

Report

The Summary Body Composition Analysis

User Information

* User : www.numed.me

Personal Information

* Name : Mabelle i30 test * AGE : 29 * SEX : F
* I D : 123123 * Test Date : 2021/06/11 09:51

Measurement Data

* Height : 167.0 cm
* Weight : 54.5 kg
* Total Body Water : 31.2 kg (57.2% of Weight)
* Intracellular Fluid - N/C (N/C% of TBW) * Extracellular Fluid - N/C (N/C% of TBW)
* Protein Mass : 8.7 kg (16.0% of Weight)
* Mineral Mass : 2.77 kg (4.2% of Weight)
* Muscle Mass : 40.3 kg (73.9% of Weight)
* Fat Mass : 11.9 kg (21.8% of Weight)
* Extracellular Fluid Rate : N/C% of Total Body Fluid
* Segmental Fat Mass * Segmental Muscle Mass
* Left Arm : 0.6 kg * Left Arm : 2.31 kg
* Right Arm : 0.6 kg * Right Arm : 2.11 kg
* Left Leg : 2.2 kg * Left Leg : 6.61 kg
* Right Leg : 2.2 kg * Right Leg : 6.68 kg
* Trunk : 5.1 kg * Trunk : 19.04 kg

Reference Data

* Ideal Weight : 59.9 kg * Standard FAT : 20.0% - 30.0%
* Ideal Muscle Mass : 42.3 kg * Standard TBW : 51.3% - 58.6%
* Ideal FAT Mass : 14.9 kg * Standard ECF Rate : 36.0% - 39.0%

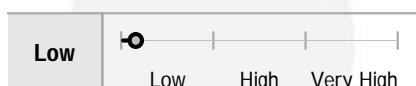
Conclusions

| | | | | | | | |
|------|------------------|---------|------------------|----------|------------------|-----|----|
| ID | 123123 | Gender | ???? | Height | 167.0cm | Age | 29 |
| Name | Mabelle i30 test | Current | 2021/06/11 09:51 | Previous | 2021/05/18 09:49 | | |

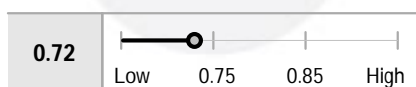
Weight Control

| | |
|-----------------------|------------------|
| BMI | 19.5 (18.5~25.0) |
| Obesity Degree (%) | 91.0 |
| Desirable Weight (kg) | 59.5 |
| Weight Control (kg) | +5.0 |
| Fat Control (kg) | +3.0 |
| Muscle Control (kg) | +2.0 |

Visceral Fat Level



Abdominal Fat Ratio



Mediana Score

84

Segmental Mass (kg)

| | | | | |
|-----|-----|------|-----|-----|
| LA | RA | TR | LL | RL |
| 3.0 | 2.8 | 25.2 | 9.1 | 9.2 |

Intake&Consumed Calories

| | |
|---------------------------------|--------|
| BMR (kcal) | 1290.0 |
| Total Energy Expenditure (kcal) | 1876.0 |
| *Calorie Consumption (kcal/h) | 0 |
| *Expected Fat Burning (kg) | 0.0 |

* Based on Jogging(1hour/day, 4weeks)

Calorie Consumption

| | kcal/30min | | *By Current Weight |
|--------------|------------|-----------|--------------------|
| Gateball | 90 | Swimming | 191 |
| Walking | 95 | Aerobics | 199 |
| Yoga | 109 | Tennis | 199 |
| Table tennis | 109 | Bicycle | 204 |
| Golf | 131 | Football | 218 |
| Badminton | 150 | Climb | 218 |
| Basketball | 177 | Jump rope | 240 |
| Jogging | 191 | Boxing | 281 |

