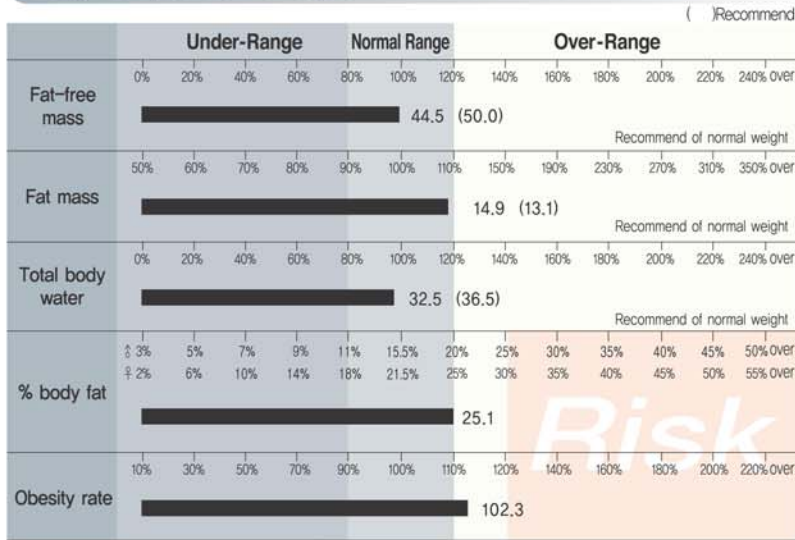


Body Composition Analysis

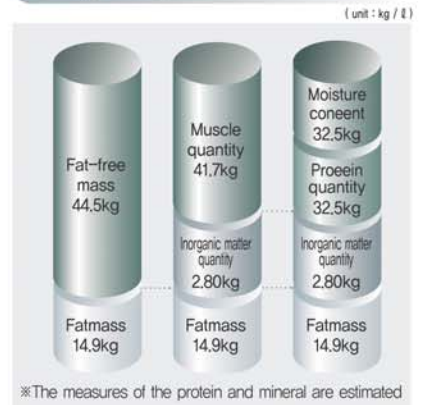
Personal Information

ID number	3-15	Height	164.5
Name		Weight	59.4
Age	29	BMR	1405
Sex	woman	Date	2003.3.15 1:30 PM

Body composition analysis



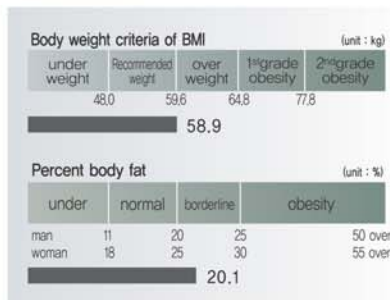
Body composition



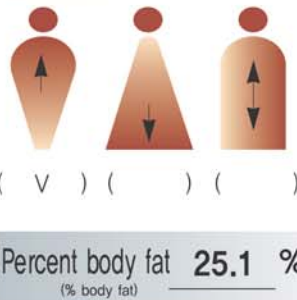
The terms

- 1,FFM : Fat-free mass
- 2,FM : Fat mass
- 3,MM : Muscle mass
- 4,MA : Mineral amount
- 5,TBW : Total body water
- 6,PA : Protein amount

Evaluation



Body type



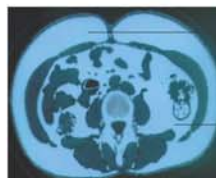
Target weight



Abdominal obesity chart

Item	Result	Recommend
Waist circumference	85	♂ : < 90cm ♀ : < 80cm
Waist-to-hip ratio (estimated)	0.83	♂ : < 0.9 ♀ : < 0.8
Total abdominal fat area(cm ²) (estimated)	300	

Abdominal CT



Subcutaneous fat :

It's fat lying between muscle and skin, which is not harmful for health and much found in women

Visceral fat :

It's fat lying in the internal organs inside of the abdominal cavity, which is related to those adult diseases like hypertension or hyperlipemia

Note