

# Report

The Summary Body Composition Analysis

## User Information

\* User : www.numed.me

## Personal Information

\* Name : i35 child test \* AGE : 14 \* SEX : F  
\* I D : 654321 \* Test Date : 2021/08/11 15:48

## Measurement Data

\* Height : 153.0 cm  
\* Weight : 54.8 kg  
\* Total Body Water : 26.2 kg ( 47.8% of Weight )  
\* Intracellular Fluid - 16.4 (62.6% of TBW ) \* Extracellular Fluid - 9.8 (37.4% of TBW)  
\* Protein Mass : 7.1 kg ( 13.0% of Weight )  
\* Mineral Mass : 2.65 kg ( 4.0% of Weight )  
\* Muscle Mass : 33.7 kg ( 61.5% of Weight )  
\* Fat Mass : 18.9 kg ( 34.5% of Weight )  
\* Extracellular Fluid Rate : 37.4% of Total Body Fluid

* Segmental Fat Mass		* Segmental Muscle Mass	
* Left Arm	: 1.1 kg	* Left Arm	: 1.71 kg
* Right Arm	: 1.3 kg	* Right Arm	: 1.51 kg
* Left Leg	: 3.2 kg	* Left Leg	: 5.64 kg
* Right Leg	: 3.2 kg	* Right Leg	: 5.68 kg
* Trunk	: 8.4 kg	* Trunk	: 15.52 kg

## Reference Data

* Ideal Weight	: 45.4 kg	* Standard FAT	: 20.0% - 30.0%
* Ideal Muscle Mass	: 32.9 kg	* Standard TBW	: 53.1% - 60.8%
* Ideal FAT Mass	: 11.3 kg	* Standard ECF Rate	: 36.0% - 39.0%

## Conclusions

ID	654321	Gender	Female	Height	153.0cm	Age	14
Name	i35 child test	Current	2021/08/11 15:48	Previous	None		

Model : i35

### Weight Control

BMI	23.4	(16.4~21.7)
Obesity Degree (%)		120.7
Desirable Weight (kg)		47.2
Weight Control (kg)		-7.6
Fat Control (kg)		-7.6
Muscle Control (kg)		0.0

### Mediana Score

72

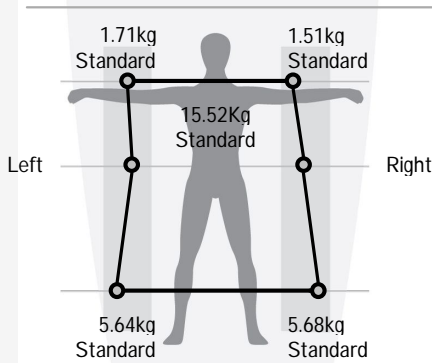
### Growth Evaluation

Muscle	Caution	Good	
Skeletal	Caution	Good	
Obesity	Under	Good	Over

### Body Balance

Upper Body	Caution	Good
Lower Body	Caution	Good

### Segmental Muscle



### Impedance

kHz	LA	RA	TR	LL	RL
5	419.3	437.4	29.9	310.0	321.7
50	369.0	385.1	25.9	268.6	275.0
100	349.0	363.9	24.0	250.0	254.8
250	327.3	335.6	20.8	227.6	228.5

### Blood Pressure

Systolic	(mmHg)	0
Diastolic	(mmHg)	0
Mean BP	(mmHg)	0
Pulse rate	(bpm)	0

Please refer to the manufacturer's manual for explanation of measurement results or Contact your administrator.