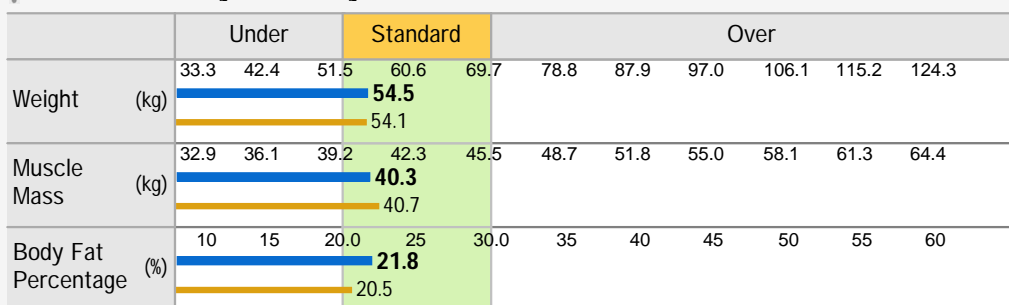
Impedance

| | | | | | |
|------------------|-------|-------|------|-------|-------|
| kHz | LA | RA | TR | LL | RL |
| 5 | 389.1 | 412.7 | 31.8 | 341.1 | 344.3 |
| 50 | 344.3 | 366.4 | 27.6 | 293.3 | 293.0 |
| 100 | 326.5 | 345.6 | 25.5 | 273.3 | 269.8 |
| Systolic (mmHg) | | | | | 0 |
| Diastolic (mmHg) | | | | | 0 |
| Mean BP (mmHg) | | | | | 0 |
| Pulse rate (bpm) | | | | | 0 |

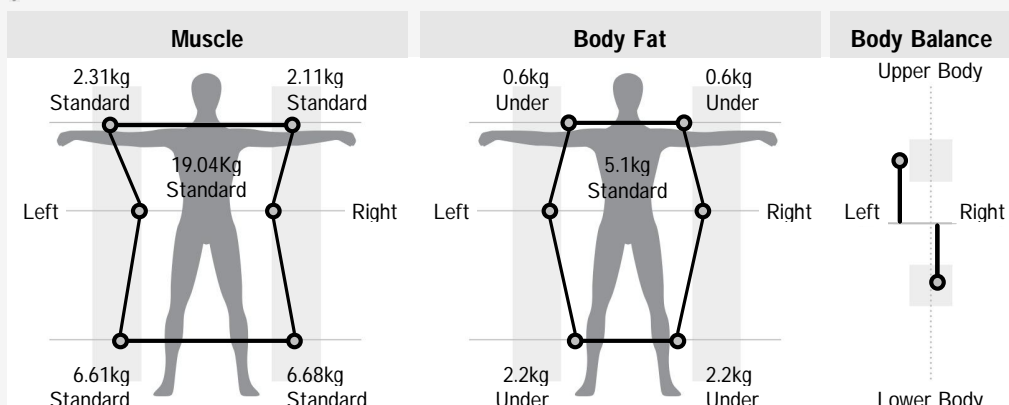
Body Composition Analysis

| | | | | |
|----------------------|-----------------------------------|------------------|------------------|------------------|
| | Total Body Water (L) | Protein (kg) | Mineral (kg) | Body Fat (kg) |
| Values (Standard) | 31.2 (30.7~35.1) | 8.7 (8.3~9.5) | 2.77 (2.94~3.36) | 11.9 (11.9~17.9) |
| Total Body Water (L) | 31.2 (30.7~35.1) | 40.3 (39.2~45.5) | | |
| Muscle Mass (kg) | Skeletal Muscle : 23.6(21.5~26.2) | | | |
| Fat Free Mass (kg) | | | | 42.6 (42.0~48.0) |
| Weight (kg) | | | | 54.5 (51.5~69.7) |

