

## Personal report for: Nathalie Example



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Dear Nathalie,

Thank you very much and congratulations for your decision to participate in a SportMed for VITALITY program. We assume that you participate because you attach importance to a healthy(er) and/or (more) active lifestyle and that you want to give sports/exercise under supervision a place in it. Every SportMed coaching programme starts with an exercise/stress test.

On 19/12/2013 you have taken a SportMed - IANT test according to the method of a Cycle ergometer test with supervision. Based on the test information, your SportMed Cardio-trainer has then created your personalised FITT for VITALITY - All round fit program. The results of this exercise test and your personal program can be found later in this report. We start this report with a brief explanation of SportMed itself.

### **SPORTMED PROGRAMS AND COACHING**

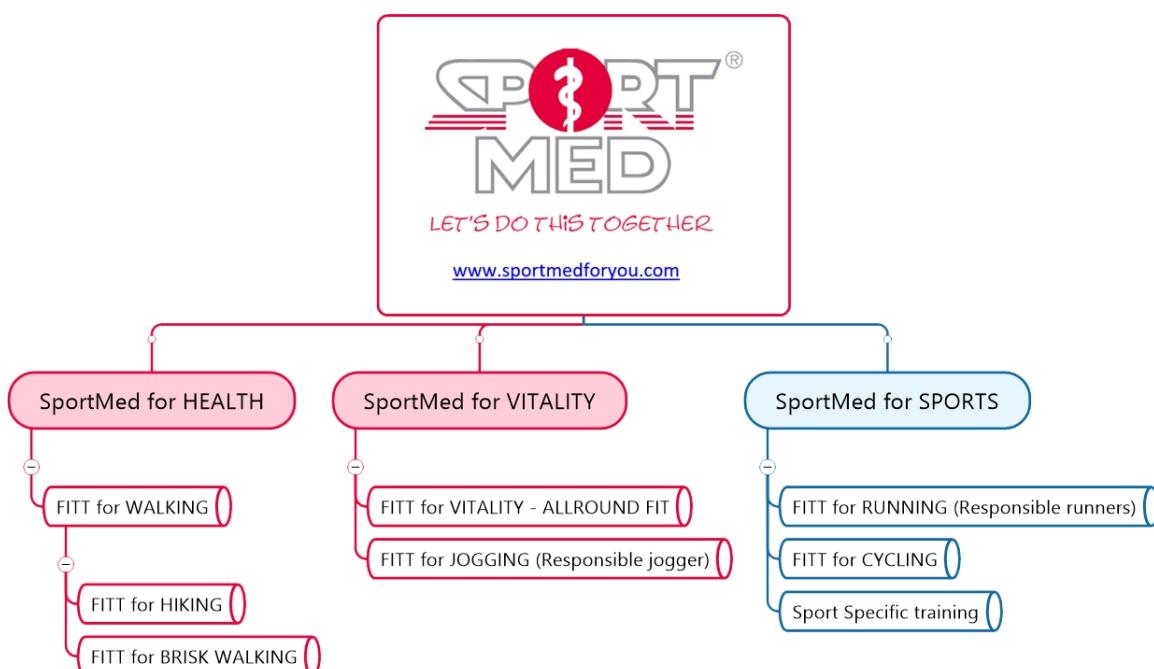
#### **Introduction: The SportMed mission statement**

Our affluent society is characterized by a physically passive lifestyle, resulting in an increasing number of welfare diseases. But good news. We see a growing awareness and the will to change this. With tailor-made physical coaching, SportMed wants to help people to find a suitable strategy for achieving a (more) active lifestyle and to keep moving for a long time in the most pleasant, efficient, and responsible way possible. This undeniably contributes to a society in which people have better health, which can significantly reduce the costs of health/disease care.

SportMed envisions a future with exercise-conscious, physically active people who enjoy a better quality of life and a higher level of well-being.

