



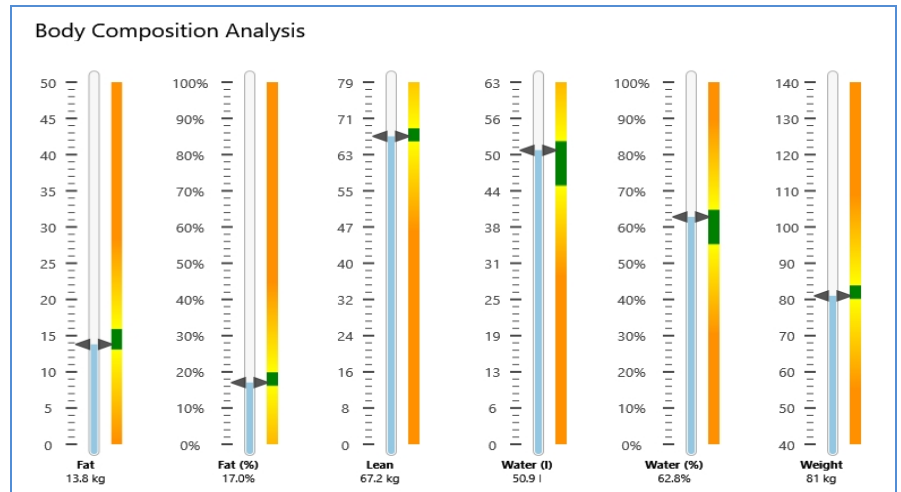
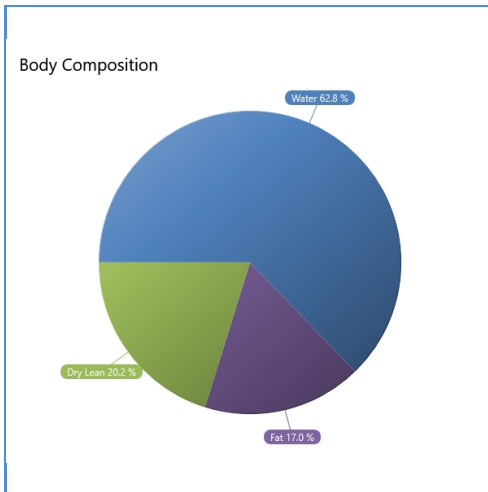
Bodystat® Body Composition Simplified

Subject Name	Subject Ref	Age	Gender	Activity	Height	Weight
Rupert Gibson	Agilitas	51	Male	Very High	1.75 m	81 kg
Test Date	Test No. / Ref	Device	Serial No.	Waist	Hip	Imp. 50 kHz (Ω)
01/01/2000 00:04	4	1500MDD USB	320021	91 cm	102 cm	393

	Measured	Normal Range	Measured %	Normal Range %
Total Body Weight	81 kg	(80 kg - 84 kg)		
Body Fat	13.8 kg	(13 kg - 16 kg)	17%	(16% - 20%)
Body Lean	67.2 kg	(66 kg - 69 kg)	83%	(80% - 84%)
Body Water	50.9 l	(45 l - 53 l)	62.8%	(55% - 65%)
Dry Lean Weight	16.3 kg			

Basal Metabolism 1946 kcal per day (24 kcal per kg)
 B.M. rate is an estimate of your body's resting energy requirements.

Activity Metabolism 3502 kcal per day
 The estimated amount of energy your body requires for the activity level selected.





Total Body Fat Weight **13.8 kg** **17%**

The normal percentage fat range for you is (16% - 20%)

Your percentage fat is normal for your age and gender

Under normal conditions, body fat should not be reduced to below the recommended lower limit as fats are essential for normal body functions and good health

Total Body Lean Weight **67.2 kg** **83%**

The normal percentage lean range for you is (80% - 84%)

Your percentage lean is normal for your age and gender

Lean body weight is fat free weight consisting of muscle, water and bone.

Dry lean weight excludes the water component of lean. It should be monitored closely to ensure, under normal circumstances, that there is little or no loss of muscle and bone, particularly during the ageing process.

Never use the lean as a goal weight.

Total Body Weight **81 kg**

The Composition weight range for you is (80 kg - 84 kg)

Your body weight is within "Normal" limits.

Body Composition

Your results indicate that you have a muscular build.

You have been successful in maintaining/obtaining a suitable body composition. However, you must continue to maintain a suitable body composition by following a healthy eating plan and exercise program.

Use BODYSTAT to monitor your body composition regularly.