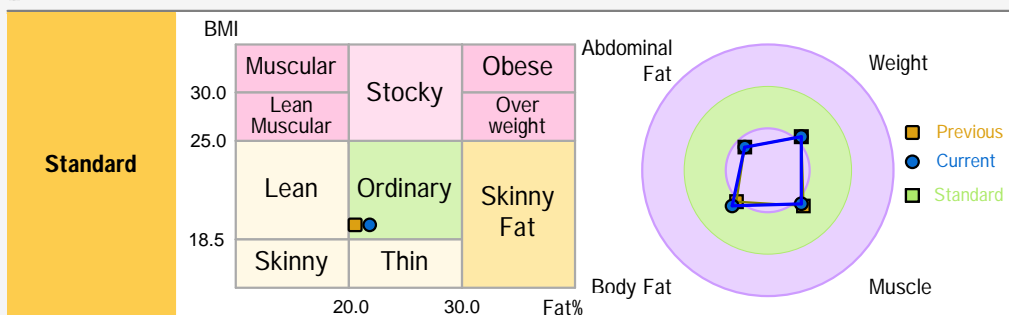
Muscle & Body Fat Analysis



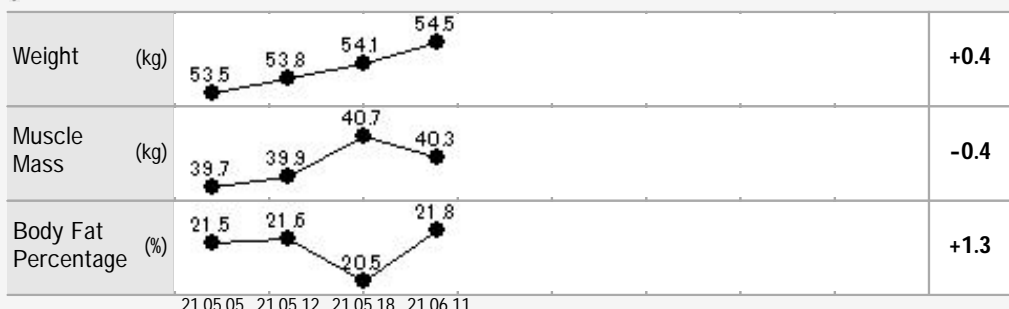
Segmental Analysis & Body Balance



Body Type Analysis



Body Composition History

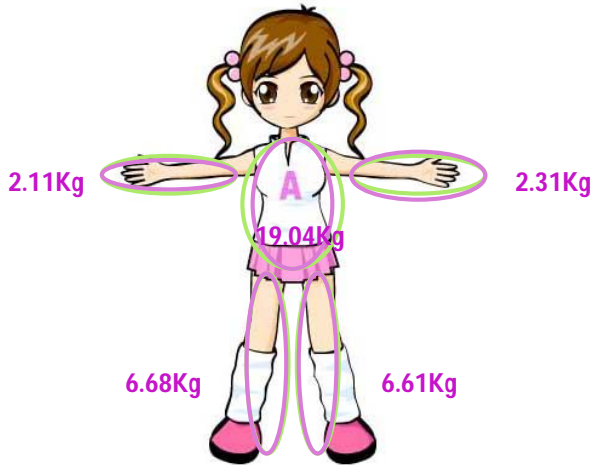


Segmental Analysis

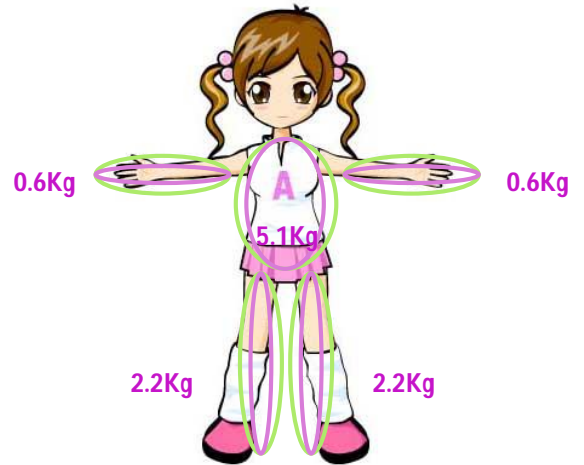
ID : 123123

Name : Mabelle i30 test

Muscle Mass



Fat Mass



Balance

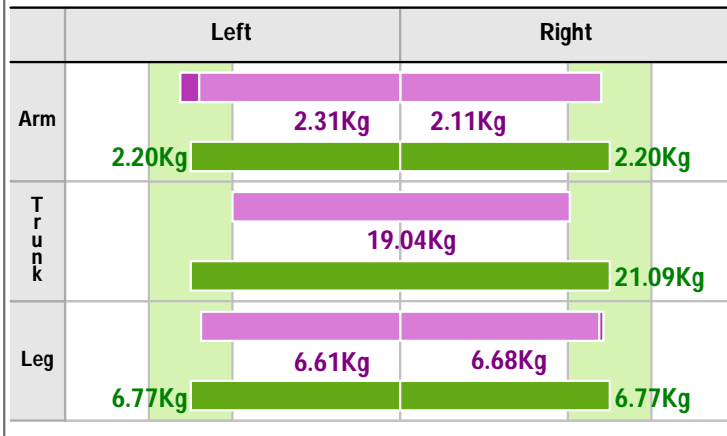
| | | | |
|---------------|---------|---------------|---------|
| Upper Balance | 52 : 48 | Lower Balance | 50 : 50 |
|---------------|---------|---------------|---------|