#### **The SportMed programs**

SportMed offers programs at three levels:



Also visit our website: [www.sportmedforyou.com](http://www.sportmedforyou.com)

The focus of SportMed is mainly on the group of (starting) 'health athletes', who want to integrate sports into their agenda under the motto:

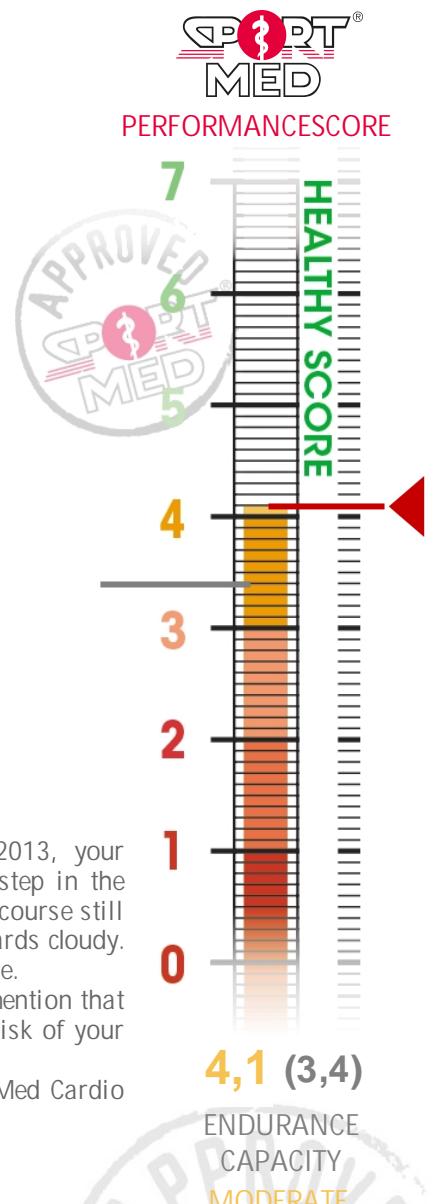
*"My goal is not to be better than anyone else,  
but to get better than I used to be."*

Wayne W. Dyer

## SPORTMED CARDIO REPORT - EVALUATION

### RESULTS: VISUAL REPRESENTATION

On 19/12/2013 you took a new stress test. We have compared the results of this endurance test with the results of the endurance test that you took on 1/10/2013. This will then give you an idea of the evolution of your endurance during this period. The SportMed Health barometer cardio, the SportMed Energy Level and the SportMed Cardio Score will again provide you with a visual representation of this evolution. Please read the following information carefully. Your SportMed coach will further explain these results.



#### Short explanation

Congratulations! When comparing with the results of your test on 1/10/2013, your SportMed Cardio Score has increased. This means that you have set another step in the direction that will help you point your Health Barometer towards 'sunny'. You of course still have one more step to go as your Health Barometer is currently still pointing towards cloudy. Nevertheless, step by step and at your own pace, we will get to where we want to be.

In order to place this evaluation into the correct perspective, it is important to mention that your endurance constitutes only one of the parameters that can influence the risk of your developing health problems.

Your SportMed Coach will provide you with further information on your SportMed Cardio Score and your SportMed Health Barometer – Cardio.

**“The great thing in this world is not so much where we stand, as in what direction we are moving.”**

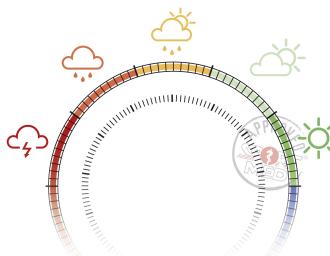
Oliver Wendell Holmes sr.

## INFORMATION CONCERNING YOUR SPORTMED HEALTH BAROMETER, ENERGY LEVEL AND CARDIO SCORE

### TEST INFORMATION

Test date: 19/12/2013  
Test option: Bicycle ergometer  
Test protocol: 200 m

Because imagery often leads to a better understanding than figures, we have also translated the result of your exertion test into a number of 'visuals'. Below you will find some explanations for your SportMed Health Barometer, your Energy Battery and your Cardio Score. Your coach will provide more detailed explanations.



### YOUR PERSONAL SPORTMED HEALTH BAROMETER

Your SportMed Health Barometer shows the impact your current endurance level has on your health condition. The verdict is hard because your SportMed Cardio Score of 4,1 made the needle of your SportMed Barometer turn to 'CLOUDY' at the time of the measurement. The chance of rain is small, but the sun is not really shining either. This means that we will point out that your endurance capacity is not really an imposition, but is not yet a decisive contributing factor to your health and wellbeing either. Your capacity of transporting oxygen is still at an insufficient level to reinforce your body during physical efforts. As a result, you cannot carry out physical efforts for a long time and your body still gets out of balance rapidly (Higher susceptibility to factors such as stress, fatigue ...). By improving your endurance capacity, you could switch your barometer to 'sunny' and strengthen the foundations of your health. As a result, your energy level will rise, you will create a better body balance and your resistance against illnesses will significantly rise. In short, you will benefit from an increased feeling of wellbeing and a better quality of life.

