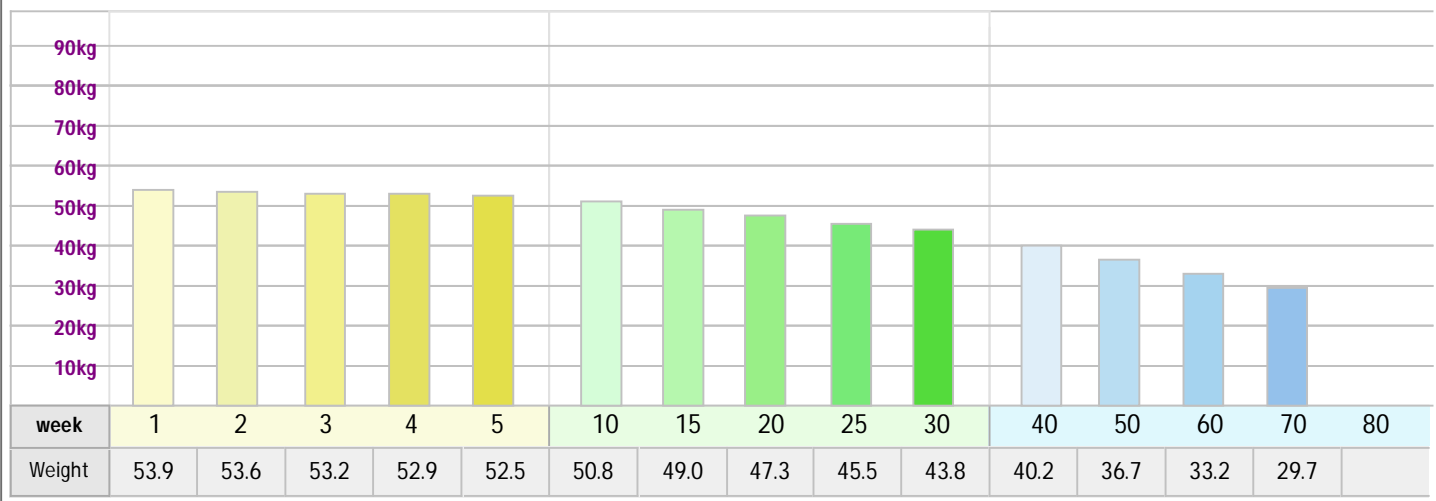
## Exercise goal

Calorie consumption	Exercise Num.	1 week consumed calories	1 week fat burning amount
300kcal	3 times/week	900kcal	351g
		4 weeks consumed calories	4 weeks fat burning amount
		3600kcal	1406g

## Exercise Time(minutes) : Time to consume 300kcal at a time

Gateball	100	Walking	95	Yoga	83	Table Tennis	83
Golf	69	Badminton	60	Basketball	51	Jogging	47
Swimming	47	Aerobics	45	Tennis	45	Bicycle	44
Football	41	Climb	41	Jump rope	38	Boxing	32

## Simulation



## Weight Control

Classification	Weight	Fat Mass	Body Fat	Target body fat control
Current	54.3 kg	32.3 kg	59.5 %	-28.1 kg
Target	26.2 kg	4.2 kg	16.0 %	

Total Energy Expenditure	Recommended Calorie Intake	Calorie consumption	Estimated Completion Period
1289 Kcal	1031 Kcal	300Kcal	About 70week

30-minute per day of jogging for about 1080days is recommended.

Take appropriate exercise and food intake to maintain the balance of fat and muscle.






# Exercise Menu

ID i30child  
Name Mediana i30 child

## Recommended Menu

Event	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 articulatory exercise to improve thigh muscle strength and volume.

## Sports Supplement Menu

<b>Fat Down</b> It decompose body fat	
<b>WEIDER SUPER CARBO</b> carbohydrate supplementation food	
<b>POWER GLTAMINE 5000</b> It is protein synthetic food for the strengthening of basal physical strength.	
<b>POWER TANK 5000</b> High protein food	
<b>MEGAMASS 4000</b> It is carbohydrate supplementation food for a gain in weight and muscular strength.	

## Aerobic Exercise Menu

NO	Event	Calories	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

Body part	Event	Calories	Time
Upper Body	Declined Bench Press	0.1	10
Upper Body	Side lateral raise	0.1	10
Upper Body	Cable curl	0.1	10
Whole Body	Twisting Crunch	0.1	10
Whole Body	Dead lift	0.1	10
Lower Body	Leg press	0.1	10
Lower Body	Lying leg curl	0.1	10
Lower Body	Machine Calf Raise	0.1	10

# Dietary Plan

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## Recommended Food

Name	Quantity	Calories	Characteristic
 <b>BARUN UNCOOK FOOD</b>	powder 40g	140.0	Low Calorie
 <b>PRUNE JUICE</b>	240ml	170.0	Low Calorie
 <b>CALORIE BALANCE</b>	powder 38g	165.0	Low Calorie
 <b>KIMSOYOUNG UNCOOK FOOD</b>	powder 40g	140.0	Low Calorie
 <b>ULIGHT4</b>	400mg	0.0	Vitamin nutritious food
 <b>CALCIUM-K</b>	powder	0.0	Calcium, vitamin D3/K, fiber
 <b>APHRODITE</b>		0.0	nutritious food
 <b>MIZ MILK</b>	200ml	90.0	liquid 3g, calcium 300mg
 <b>SHYLPH</b>	120g	60.0	protein 5g, liquid 0g, calcium 210mg
 <b>MIERO FIBER</b>	100ml	50.0	cellulose 5g

## Nutrients (daily intake standard)

Basal Metabolic Rate	Total Energy Expenditure			Recommended Calorie Intake
1062 Kcal	1289 Kcal			1031 Kcal
Nutient	Breakfast	Lunch	Dinner	Sum
Carbohydrate	170	210	187	567 (55%) Kcal
Protein	56	69	61	186 (18%) Kcal
Lipid	83	103	92	278 (27%) Kcal
Total	309 (30%)	382 (37%)	340 (33%)	1031 (100%) Kcal

