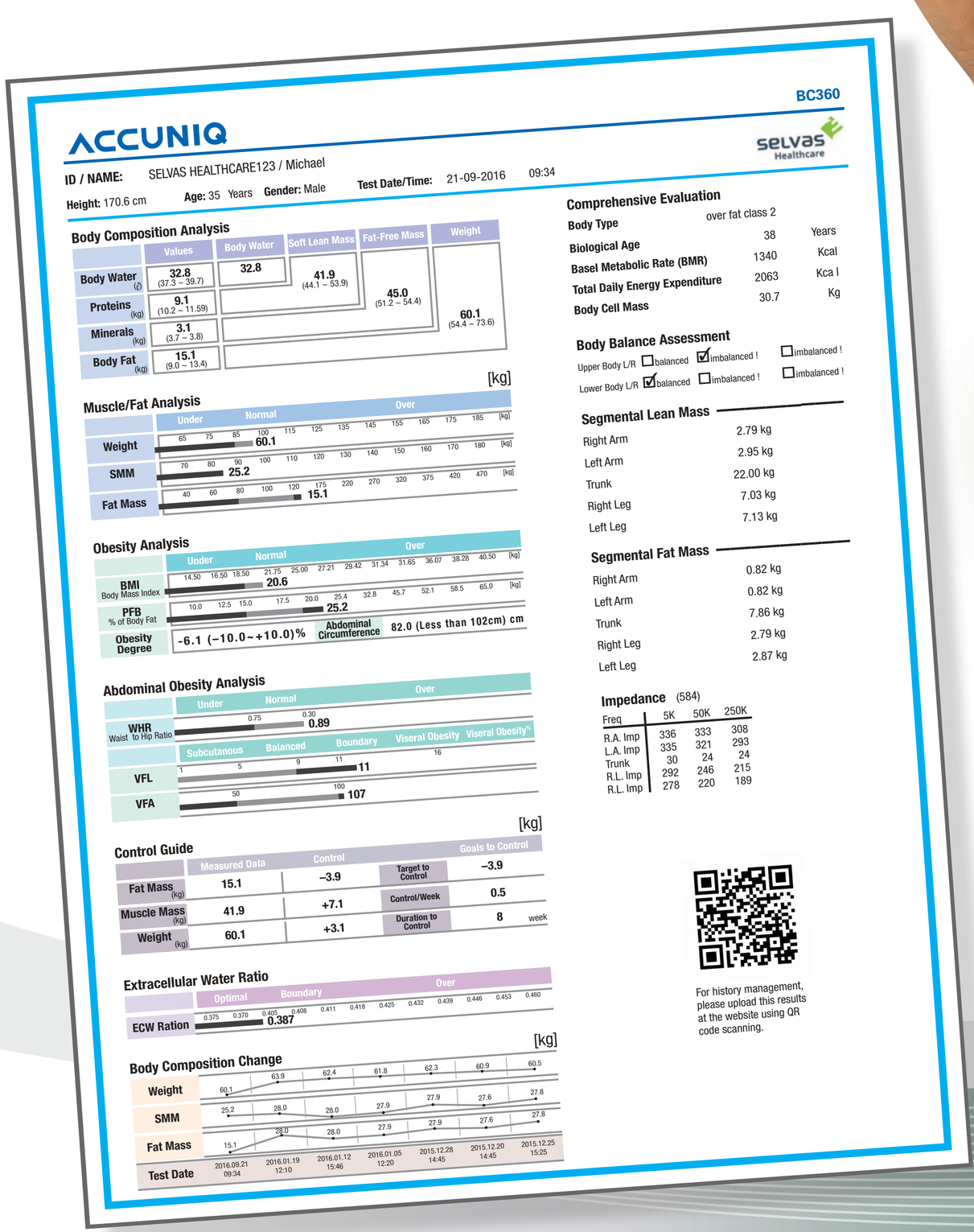
IMPROVING WELLNESS THROUGH TECHNOLOGY

BODY COMPOSITION TESTING

WHAT ARE YOU MADE OF?