### YOUR SPORTMED ENERGY LEVEL

Your endurance has a big impact on the energy level of your body. To be able to produce energy in a comfortable (aerobic) way, your body needs oxygen. The better your endurance, the better your oxygen supply in the muscles and organs. With the visual representation of your SportMed Energy level, we want to illustrate how many percent of your potential energy capacity you currently have at your disposal. Your body currently only has a limited capacity for oxygen transport, so you can only charge your battery for \*% energy percentage %\*. This makes the body more difficult to respond to efforts, does not last long, it gets out of balance quickly (Higher sensitivity to factors such as stress, fatigue, ...) and you are less productive. By improving your stamina, your energy level will get a boost that will significantly improve your overall level of well-being!



### YOUR SPORTMED CARDIO SCORE

Your SportMed Cardio Score is a numeric interpretation of your test results. In the case of a cycling test, comparable to the one you took, this Score is awarded based upon your performance (Watts) at your Individual ANaerobic Threshold in proportion to your body weight. This is then designated as your relative physical capacity threshold, which is expressed in watt/kg. Your SportMed Cardio Score is then calculated based upon this result, bearing in mind the parameters of age and sex. In normal circumstances, your Score should be situated between 0 and 10. A score exceeding the 10 mark would imply that you belong to the world's top athletes and are probably practicing endurance sports. This is not really realistic for the average health athlete.

Your ultimate physical capacity threshold during the test amounted to 127 Watt (= your intrinsic capacity). When relating this to your body weight ((60,0 Kg), we get 2,117 Watt /Kg, which means that you arrive at a SportMed Cardio Score of 4,1. This in turn implies that your endurance capacity is moderate.

A score ranging from 5 to 8 is recommended for a health-orientated athlete (See also 'SportMed Health Barometer'). We therefore recommend you improve your endurance capacity. Your coach will assist you by means of tips and tricks, which will enable you to set a clear and realistic target for yourself. These will also help you meet your target step by step and show you how to integrate your personal training program into your daily schedule.



## CHARTS PERFORMANCE TEST

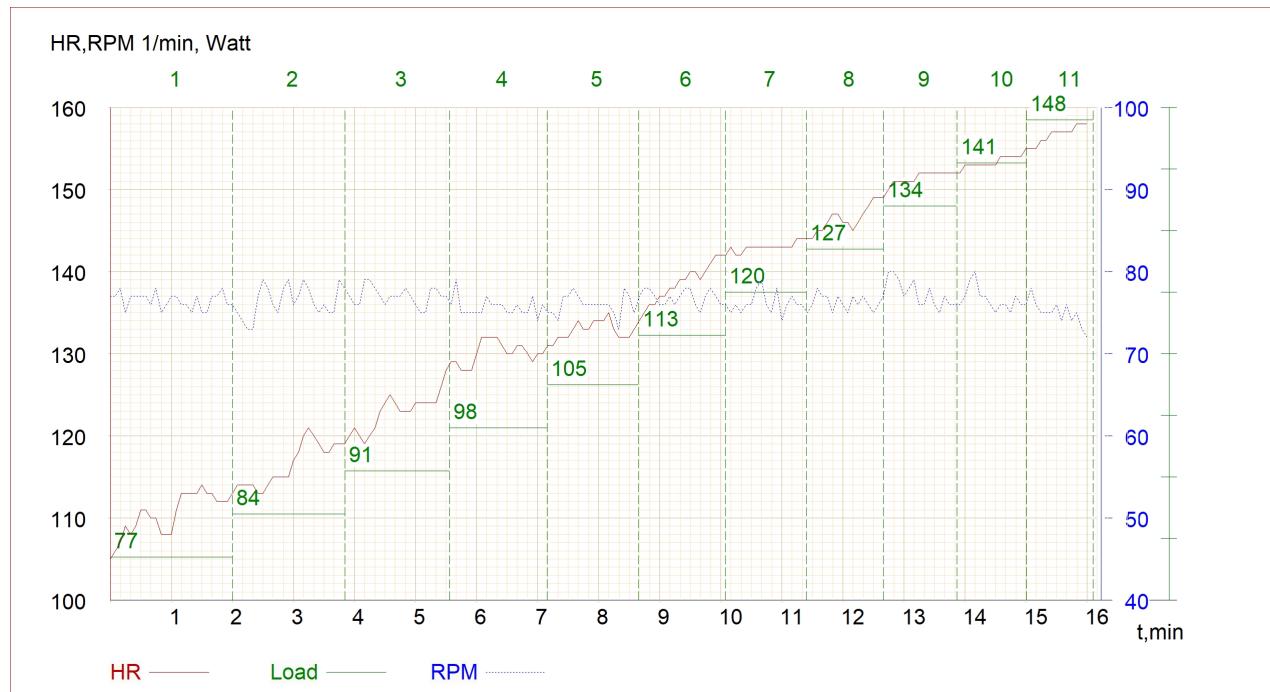
## PERSONAL INFO:

Birthday: 18/12/1970

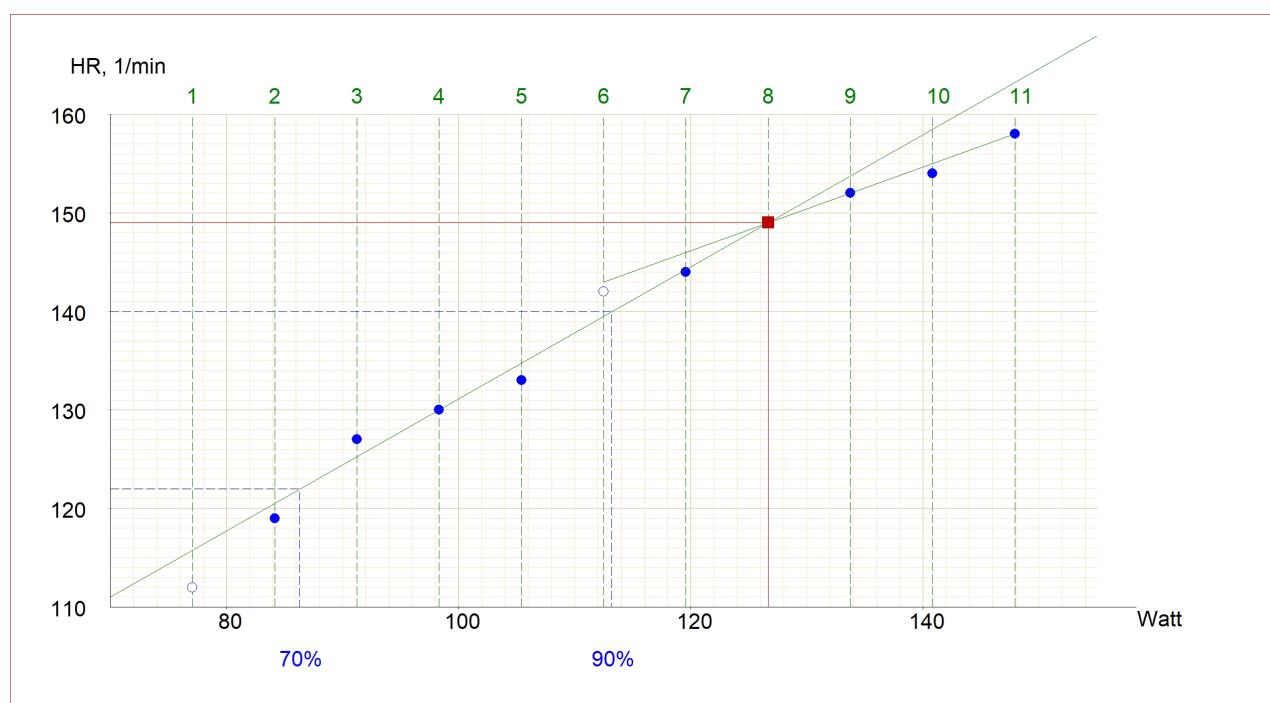
Gender: Female

Test date: 19/12/2013

## TEST VALUES - GRAPHS:



## ANALYSIS CHART:



**TEST VALUES****PERSONAL INFO:**

Birthday: 18/12/1970  
Gender: Female

**TEST INFORMATION:**

Test subject:	Endurance	Endurance
Test Type:	SportMed - IANT Test	SportMed - IANT Test
Test Option:	Bicycle ergometer	Bicycle ergometer
Test protocol:	200 m	200 m
Test date:	19/12/2013	1/10/2013
Age on test date:	43	42
Weight (kg):	60,0 Kg	59,0 Kg
Start workload test:	77 Watts	75 Watts
Interval increase:	7 Watt	7 Watt

