VISBODY

Body Composition Report

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ID: 199****5678 Gender: Female

Height: 170cm Age: 26 Test Date/Time: Jan 03, 2025, 17:57

Score 82

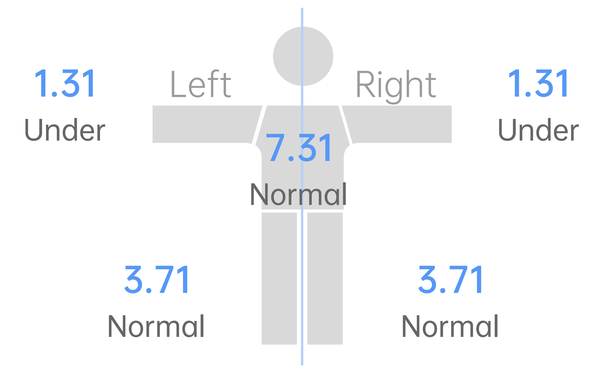
Compared To The Last Score -2

Body Composition Overview

	Values	Body Fat Mass	Inorganic Salts	Protein
Weight lbs	72.7 [55.3~74.9]	5.8 [7.8~15.6]		
Lean Body Mass lbs	66.9 [49.8~60.9]		4.21 [3.38~4.14]	
Muscle Mass lbs	63.6 [47.0~57.4]			13.4 [9.8~12.0]
Body Water lbs	49.3 [36.9~44.8]			

* Body composition score standard has been updated on 28/04/2022.

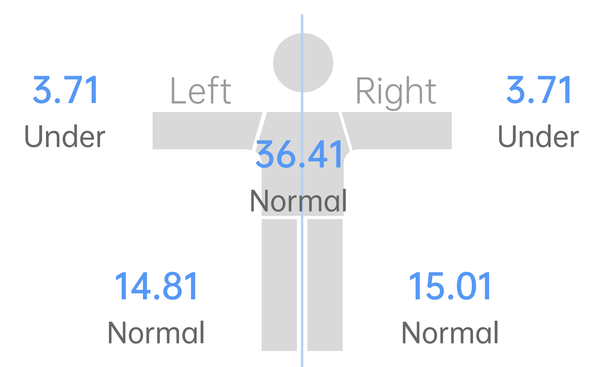
Segmental Fat Analysis lbs



Muscle-Fat Analysis

	Under	Normal	Over	Standard Range	Net
Weight lbs			72.7	[55.3~74.9]	0.4
SMM lbs			48.4	[31.4~38.9]	0.2
Body Fat Mass lbs	5.8			[8.7~17.4]	0.1

Segmental Lean Analysis lbs



Obesity Analysis

	Under	Normal	Over	Standard Range	Net
BFP %			19.7	[10.0~20.0]	1.2
BMI kg/m²			24.6	[18.5~24.0]	0.2
WHR		0.84		[0.8~0.9]	0.1

	Under	Normal	Over	Standard Range	Net
Basal Metabolism Rate kcal/d			2686.9	[1537.1~1878.7]	29.8

	Values	Net
Metabolic Age	27	1.0

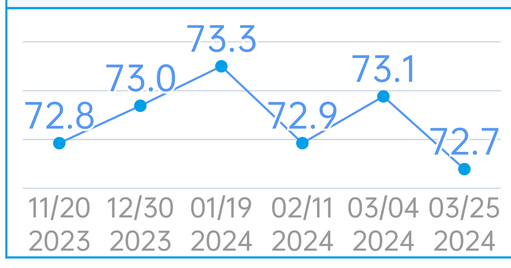
	Normal	Over	Standard Range	Net
Visceral Fat Level	7.0		[1.0~10.0]	0.1

	Under	Normal	Over	Standard Range	Net
Intracellular Water lbs			31.0	[22.7~27.7]	0.6
Extracellular Water lbs			18.3	[13.9~17.0]	0.3

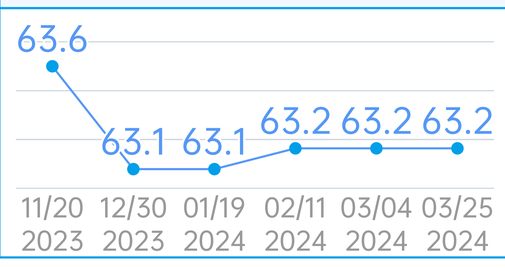
	Values	Obesity Assessment	Gold Standard	Net
Weight lbs	72.7	Normal	72.7	-4.4
Body Fat Mass lbs	5.8	Over	5.8	-5.3
Muscle Mass lbs	63.6	Less	63.6	+1.0

Body Composition History

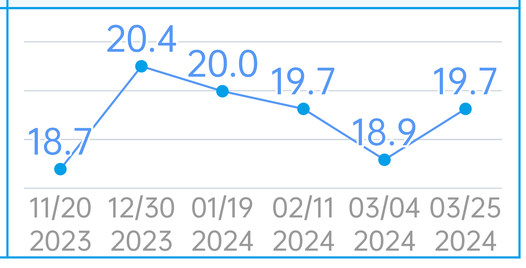
Weight lbs



Muscle Mass lbs



BFP (Body Fat Percentage) %



Weight: Weight is the sum of body water, protein, inorganic salt and body weight.

Lean Body Mass: Lean Body Mass is the total body weight without fat.

Muscle Mass: Soft lean mass is the lean body mass, which includes skeletal muscle, smooth muscle, and cardiac muscle.

Body Water: Most of the human body is water with an amount of 50%-70% of body weight. And body water is mainly in human cells and body fluids, most of which is in muscle cells.

Body Fat Mass: Body Fat mass is the sum of subcutaneous fat, visceral fat and muscle fat.

Inorganic Salts: The human body is composed of organic matter, inorganic matter and water. The inorganic matter here is inorganic salts which amounts to 5% of the body weight.

Protein: Protein is a solid substance with ammonia, which exists in all cells of the human body. It is the main component of muscle mass.

SMM (Skeletal Muscle Mass): Skeletal muscle mass, also known as striated muscle, is a type of muscle attached to bones. This data contains the amount of Skeletal Muscle.

BFP (Body Fat Percentage): BFP is a measurement of body composition telling how much of the body weight is fat.

BMI: BMI is mainly used to assess the appearance of obesity, and it is a common standard for measuring body fatness.

WHR (Waist-Hip Ratio): The ratio of waist to hip circumference, it is an important indicator for determining central obesity.

Basal Metabolism Rate: Basal Metabolism rate is the total energy consumed in a day when the body is at rest, not affected by exercise, physical objects, nervousness, external temperature changes, etc.