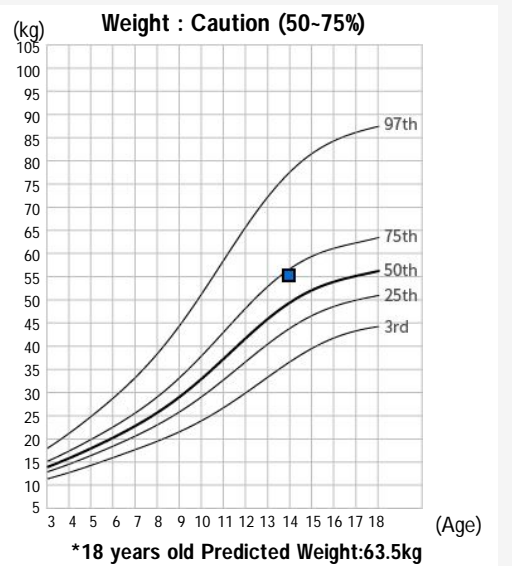
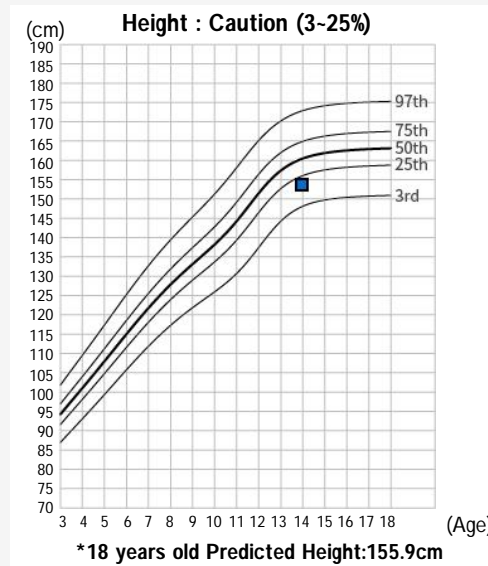
### Body Composition Analysis

Values (Standard)	Total Body Water (L)	Protein (kg)	Mineral (kg)	Body Fat (kg)			
26.2	(24.1~27.6)	7.1	(6.0~6.9)	2.65	(1.59~1.82)	18.9	(9.0~13.6)
Total Body Water (L)	26.2	33.7	(30.5~35.2)				
Muscle Mass (kg)		Skeletal Muscle :	19.3	(17.0~20.7)			
Fat Free Mass (kg)				35.9	(31.8~36.4)		
Weight (kg)						54.8	(38.3~50.7)

### Muscle & Body Fat Analysis

	Under	Standard	Over
Weight (kg)	25.9 32.1 38.3	44.5 50.7	56.9 63.1 69.3 75.5 81.7 87.9
Muscle Mass (kg)	25.8 28.1 30.5	32.8 35.2	37.6 39.9 42.3 44.6 46.9 49.3
Body Fat Percentage (%)	10 15 20.0	25 30.0	35 40 45 50 55 60

### Growth Chart



### Body Composition History

Height (kg)	153
Weight (kg)	54.8
Muscle Mass (kg)	33.7
Body Fat Percentage (%)	34.5
Mineral (kg)	2.65

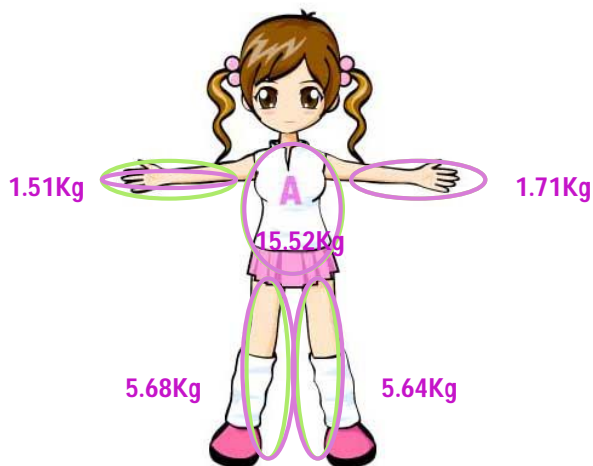
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# Segmental Analysis