**TEST VALUES - FIGURES:**

Effective duration test:	16'05"	15'50"
Number of fully finished intervals:	11	10
Watt last fully finished interval:	148	138
Watt unfinished interval:	155 Watt for 0'00"	145
Time in unfinished interval:	0'00"	0'49"
MAX HR:	159	159
Average RPM:	76	77



## TEST RESULTS IN FIGURES:

Comparison test

Max. results:

MAX HR:	159	159
Watt last fully finished interval:	148	138
Watt unfinished interval:	155 Watt for 0'00"	145
Relative max. workload:	2,467 Watt /Kg	2,339 Watt /Kg

**IANT results (Threshold values):**

Measured values

IANT HR	149	146
IANT workload:	127 Watt	112 Watt
Relative IANT workload:	2,117 Watt /Kg	1,898

Calculated values

IANT-VO2:	1761,4 ml/min	1591,2 ml/min
Relative IANT-VO2:	29,36 ml/min/Kg	26,97 ml/min/Kg

## INTERESTING CALCULATIONS:

Anaerobic / Total test performance in - %: 14.2 %

IANT HF / Max HF on test in %: 93.7 %

Time in aerobic performance: 13'40"

Max WL - IANT WL (Anaerobic WL) 21 Watt

**Specific training information for cycling and running**

Cycling: Training info for different training parameters

IANT - P: 127 Watt

Training parameter	Intensity % from IANT-P	Workload Watt	HR Zone
Regeneration	- 70%	- 86	- 122
Basic endurance/fatburning	70% - 80%	86 - 100	122 - 131
Endurance	80% - 90%	100 - 113	131 - 140
Tempo, resistance, strength end.	90% - 97%	113 - 123	140 - 146
Threshold training	97% - 100%	123 - 127	146 - 149

Running: Training info for different training parameters

IANT - P: Bicycle ergometer

Training parameter	Intensity % from IANT-P	Workload km/h	HR Zone
Regeneration	- 70%	- 7,4	- 129
Basic endurance/fatburning	70% - 80%	7,4 - 8,4	129 - 139
Endurance	80% - 90%	8,4 - 9,5	139 - 149
Tempo, resistance, strength end.	90% - 97%	9,5 - 10,2	149 - 156
Threshold training	97% - 100%	10,2 - 10,6	156 - 159

**TEST RESULTS IANT - ARCHIVE: FIGURES****PERSONAL INFO**

Birth date: 18/12/1970

Gender: Female

Date	Test Option	Protocol	Age	Start-P (kg)	Weight (kg)	IANT- P	MAX- P	IANT- HR	MAX- HR	Watt/ Kg	RPM	V02/ml/ min	VO2/Kg	Score
1/06/2015	Cycle	200 m	44	75	58,8	110	138	148	161	1,871	77	1,89	32,08	3,4
24/09/2014	Cycle	200 m	43	95	61,7	163	182	151	153	2,642	77	2,39	38,67	6,1
20/06/2014	Cycle	200 m	43	76	59,4	148	167	155	160	2,492	76	2,22	37,30	5,4
17/03/2014	Cycle	200 m	43	77	59,8	136	154	149	155	2,274	77	2,07	34,58	4,6
19/12/2013	Cycle	200 m	43	77	60,0	127	148	149	159	2,117	76	2,00	33,33	4,1
1/10/2013	Cycle	200 m	42	75	59,0	112	138	146	159	1,898	77	1,89	31,97	3,4

\* Start-P, IANT-P and Max-P are shown in Watts for cycle and in km/h for treadmill and fieldtest



## TRAINING PROGRAM: INTRODUCTION, OBJECTIVES AND INFORMATION

“We do not proceed as we do not know where we go to.”