Balance

| | | | |
|---------------|---------|---------------|---------|
| Upper Balance | 50 : 50 | Lower Balance | 50 : 50 |
|---------------|---------|---------------|---------|

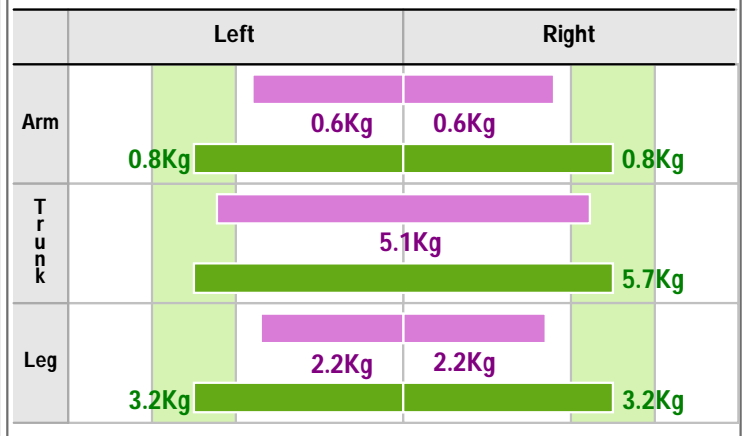
Segmental Muscle Mass

Present (Pink) Normal (Green)

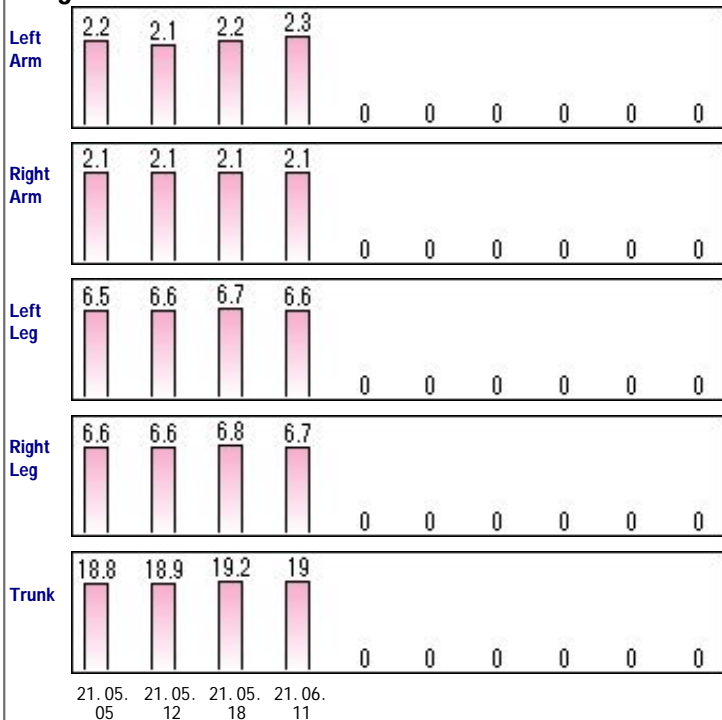


Segmental Fat Mass

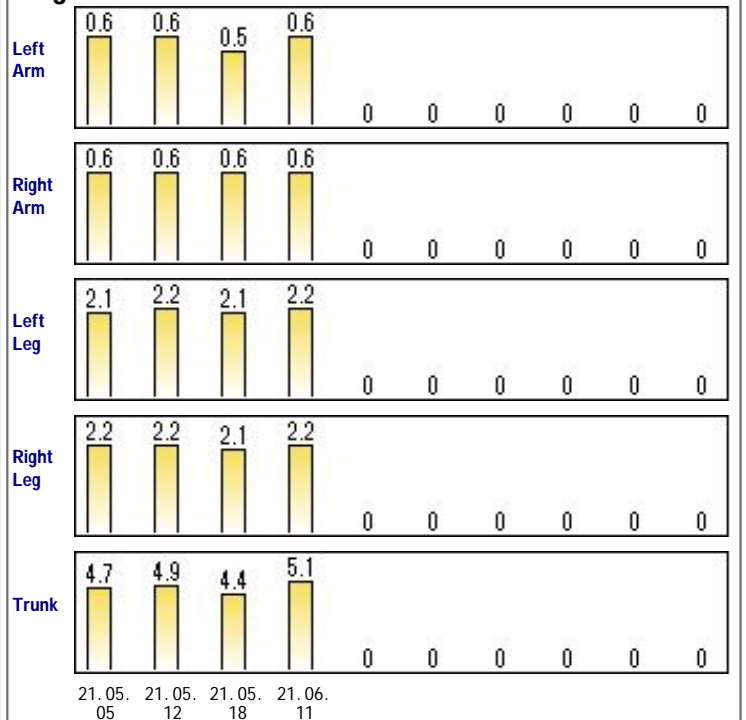
Present (Pink) Normal (Green)