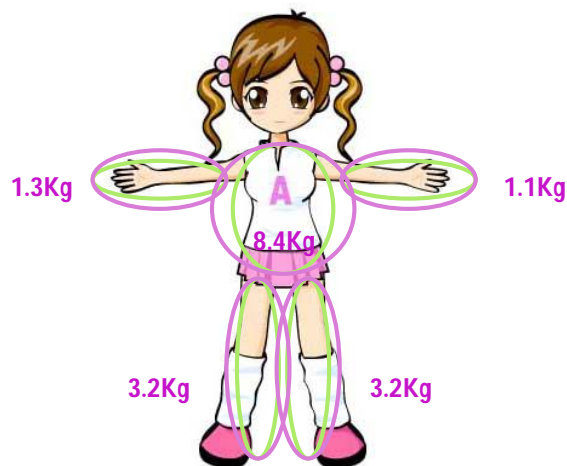
ID : 654321

Name : i35 child test

## Muscle Mass



## Fat Mass



## Balance

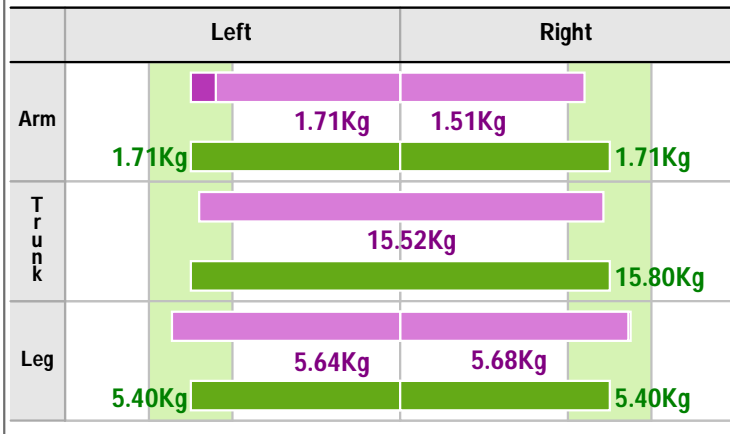
Upper Balance	53 : 47	Lower Balance	50 : 50
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## Balance

Upper Balance	46 : 54	Lower Balance	50 : 50
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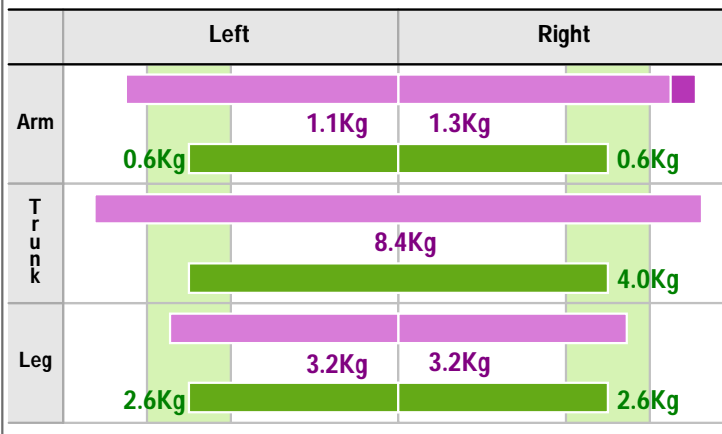
## Segmental Muscle Mass

Present (Pink) Normal (Green)