- Educate Yourself with Accurate Information
- Improve your Health with a Personalized Program
- Stay Motivated and Track Your Fitness Goals



BC360

ACCUNIQ

selvas Healthcare

ID / NAME: SELVAS HEALTHCARE123 / Michael

Height: 170.6 cm Age: 35 Years Gender: Male Test Date/Time: 21-09-2016 09:34

Body Composition Analysis

	Values	Body Water	Soft Lean Mass	Fat-Free Mass	Weight
Body Water (L)	32.8 (37.3 ~ 39.7)	32.8			
Proteins (kg)	9.1 (10.2 ~ 11.59)		41.9 (44.1 ~ 53.9)		
Minerals (kg)	3.1 (3.7 ~ 3.8)			45.0 (51.2 ~ 54.4)	
Body Fat (kg)	15.1 (9.0 ~ 13.4)				60.1 (54.4 ~ 73.6)

Muscle/Fat Analysis [kg]

	Under	Normal	Over	
Weight	65 75 85	100 115 125 135 145 155 165 175 185		[kg]
SMM	70 80 90	100 110 120 130 140 150 160 170 180		[kg]
Fat Mass	40 60 80	100 120 175	220 270 320 375 420 470	[kg]

Obesity Analysis

	Under	Normal	Over	
BMI Body Mass Index	14.50 16.50 18.50	21.75 25.00 27.21 29.42 31.34 31.65 36.07 38.28 40.50		[kg]
PFB % of Body Fat	10.0 12.5 15.0	17.5 20.0 25.4 32.8 45.7 52.1 58.5 65.0		[kg]

Obesity Degree: -6.1 (-10.0~+10.0)% Abdominal Circumference: 82.0 (Less than 102cm) cm

Abdominal Obesity Analysis

	Under	Normal	Over	
WHR Waist to Hip Ratio	0.75	0.30 0.89		
	Subcutanous	Balanced	Boundary	Viseral Obesity / Viseral Obesity%
VFL	1 5	9 11	16	
VFA	50	100		

Control Guide [kg]

	Measured Data	Control		Goals to Control
Fat Mass (kg)	15.1	-3.9	Target to Control	-3.9
Muscle Mass (kg)	41.9	+7.1	Control/Week	0.5
Weight (kg)	60.1	+3.1	Duration to Control	8 week

Extracellular Water Ratio

	Optimal	Boundary	Over
ECW Ration	0.375 0.370	0.405 0.408 0.411 0.418 0.425 0.432 0.439 0.446 0.453 0.460	

Body Composition Change [kg]

Weight	60.1	63.9	62.4	61.8	62.3	60.9	60.5
SMM	25.2	28.0	28.0	27.9	27.9	27.6	27.8
Fat Mass	15.1	28.0	28.0	27.9	27.9	27.6	27.8
Test Date	2016.09.21 09:34	2016.01.19 12:10	2016.01.12 15:46	2016.01.05 12:20	2015.12.28 14:45	2015.12.20 14:45	2015.12.25 15:25

Comprehensive Evaluation

Body Type	over fat class 2	
Biological Age	38	Years
Basel Metabolic Rate (BMR)	1340	Kcal
Total Daily Energy Expenditure	2063	Kca l
Body Cell Mass	30.7	Kg

Body Balance Assessment

Upper Body L/R ☐balanced ☑imbalanced ! ☐imbalanced !

Lower Body L/R ☑balanced ☐imbalanced ! ☐imbalanced !

Segmental Lean Mass

Right Arm	2.79 kg
Left Arm	2.95 kg
Trunk	22.00 kg
Right Leg	7.03 kg
Left Leg	7.13 kg

Segmental Fat Mass

Right Arm	0.82 kg
Left Arm	0.82 kg
Trunk	7.86 kg
Right Leg	2.79 kg
Left Leg	2.87 kg

Impedance (584)

Freq	5K	50K	250K
R.A. Imp	336	333	308
L.A. Imp	335	321	293
Trunk	30	24	24
R.L. Imp	292	246	215
R.L. Imp	278	220	189

For history management, please upload this results at the website using QR code scanning.

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WELLNESS TECHNOLOGY