

Body composition analysis report

ID:Sample

Gender:Female

Age:48

Height:5'1"

Testing time:Sep.17,2024 13:26:14

Body composition analysis

	Measurement(lb)	Proportion of standard(%)	Evaluation
Weight	147.4 (90.8-123.0)	100.0	High
Fat mass	74.3 (21.4-34.4)	50.4	High
Bone Mass	4.9 (4.8-6.0)	3.3	Standard
Protein mass	14.6 (13.9-17.6)	9.9	Standard
Water weight	53.8 (50.9-64.8)	36.4	Standard
Muscle mass	68.4 (64.8-82.7)	46.3	Standard
Skeletal muscle	39.0 (40.1-48.9)	26.4	Low

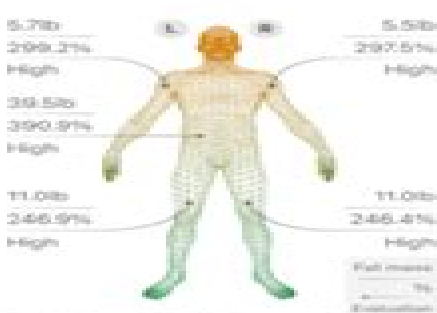
Muscle fat analysis



Obesity analysis

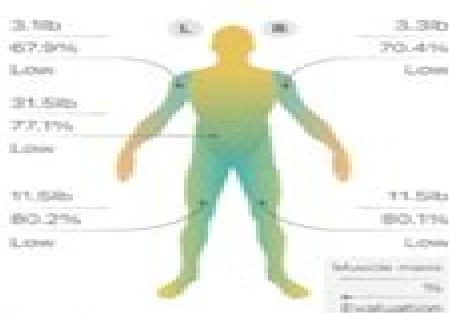


Segmental fat analysis



Standard range: 80%-120%, segmental fat analysis is an inferred value

Muscle balance



Standard range: Left and right upper limbs (80%-120%), Trunk, left and right lower limbs (80%-120%)

Bioelectrical impedance

Z(O)	Right Arm	Left Arm	Trunk	Right Leg	Left Leg
20(kHz)	416.5	440.8	27.2	316.5	320.6
100(kHz)	382.9	403.6	21.9	289.5	294.5

Body score

54/100Points

*The total score reflects the evaluated value of body composition. A muscular person may get more than 100 points.

Weight control

Recommended target weight	107.1lb
Weight control	-40.3lb
Fat control	-49.6lb
Muscle control	+9.3lb

Obesity assessment

BMI	29.0		
Thin	Standard	High	Too High
Bloody fat rate	50.4		
Thin	Standard	High	Too High
Obesity (current weight/target weight)	137%		
Lower	Normal	Higher	

Body type assessment



Other indicators

Visceral fat grade	15
Basal metabolic rate	1087kcal
Fat-free body weight	73.3lb
Subcutaneous fat	35.8%
SAR	5.7kg/m²
Body age	53
WHR	0.97

Recent Developments In Body Composition Analysis Methods And Applications

P. S. W. Davies, T. J. Cole



Recent Developments In Body Composition Analysis Methods And Applications:

Recent Developments in Body Composition Analysis John G. Kral, Theodore B. Van Itallie, 1993-01-01 Body Composition Assessment in Children and Adolescents T. Jürimäe, A. P. Hills, D. J. Caine, T. Noakes, 2001-07 During growth and development of children body composition predominantly fat and lean body mass plays a central role The body composition parameters are important determinants of child health also in regard to obesity This volume is a collection of articles presenting a broad scope of body composition experiments ranging from simple anthropometry to the technologically advanced technique of magnetic resonance imaging MRI It is an exceptional source of information on anthropometric measurements bioelectrical impedance analysis BIA and other methods of body composition analysis in children Beyond that the numerous considerations influencing the acceptability of the apparently simple BIA method in children are discussed in several contributions Stimulating and up to date this book is a distinctive reference for pediatricians nutritionists anthropologists exercise and sport scientists as well as sport medicine specialists *Handbook of Obesity -- Volume 1* George A. Bray, 2014-02-10 In recent years we've developed a much better grasp of the biological and other factors associated with the development of obesity Reflecting our evolving understanding of causes and consequences *Handbook of Obesity Epidemiology Etiology and Physiopathology* provides comprehensive coverage of the biological behavioral and environmental determinants *Handbook of Obesity, Two-Volume Set* George A. Bray, Claude Bouchard, 2019-06-28 This 2 volume set comprises of the 3rd edition of Volume 1 and the 4th edition of Volume 2 both published in 2014 In recent years we've developed a much better grasp of the factors associated with the development of obesity New clinical trials discoveries related to drug use and greater understanding of the benefits of weight loss in obese patients have expanded the field of research in this area Reflecting our evolving understanding of causes and consequences this two volume set examines the history and prevalence of obesity and explores its biological behavioral environmental social and cultural determinants It discusses the consequences of obesity prevention evaluation of the overweight patient and a range of treatment options including behavior modification diet exercise medications and surgical procedures **Quality of the Body Cell Mass** Richard N. Jr. Pierson, 2012-12-06 *Quality of the Body Cell Mass* presents proceedings of the International Symposium on Quality of the Body Cell Mass held in Fort Lauderdale Florida The text describes the state of the art of making measurements of body composition including the methods and their interactions and provides examples of applications that describe individual studies in the clinical areas of AIDS obesity osteoporosis aging wasting and chronic disease More than 50 illustrations complement the text **Metabolic Support of the Critically Ill Patient** Douglas W. Wilmore, Yvon A. Carpentier, 2012-12-06 Nutritional support of critically ill patients is a major treatment modality which will enhance recovery and shorten convalescence New knowledge has emphasized that much of the organ dysfunction associated with sepsis and altered blood flow is related to oxidative injury Specific nutrients are highly effective in counteracting these effects and their