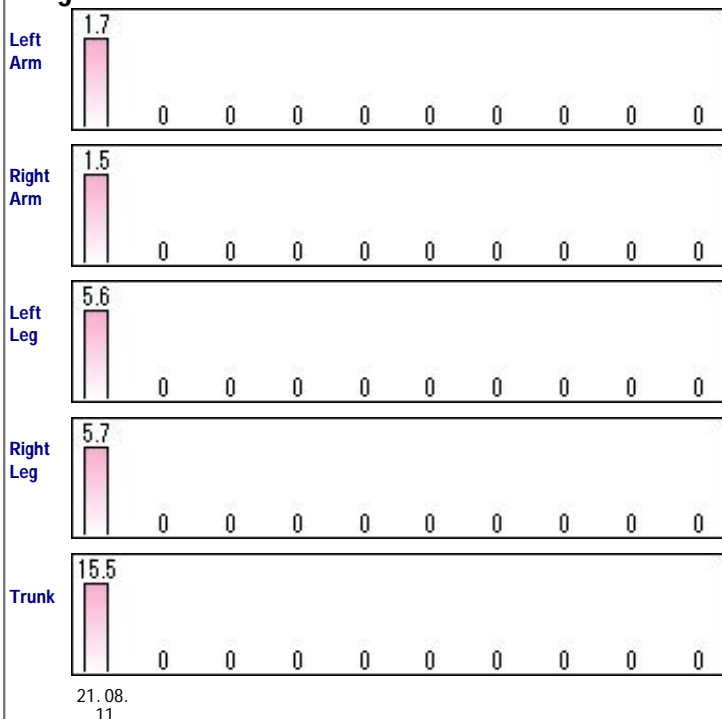


## Segmental Fat Mass

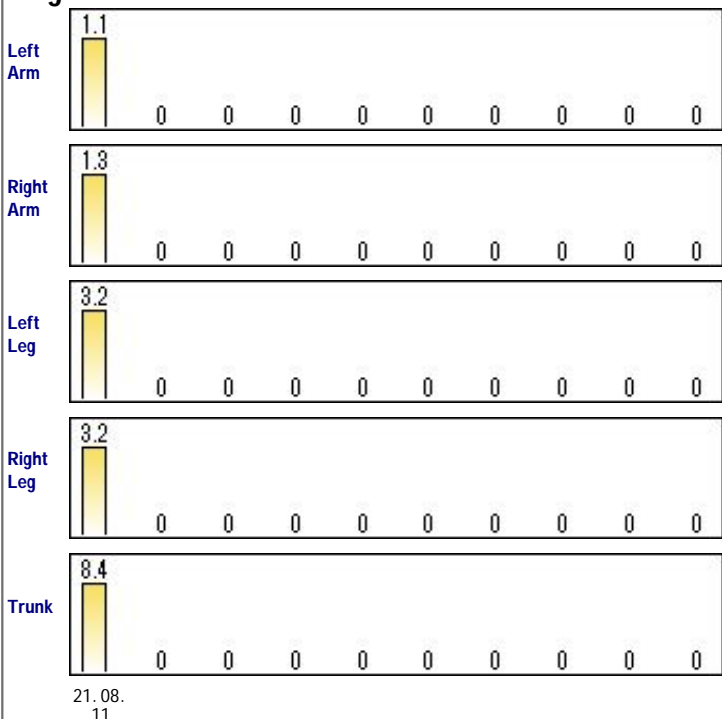
Present (Pink) Normal (Green)



