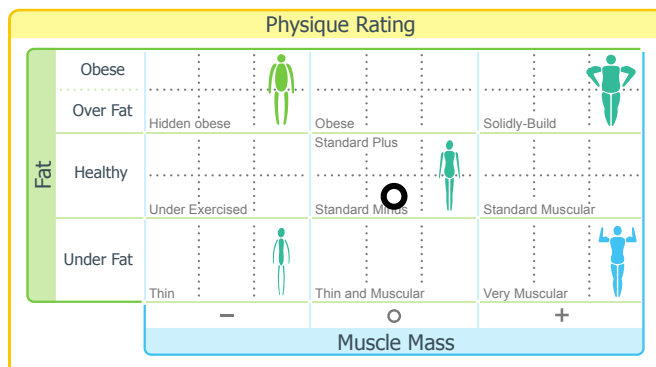


Date 2016-11-26 21:53

ID	2 - anna kowalska			
Name	Anna Kowalska		Height	164
Age	41	female	Type	Normal
			PT	

Details

BC-601	Result	Desirable	Target	Diff
Weight	55,0 kg	56,5-69,9 kg	kg	kg
Fat	24,0 %	23,0-34,0 %	23,0 %	1,0 %
Fat Mass	13,2 kg	12,6-18,7 kg	kg	kg
FFM	41,8 kg	37,9-44,0		
Muscle Mass	38,0 kg	34,1-40,2		
BMI	20,4	21,0-26,0		
SMM	23,7 kg			
Bone Mass	2,1 kg			
Metabolic Age				



BMR / TBW / Protein / Visceral Fat Rating

BMR	5368 kJ	Under	Normal	More
	1282 kcal			

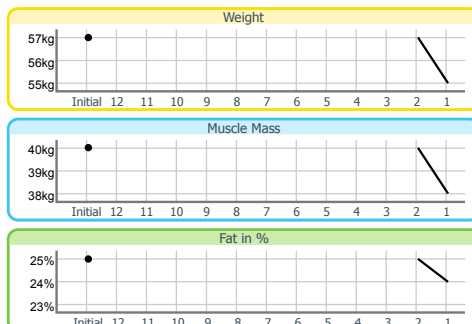
TBW	28,0 kg	Male	Female	Children
	51,0 %	50-65%	45-60%	60-75%



	Standard	High	Very High
Rating	Below 12	13 ~ 17	Above 18
Judgement	Continue monitoring your rating within healthy range through appropriate exercise and balanced diet.	Consider changing diet and/or increasing exercise to reduce the fat to standard level.	Should engage in more intensive exercise and make changes to current diet. Consult your physician for medical diagnosis.

History

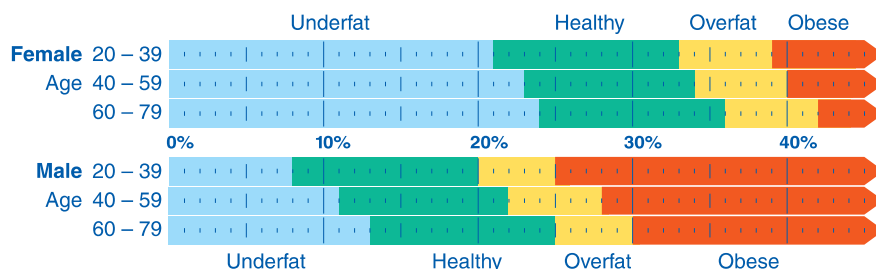
	Weight	Muscle Mass	Fat in %
Current	55,0	38,0	24,0
2016-11-26	57,0	40,0	25,0
Initial	57,0	40,0	25,0



BIA Information



Body Fat Ranges for Standard Adults



¹Based on NIH/WHO BMI Guidelines. ²Gallagher, et al, Am J Clin Nut 2000; 72:694-701.
To determine the percentage of body fat that is appropriate for your body, consult your physician.

Recommendations

Remarks

Please note that people with an electronic medical implant, such as a pacemaker, should not use a Body Composition Monitor as it passes a low-level electrical signal throughout the body, which may interfere with its operation.
Readings are for reference only for dialysis patients and menstruating female.