Rivanol

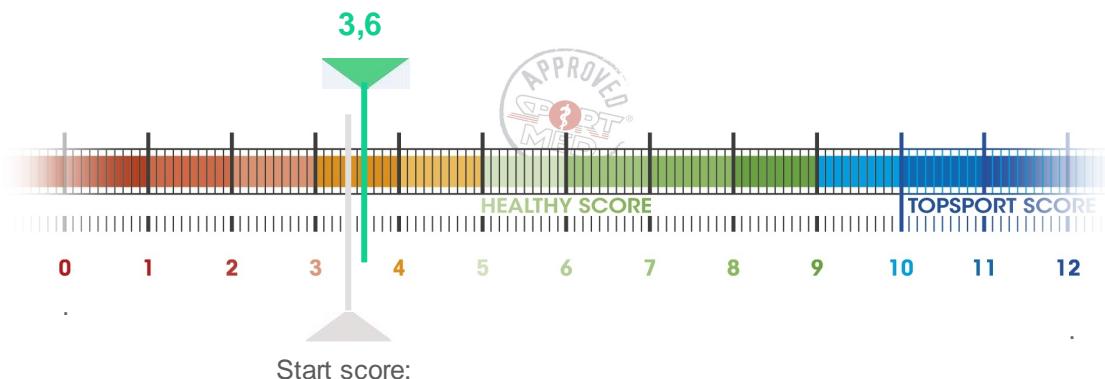
### YOUR SPORTMED CARDIO SCORE OBJECTIVE:

An important step towards building a training program is setting a specific and realistic objective.

Setting objectives is a key element in continuing to incite your motivation. Nevertheless, choosing an objective is not always obvious. Especially when you do not nurture any specific competitive ambitions and would rather pursue a(n) (more) active lifestyle, one sometimes wonders what a reasonable objective could be. The SportMed Cardio Score provides us with a simple tool, which could help in determining your specific training objective.

The program, which was set up for you, enables you - based on the SportMed Cardio Score that you have achieved at the test on 19/12/2013 (with a score of 4,1) - to evolve towards a score situated between 3,5 and 3,7.

Goal score:



Start score:

3,4

In your case, this target score range is the highest attainable (realistic) result if you were to finish the complete proposed program. Your personal agenda and other parameters, however, also determine if this is the maximum achievable result. Your coach will confer with you on how to go about this, on which things could potentially be changed, ...

### INFORMATION ON YOUR PROGRAM:

Program name: SportMed Approved training for a(n) (more) active lifestyle

Training parameter: Endurance capacity

Training objective: Progression: SportMed Cardio Score: 3,5 - 3,7

Program start date: 14/09/2015, Week starts on Monday

Program end date: 6/12/2015

### F.I.T.T. UNITS:

Your SportMed Cardio target score constitutes a kind of final objective of the program that has been set up for you. A medium-term objective. A good program, however, also requires short-term objectives. These short-term (sub-)objectives are described in the program which was chosen for you in form of F.I.T.T. units that need to be achieved on a weekly basis.

What are F.I.T.T. Units ?

A good program informs you about the following points, which constitute the basis of your success:

- Frequency: The number of training sessions that should be realized on a weekly basis.

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- **Intensity:** Defines what performance level you should respect. In this program, heart rate zones in relation to a particular activity will constitute the guideline.
- **Time:** You can calculate the time which you need to spend within a training heart rate zone. Your weekly objective – SportMed F.I.T.T. Units - in combination with the F.I.T.T. value per activity per unit time (6 min) - that depends on the activity, will give you a good idea about time needed to reach your goals.
- **Type training:** In this program, each training session is attuned to improving your endurance capacity. In sports terminology, this is sometimes also called 'endurance training'.

### THREE CHALLENGES: PLANNING, CHOOSING YOUR ACTIVITIES AND YOUR TRAINING ENVIRONMENT

Practicing sports: where, when and how you want to. Everything is possible, nothing is compulsory. SportMed honours this principle. A large extent of freedom also entails a certain extent of responsibility, which is why you will have to find an answer to the three following questions:

- **Planning:** The biggest obstacle for most people. Finding (making) the time to practice sports. Not easy, but not impossible either. Perhaps the training planner in the free SportMed online app can help you with this. Ask your coach for your personal invitation code so that you can activate your personal account. You can also opt for the paid in-App that turns your smartphone into a training registration tool (in combination with a SportMed chest strap).
- **Activities:** You are choosing the activities that best suit you. Please bear in mind that not all activities are suitable for improving your endurance capacity. Present your preferences to your coach and confer with him/her to find out which options are most suitable for you.
- **Surroundings:** Finally, you also need to decide whether you wish to start training outside in the open or you prefer going to a gym or sports club or just want to hold your training sessions at home. Your personal situation will play a decisive part in determining this. A combination is certainly one of your options and is even recommendable.