Segmental Muscle Evolution



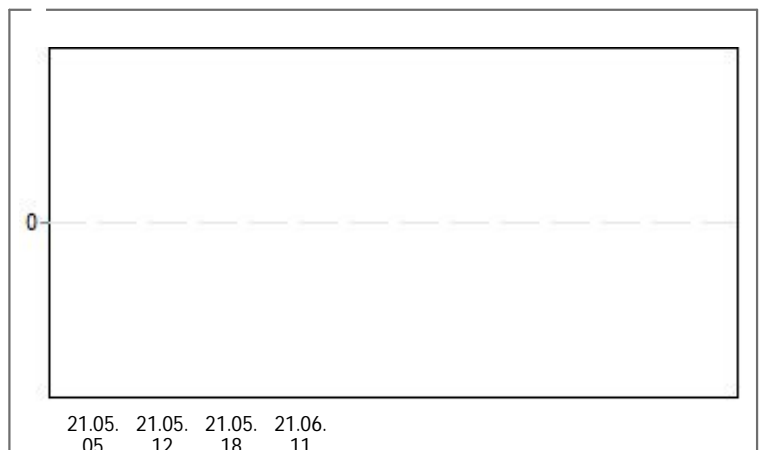
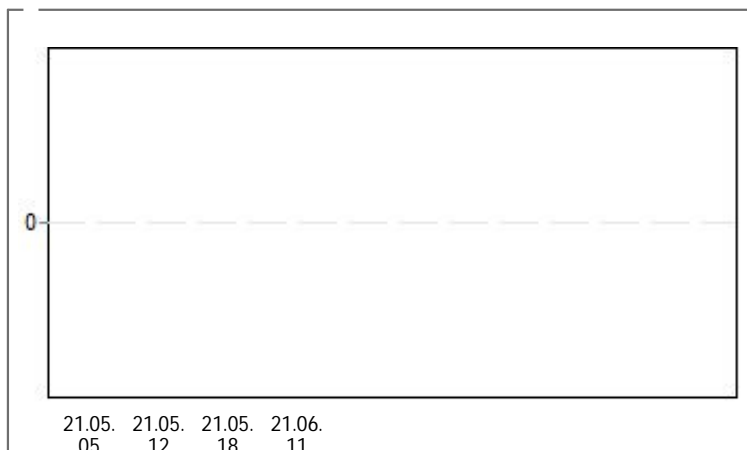
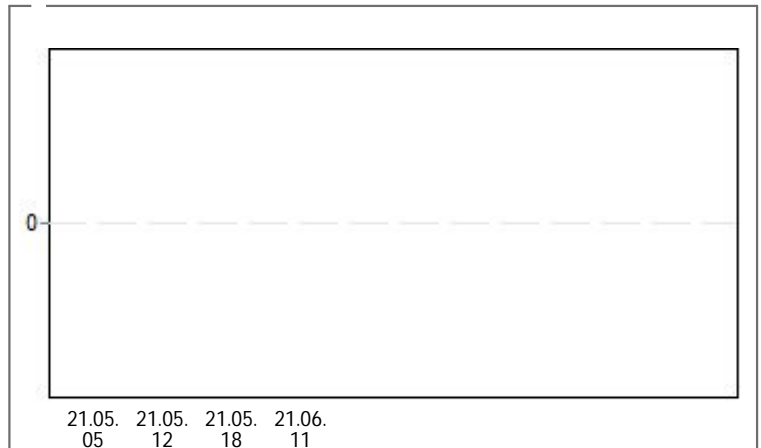
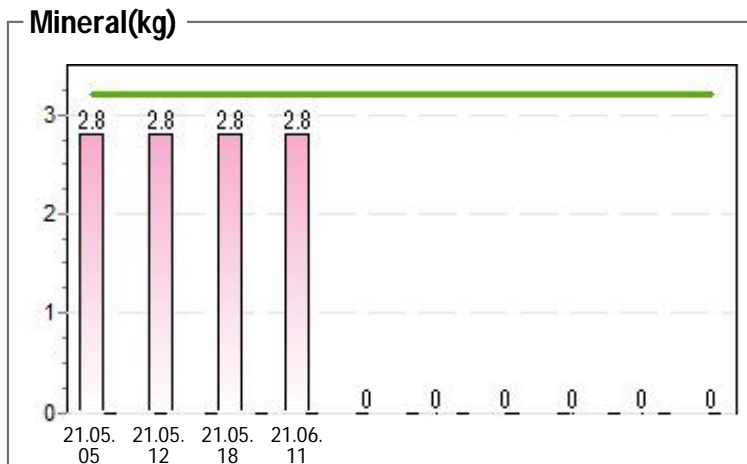