## Segmental Muscle Evolution



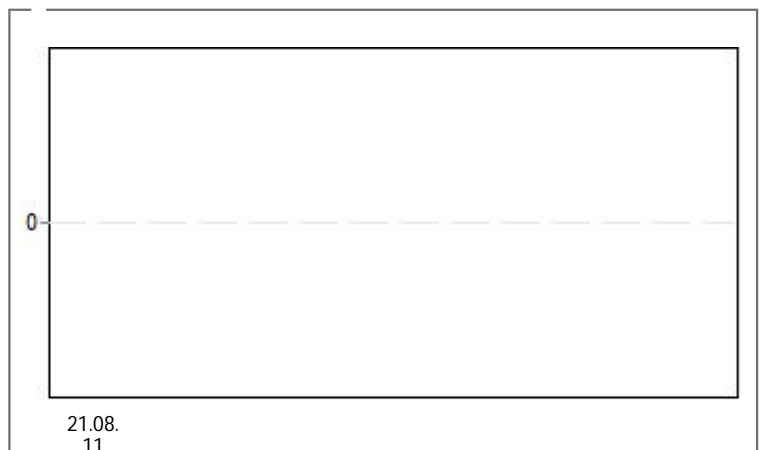
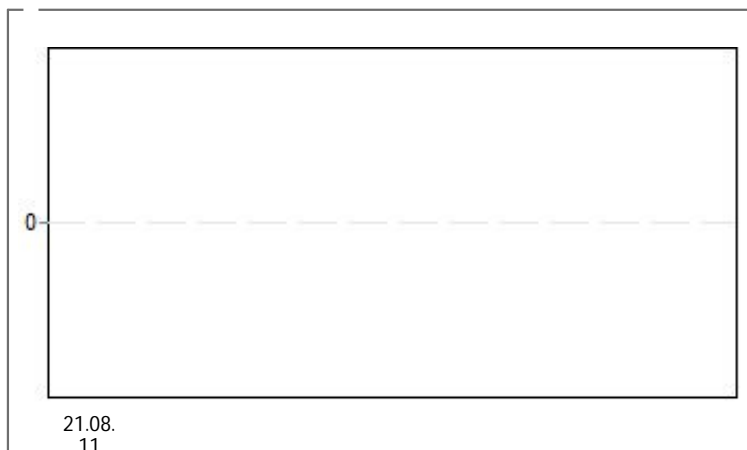
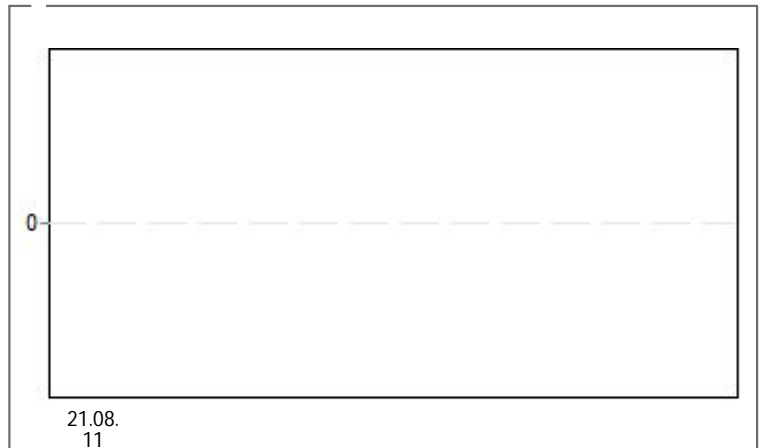
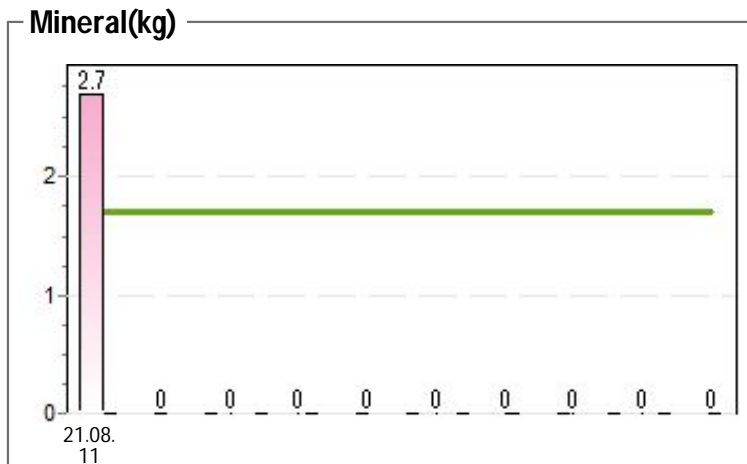
