

Reading Your Results Sheet

Body Composition Analysis

- Weight = Lean Body Mass (everything that is not fat + essential fats)+ Body Fat
- Lean Body Mass (LBW): Everything that is not fat + Essential Fats
- Total Body Water (TBW): Total water in the body
- Extra-Cellular Water: Water outside the cell wall
- Intra-Cellular Water: Water inside the cell wall
- Body Fat: Body fat in pounds
- Body Mass Index (BMI): Chart, based only on height and weight
- Percentage Body Fat (PBF): Percent body fat based on lean tissue and body fat ratios
- Waist to Hip Ratio (WHR): Estimation of waist size compared to hip size. Indicator for obesity related disease

Goal Setter

Enter target percent body fat to see predicted weight based on current body composition

Segmental Analysis

This is the segmental analysis of the body's LEAN TISSUE

Extracellular Water

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

Impedance

Electrical resistance (not relevant for reading results sheet)

Additional Information

Body Water

- We recommend doing a "onboard" BIA and a "baseline" BIA two weeks later
- The subject will lose body water the first few weeks due to lifestyle changes
- It's NOT "just water weight"- losing excess water is an essential part of overall health
- Moving forward, for every 4 lbs lost, expect 1 lb to be water (this is a generalization)
- Subjects should lose fat and gain muscle (if subject is strength training), offsetting water loss

BIA Machine Doesn't Lie

The BIA is ALWAYS accurate. However changes in hormone levels, body water, stomach contents and time of day can influence comparisons

OVERALL RECOMMENDATIONS

- A healthy body fat percentage in women is 20-30% and for men 15-20%
- When a subject is overweight, all of their numbers will fall outside the normal range
- Remember, each test is a moment in time and outside factors and behaviors can play a role in results
- For the most effective and the most accurate results complete a body composition analysis no more than once a month (with the exception of the Baseline BIA)

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!