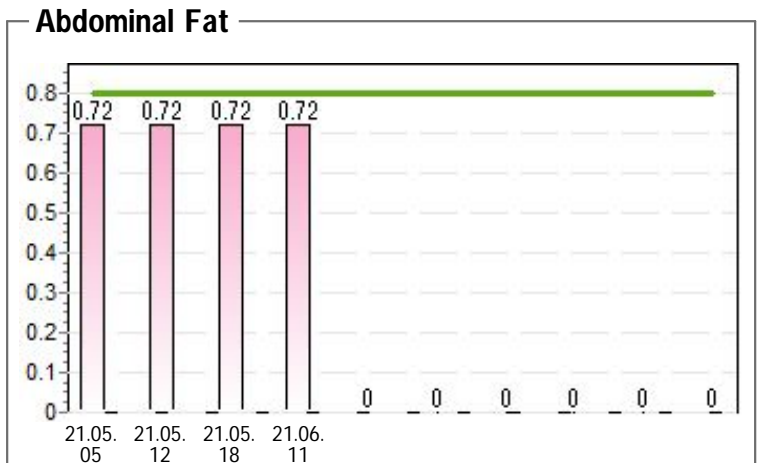
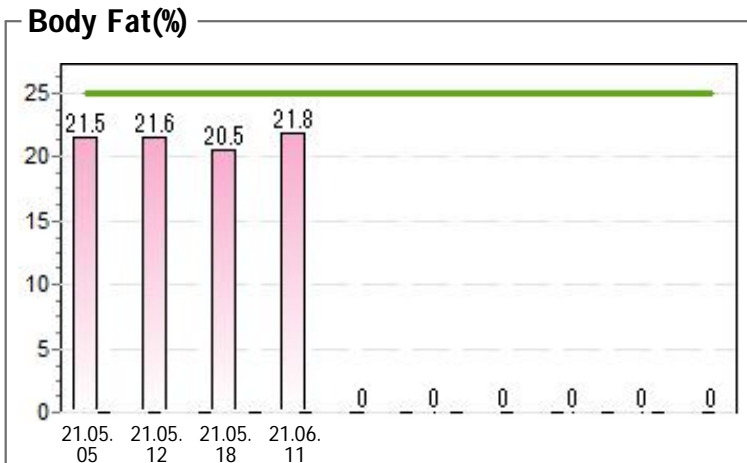
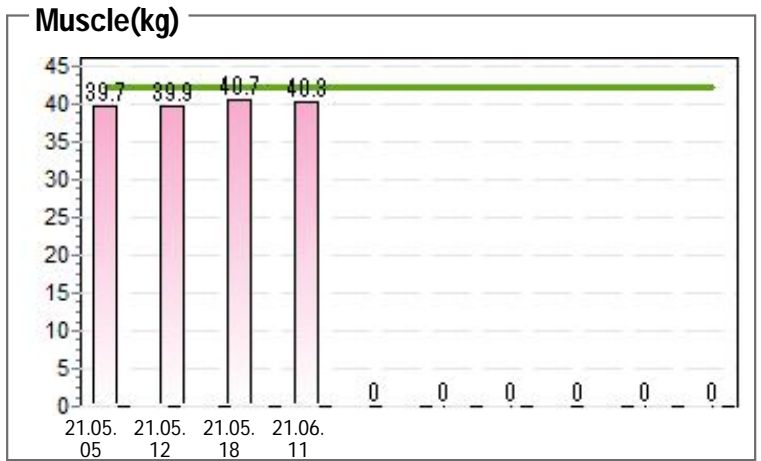
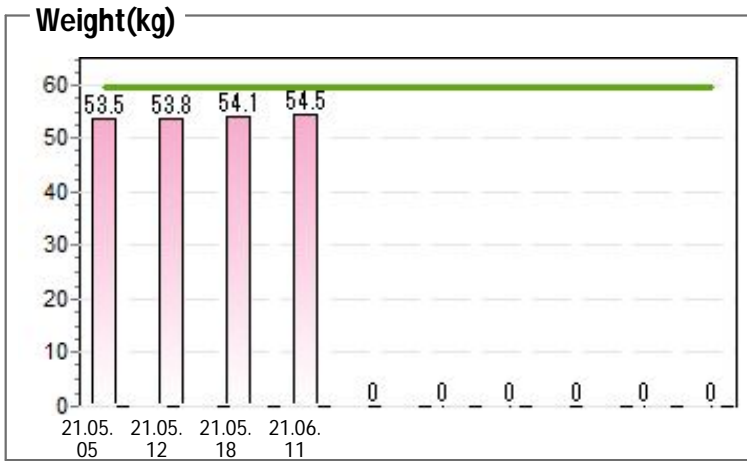
Segmental Fat Evolution