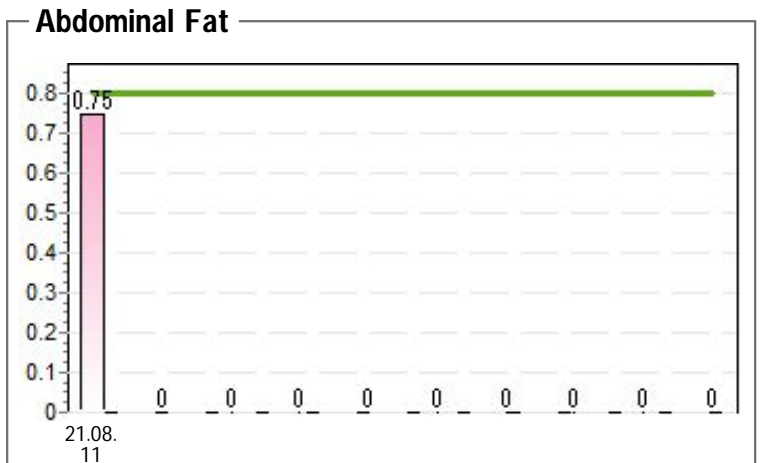
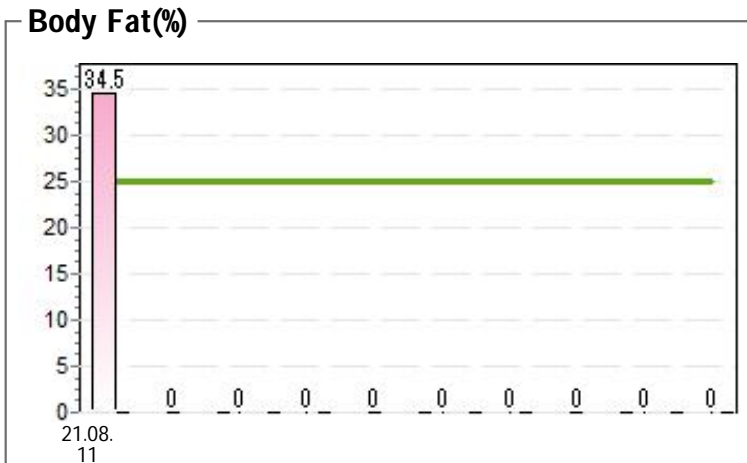
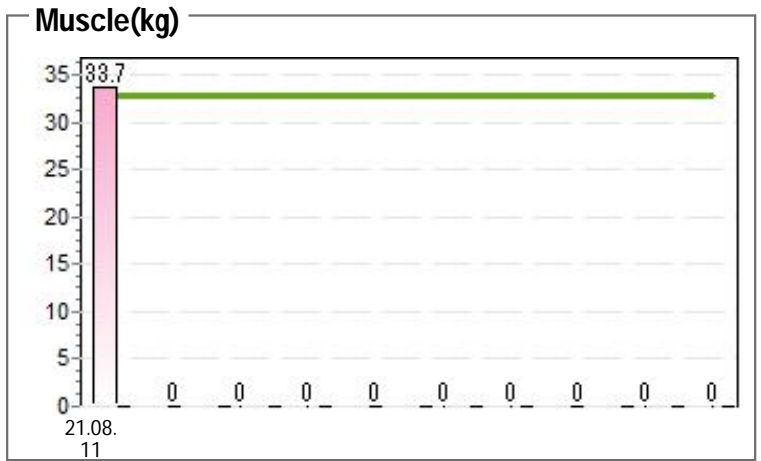
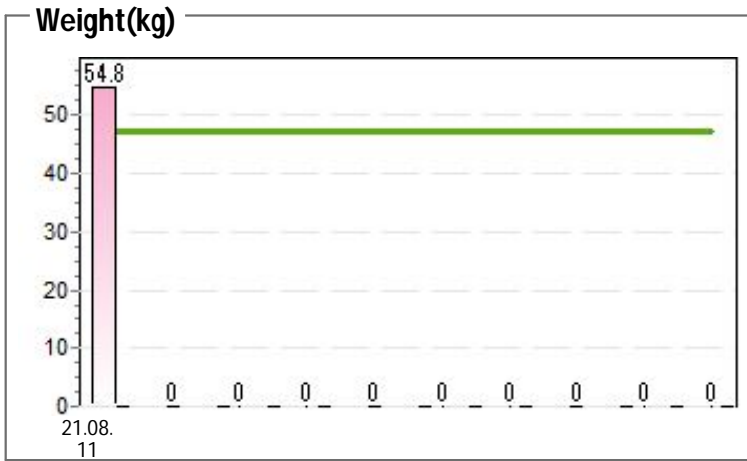
## Segmental Fat Evolution



