

Reading Your Results Sheet

Body Composition Analysis

- $\text{Weight} = \text{Fat Free Mass (everything that is not fat)} + \text{Body Fat}$
- **Soft Lean Mass** = Body water and protein only. Does not include the minerals found in bones. Can be divided into skeletal muscle, smooth muscles (maintain function of body's organs) and cardiac muscle. Makes up 74-80% of total weight in males and 64--80% in females.
- **Fat Free Mass** includes your body water (which makes up 55-65% of your body)
- **Poor Protein** can indicate lack of intracellular water which can lead to poor cellular health- an indicator of fatigue or disease.
- **Healthy Mineral mass** indicates healthy bone health

Muscle Fat Analysis

- **Skeletal Muscle Mass (SMM)** is lean mass attached to a bone. This is the mass you can INCREASE to lower your overall body fat percentage

Obesity Analysis

- **BMI** is an overall comparison to the general population
- **Percent Body Fat** can be lowered by decreasing fat or by increasing muscle, or BOTH for the best results
- **Obesity Degree** and **Abdominal Circumference** are indicators of overall health

Abdominal Obesity

- **Visceral Fat Level and Area** is an overall picture of how much fat you have in your belly area. High Visceral Fat can lead to obesity related disease
- **High Visceral Fat** can be hereditary
- **Visceral Fat** can be improved through diet
- **Obesity degree** is the ratio between waist and hip circumference. This assess body shape and the proper balance and flexion between the upper and lower body.

Control Guide

- **Recommended fat loss and muscle gain** to achieve ideal Body Fat Percentage

Extracellular Water Ratio

- **High Extracellular Water ratio** is a sign of fatigue (over training, illness etc...)

Additional Information

Comprehensive Evaluation

- **Biological Age:** Age of your body compared to real age
- **BMR:** Calories you need each day to survive
- **TDEE:** Calories you need each day with activity
- **Body Cell Mass:** Depleted cell mass is a sign of disease

Body Balance Assessment

- **Balance of the body**
- **Lack of balance** can lead to injury
- **A significant lack of balance with no reason** should be assessed further

Segmental Lean/Fat Mass

- **Distribution of lean or fat mass** throughout the body

Impedance

- **Electrical resistance** (not relevant for reading results sheet)

OVERALL RECOMMENDATIONS

- A healthy body fat percentage in women is 20-30% and for men 15-20%
- **Healthy Visceral Fat** will lower your risk for disease
- **Normal or high Skeletal Muscle Mass** will help you look your best and burn calories more efficiently
- **Achieve your TDEE** each day to keep your body healthy
- **Remember** each test is a moment in time and outside factors and behaviors can play a role in results
- **Complete a body composition analysis** no more than once a month for the most effective and the most accurate results

Spartan Wellness Technology Commitment

We are here to help you along the way. Should you have any questions about your unit or about results, we are here for you. Drop us an email, send us a text, call us- we'll help you work through it.