Evolution

ID : 123123

Name : Mabelle i30 test



Exercise Menu

ID : 123123

Name: Mabelle i30 test

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 articular exercise to improve thigh muscle strength and volume. |

Sports Supplement Menu

| | |
|--|--|
| | |
| | |
| | |
| | |
| | |
| | |
| | |

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 | Abs - Crunches | | |
| Upper Body | Abs - Leg twist | | |
| Upper Body | Biceps - Cable curl | | |
| Whole Body | Dead lift | | |
| Whole Body | Bridge exercise for the core | | |
| Lower Body | Leg press | | |
| Lower Body | Leg curls | | |
| Lower Body | Calf Raise | | |

Exercise Plan

I D : 123123

Name : Mabelle i30 test

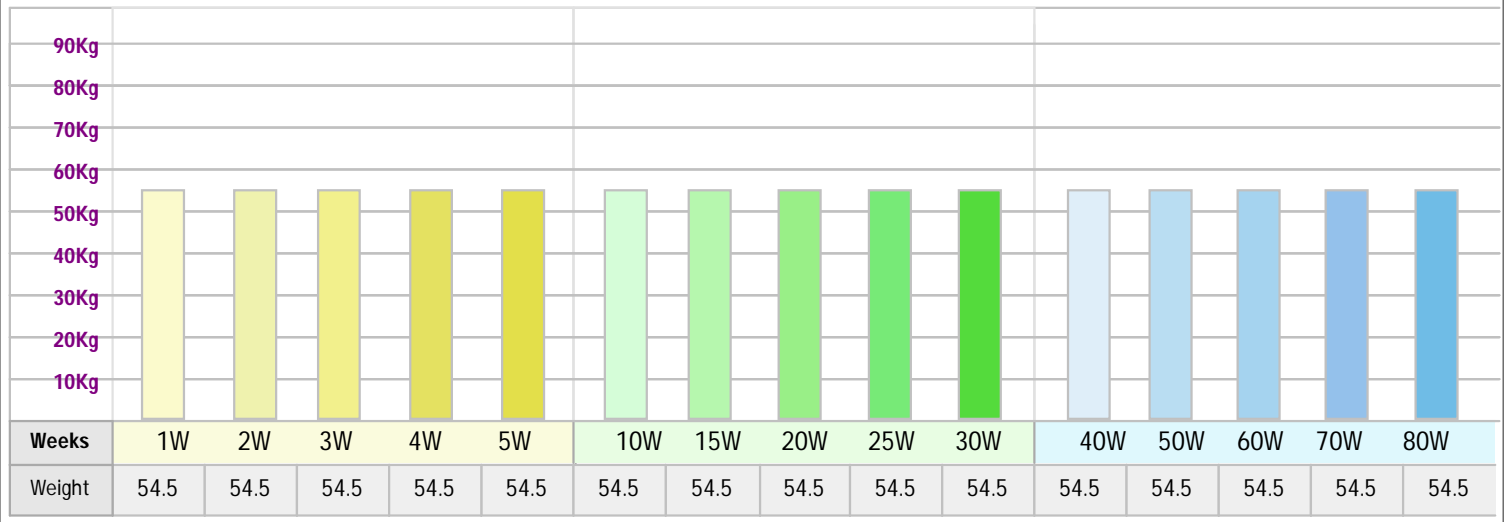
Exercise Goal

| Calorie consumption | Exercise Num. | 1 week consumed calories | 1 week fat burning amount(g) |
|---------------------|---------------|---------------------------|-------------------------------|
| 300kcal | 3 times/week | 900kcal | 171g |
| | | 4 weeks consumed calories | 4 weeks fat burning amount(g) |
| | | 3600kcal | 686g |

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

| | | | | | | | |
|------------------|----|--------------------|----|---------------|----|-------------------|----|
| Walking 5.6km/h | 83 | Walking 9km/h | 35 | Stepper | 44 | Cycling 10km/h | 83 |
| Cycling 19km/h | 48 | Rope Skipping 80/m | 42 | Jogging 9km/h | 41 | Mountain climbing | 43 |
| Trunk Raise | 56 | Golf | 76 | Tennis | 55 | Shuttlecock | 76 |
| Swimming 18m/m | 88 | Swimming 46m/m | 39 | Aerobic | 45 | Rowing | 41 |
| Circuit training | 55 | | | | | | |

Simulation



Weight Control

| Classification | Weight | Fat Mass | Body Fat Percentage | Target Fat Control |
|----------------|---------|----------|---------------------|--------------------|