# Evolution

ID : 654321

Name : i35 child test



# Exercise Menu

ID : 654321

Name: i35 child 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 : 654321

Name : i35 child test

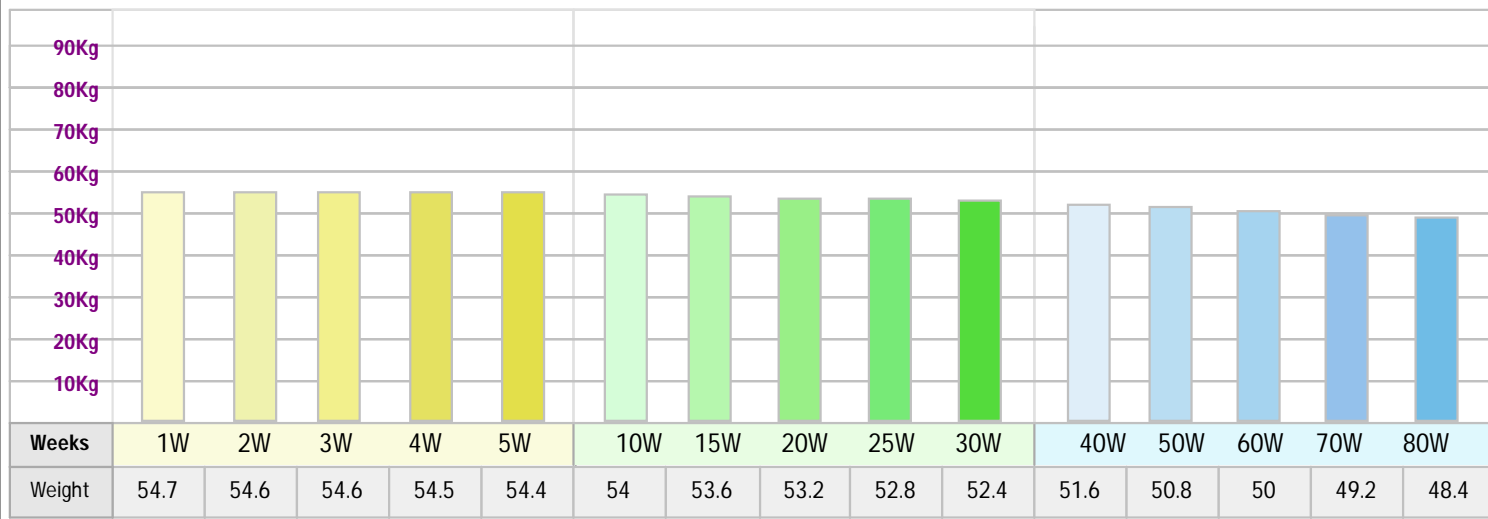
## Exercise Goal

Calorie consumption	Exercise Num.	1 week consumed calories	1 week fat burning amount(g)
300kcal	3 times/week	900kcal	81g
		4 weeks consumed calories	4 weeks fat burning amount(g)
		3600kcal	322g

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

Walking 5.6km/h	82	Walking 9km/h	35	Stepper	44	Cycling 10km/h	82
Cycling 19km/h	48	Rope Skipping 80/m	42	Jogging 9km/h	41	Mountain climbing	43
Trunk Raise	55	Golf	75	Tennis	54	Shuttlecock	75
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	54.8 Kg	18.9 Kg	34.5 %	-7.6 Kg
Target	47.2 Kg	11.3 Kg	23.9 %	

Total Energy Expenditure	Recommended Calorie Intake	Calorie consumption	Weight Target Time
1681 Kcal	1721 Kcal	300Kcal	About 94week

30-minute per day of jogging for about 290days is recommended.










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

# Dietary Plan

ID : 654321

Name : i35 child test

## Recommended Food

Food Name	Quantity	Kcal	Characteristic
 <b>Hamburger bun</b>	Half a bun, 9cm Dia., 30g	80	1 Exchange of Starch
 <b>Soft white toast</b>	2 toasts, thin, 7.5cm, 30g	80	1 Exchange of Starch
 <b>Soft brown toast</b>	2 toasts, thin, 7.5cm, 30g	80	1 Exchange of Starch
 <b>Soft white toast</b>	4cm Dia., 6(30g)	80	1 Exchange of Starch
 <b>Beef steak, grilled</b>	30g	55	1 Exchange of Lean Meat
 <b>Hamburger meat, grilled</b>	30g	100	1 Exchange of High Fat Meat
 <b>Beef, lean, grilled</b>	5 small pieces, 30g	37	1 Exchange of Very Lean Meat, good source of vitamin B12
 <b>Falafel</b>	1 piece, 42g	140	1 Exchange of Starch, 0.7 Exchanges Very Lean Meat, 1.2 Exchanges of Fat, good source of vitamin B9
 <b>Manoushe with 1 tsp of thyme in olive oil</b>	1 slice, dough (23cm dia., 1/4 (30g))	108	1 Exchange of Starch + 0.8 Exchanges of Fat
 <b>Fatayer</b>	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	
1331.0 Kcal	1681.0 Kcal		1721.0 Kcal	
Macronutrient	Breakfast	Lunch	Dinner	Sum
Carbohydrate	284.0	350.2	312.4	946.5 Kcal
Protein	92.9	114.6	102.2	309.8 Kcal
Lipid	139.4	171.9	153.3	464.7 Kcal
<b>Total</b>	<b>516.3</b>	<b>636.8</b>	<b>567.9</b>	<b>1721.0 Kcal</b>