early administration may attenuate cellular damage and multi organ failure Patient outcome may also be enhanced by the route of feeding administration of newer nutrient combinations utilization of evolving methods of monitoring and the use of growth factors This new knowledge has evolved to a new area of metabolic support which is addressed for the first time by a group of international experts The topics presented and general conclusions are of major importance to the practitioners in this field for they show for the first time a departure from the more traditional approaches of nutritional support in patients with life threatening diseases *Childhood Obesity Prevention and Treatment* Jana Parizkova, Andrew Hills, 2005-01-13

Childhood Obesity Prevention and Treatment Second Edition summarizes the latest scientific knowledge on obesity in children This edition focuses on the developmental aspects of obesity especially on the influences and factors predisposing individuals to obesity from early periods of life This new body of knowledge stems from both basic *Methods in Human Growth Research* Roland C. Hauspie, Noël Cameron, Luciano Molinari, 2004-06-24 In order to gain an understanding of the dynamics of human individual and average growth patterns it is essential that the right methods are selected There are a variety of methods available to analyse individual growth patterns to estimate variation in different growth measures in populations and to relate genetic and environmental factors to individual and average growth This volume provides an overview of modern techniques for the assessment and collection of growth data and methods of analysis for individual and population growth data The book contains the basic mathematical and statistical tools required to understand the concepts of the methods under discussion and worked examples of analyses but it is neither a mathematical treatise nor a recipe book for growth data analysis Aimed at junior and senior researchers involved in the analysis of human growth data this book will be an essential reference for anthropologists auxologists and paediatricians *Nutrition in Kidney Disease* Laura D. Byham-Gray, Jerrilynn D. Burrowes, Glenn M. Chertow, 2008-05-15

The Nutrition and Health™ series of books have as an overriding mission to provide health professionals with texts that are considered essential because each includes 1 a synthesis of the state of the science 2 timely in depth reviews by the leading researchers in their respective fields 3 extensive up to date fully annotated reference lists 4 a detailed index 5 relevant tables and figures 6 identification of paradigm shifts and the consequences 7 virtually no overlap of information between chapters but targeted inter chapter referrals 8 suggestions of areas for future research and 9 balanced data driven answers to patient health professional questions that are based upon the totality of evidence rather than the findings of any single study The series volumes are not the outcome of a symposium Rather each editor has the potential to examine a chosen area with a broad perspective both in subject matter as well as in the choice of chapter authors The international perspective especially with regard to public health initiatives is emphasized where appropriate The editors whose trainings are both research and practice oriented have the opportunity to develop a primary objective for their book define the scope and focus and then invite the leading authorities from around the world to be part of their initiative The authors are encouraged to provide an overview of the field discuss their own research

and relate the research findings to potential human health consequences *Obesity Treatment* David B. Allison, F. Xavier Pi-Sunyer, 2012-12-06 Treatment outcome has certainly improved since Stunkard and McLaren Hume 1959 reviewed the literature and found that less than 25% of obese patients lost 20 pounds or more and less than 5% lost 40 pounds or more. However, one of the few points on which almost all obesity researchers agree is that to date our results are quite modest and we are generally unsuccessful in promoting effective weight maintenance among obese persons. As the title of a more recent article, Improving long term weight loss: Pushing the limits of treatment, Brownell Jeffrey 1987 emphasizes, added suggests many believe that we have pushed our current treatment paradigms to the limit. It was with this background in mind that we organized the meeting from which these proceedings issue. The purpose of the three day international meeting was to evaluate the current knowledge base and conceptual paradigms of obesity treatment and to suggest directions for future research and clinical practice. Rather than simply for research reporting, the meeting was primarily for research generation. All speakers were established scientists in the field who were asked to summarize our state of knowledge in a given area rather than present the results of their latest research. Great efforts were taken to ensure that panel discussions occupied a central portion of the conference and that the questions, What else do we need to know and How do we find it out, were consistently addressed.