| Current | 54.5 Kg | 11.9 Kg | 21.8 % | +3.0 Kg |
| Target | 59.5 Kg | 14.9 Kg | 25.0 % | |

| Total Energy Expenditure | Recommended Calorie Intake | Calorie consumption | Weight Target Time |
|--------------------------|----------------------------|---------------------|--------------------|
| 1876 Kcal | 1816 Kcal | 300Kcal | - |



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

Dietary Plan

ID : 123123

Name : Mabelle i30 test

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 |
|  Beef steak, grilled | 30g | 55 | 1 Exchange of Lean Meat |
|  Hamburger meat, grilled | 30g | 100 | 1 Exchange of High Fat Meat |
|  Beef, lean, grilled | 5 small pieces, 30g | 37 | 1 Exchange of Very Lean Meat, good source of vitamin B12 |
|  Hot dog | 2, 58g | 176 | 1 Exchange of Very High Fat Meat + 1.5 Exchange of Fat, high in fat and saturated fat |
|  Tuna, canned in water | 1/4 big can, 30g | 37 | 1 Exchange of Very Lean Meat |
|  Falafel | 1 piece, 42g | 140 | 1 Exchange of Starch, 0.7 Exchanges Very Lean Meat, 1.2 Exchanges of Fat, good source of vitamin B9 |
|  Manoushe with 1 tsp of thyme in olive oil | 1 slice, dough (23cm dia., 1/4 (30g)) | 108 | 1 Exchange of Starch + 0.8 Exchanges of Fat |
|  Fatayer | 1, 7cm, 15g | 33 | 0.3 Exchanges of Starch + 0.2 Exchanges of Fat |

Nutrients (daily intake standard)

| Basal Metabolic Rate | Total Energy Expenditure | | | Recommended Calorie Intake |
|----------------------|--------------------------|--------------|--------------|----------------------------|
| 1290.0 Kcal | 1876.0 Kcal | | | 1816.0 Kcal |
| Macronutrient | Breakfast | Lunch | Dinner | Sum |
| Carbohydrate | 299.6 | 369.6 | 329.6 | 998.8 Kcal |
| Protein | 98.1 | 120.9 | 107.9 | 326.9 Kcal |
| Lipid | 147.1 | 181.4 | 161.8 | 490.3 Kcal |
| Total | 544.8 | 671.9 | 599.3 | 1816.0 Kcal |