Body Composition Assessment Techniques in Clinical and Epidemiological Settings:

Development, Validation and Use in Dietary Programs, Physical Training and Sports Roberto Fernandes Da Costa, Gerson Ferrari, Mauro Fisberg, 2023-03-31 **The Latest Developments and Challenges in Biomedical**

Engineering Paweł Strumiłło, Artur Klepaczek, Michał Strzelecki, Dorota Bociąga, 2023-09-10 The book contains 35 chapters in which you can find various examples of the development of methods and/or systems supporting medical diagnostics and therapy related to biomedical imaging, signal and image processing, biomaterials and artificial organs, modelling of biomedical systems which were presented as current research topics at the 23rd Polish Biocybernetics and Biomedical Engineering Conference held at the Institute of Electronics, Lodz University of Technology in September 2023. The ongoing and dynamic development of AI-based data processing and analysis methods plays an increasingly important role in medicine. This book addresses these issues by presenting applications of such methods in various areas such as disease diagnosis and prediction, particularly through the use of image data analysis algorithms. Other topics covered include personalized medicine where multimodal patient data is acquired and analyzed as well as robotic surgery and clinical decision support. The book is of interest to an advanced and broad readership including researchers and engineers representing both medical, biological and engineering viewpoints. Its readers may also be graduate and postgraduate students in various fields such as biomedical engineering, artificial intelligence, biomaterials and medical electronics as well as software developers in R & D departments working in the field of intelligent healthcare engineering. *Handbook of Obesity* George A. Bray, Claude Bouchard, 2003-12-09 Offering perspectives on the history, prevalence and genetics of obesity, this book examines the origins

and etiology of obesity It considers the relationship between behavioural neuroscience and obesity Nutritional Management of Renal Disease Joel D. Kopple,Shaul G. Massry,1997 This in depth review of metabolism and nutritional management of patients with renal disease is now in its Second Edition Chapter topics are clearly defined and each chapter integrates basic and clinical sciences Illustrations diagrams and tables enhance the text New features include the latest National Kidney Foundation Clinical Practice Guidelines on Nutrition in Chronic Renal Failure the most recent scientific discoveries and the latest techniques for assessing nutritional status in renal disease and literature reviews on patients who receive continuous veno venous hemofiltration with or without dialysis An easy to use book for busy clinicians with extensive and up to date references it provides information relevant to everyday practice *Body Composition Techniques in Health and Disease* P. S. W. Davies,T. J. Cole,1995-05-26 Evaluates newer and established techniques of body composition assessment **Growth, Physical Activity, and Motor Development in Prepubertal Children** Toivo Jurimae,Jaak Jurimae,2001-05-30 The tender period between childhood and adolescence is full of changes for young children They are approaching the onset of sexual maturation and because they are beginning their school careers the possibilities for voluntary play and movement rapidly decrease while mental stress rapidly increases It is very important that young children have a **Energy Research Abstracts** ,1988 **Activation Analysis** Zeev Alfassi,1990-06-22 This timely publication covers prompt measurements as well as delayed activation measurements used in chemical analysis of the elements It describes the various possibilities of activation neutrons charged ions and photons Also discussed are the advantages and disadvantages of each activation method These volumes are important for those in geology archaeology biology analytical chemistry radioanalytical and nuclear chemistry the semiconductor industry and others Best Practice Protocols for Physique Assessment in Sport Patria A. Hume,Deborah A. Kerr,Timothy R. Ackland,2017-12-21 This book outlines best practice protocols for body composition analysis of high performance athletes and provides guidance on the use of new technologies for anthropometry While surface anthropometry has traditionally been used to assess body composition through the internationally recognised methodology of the International Society for the Advancement of Kinanthropometry ISAK the recent commercialisation of devices such as bioelectrical impedance technologies dual energy X ray absorptiometry DXA ultrasound 3D photometry and air displacement plethysmography Bod Pod has led to the non standardised adoption of new measurement techniques In this textbook leading researchers detail standardisation procedures for each technology in terms of athlete preparation test protocols test reporting equipment calibration and data interpretation Each chapter covers a different tool how it works what it is used to measure and what the issues are surrounding its validity practicality and reliability This book provides an essential reference for device technicians and sport practitioners ensuring that high performance athletes are afforded accurate and comparable body composition information to guide their training routines

Human Body Composition Steven Heymsfield,2005 The 2nd edition of Human Body Composition includes updated

information and new chapters The editors and 35 contributors are well respected researchers in the field of body composition science This is one of few texts that provides comprehensive coverage of body composition research The primary intent is to present current information on research methods This book can serve as a textbook for those who are students or new researchers Descriptions of various methods and background information are imparted in great detail with numerous references New chapters address energy expenditure animal body composition molecular genetics and body composition as it relates to disease states of cancer HIV obesity and certain inflammatory diseases like rheumatoid arthritis inflammatory bowel disease congestive heart failure and chronic obstructive pulmonary disease This book is recommended for students and new researchers in the field of body composition research who need to learn various methods histories and practical applications Publisher s description

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