You will find your personal program on the following pages. It goes without saying that your coach will assist you in word and deed.

SportMed hopes you will enjoy your training sessions!



## TRAINING PROGRAM - GENERAL SCHEDULE

## BASIC INFORMATION OF YOUR PROGRAM:

Program name: SportMed Approved training for a(n) (more) active lifestyle  
 Training parameter: Endurance capacity  
 Training objective: SportMed Cardio Score: 3,5 - 3,7  
 Program start date: 14/09/2015, Week starts on Monday  
 Program end date: 6/12/2015

## F.I.T.T. UNITS / WEEK:

Week	From:	Until:	Weekly target FITT-Units	Mon	Tue	Wed	Thu	Fri	Sat	Sun
				Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	14/09/15	20/09/15	83	29,0		33,2			20,8	
2	21/09/15	27/09/15	86	30,1		34,4			21,5	
3	28/09/15	04/10/15	92	32,2		36,8			23,0	
4	05/10/15	11/10/15	83	29,0		33,2			20,8	
5	12/10/15	18/10/15	92	32,2		36,8			23,0	
6	19/10/15	25/10/15	96	33,6		38,4			24,0	
7	26/10/15	01/11/15	96	33,6		38,4			24,0	
8	02/11/15	08/11/15	88	30,8		35,2			22,0	
9	09/11/15	15/11/15	100	35,0		40,0			25,0	
10	16/11/15	22/11/15	100	35,0		40,0			25,0	
11	23/11/15	29/11/15	105	36,8		42,0			26,3	
12	30/11/15	06/12/15	105	36,8		42,0			26,3	

## F.I.T.T. TRAINING ZONES AND VALUES FOR DIFFERENT ACTIVITIES :

HR zones based on test: 1/06/2015 10:00:36 / BE / 200 m / 3,4 / HR 148

Activity	HR Zone 70% - 90%	FITT-Units / 6 mins
1. Running	128 - 148	4,1
2. Cycling	121 - 139	3,5
3. Swimming	112 - 124	3,2
4. Walking	94 - 115	2,9
5. X-Country skiing	133 - 153	4,2
6. Rowing	118 - 135	3,7
7. CrossTrainer	126 - 144	4,0
8. Stair/Step	124 - 142	4,0
9. Upperbody	113 - 128	3,4
10. Recumbent cycle	115 - 130	3,2
11. Skating/inline	124 - 142	3,9
12. Nordic Walking	103 - 118	3,1
13. SportMed Circle	109 - 148	2,9
14. Walk-Jog-Walk	101 - 143	3,2
15. Group class	124 - 142	

## ADDITIONAL ADVICE:

Your fitness condition is still weak. In first instance, it is therefore essential that you integrate physical activities on a regular basis into your daily schedule. In doing so, it is important that you **respect an adapted intensity**. This way, your heart rate will be your guide. You should train/move within the heart rate zones, which have been determined for you. **Using a HeartRateCoach (HRC)** or another heart rate monitor will help you exercise as efficiently as possible during your training sessions. In addition, you should endeavour to respect the prescribed 'training blocks' as much as possible. This means that you should focus on movement units of more than 20 minutes non-stop.

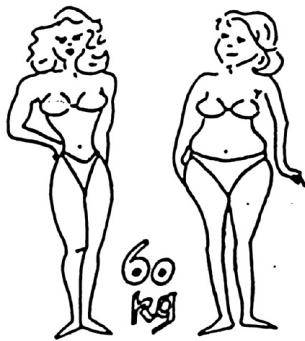
A **warm-up of at least five minutes** is highly recommended.

You should choose from the activities that are listed hereafter as these allow you to easily control your intensity. Nevertheless, any form of body movement will help you to optimize your condition and health. The challenge mainly consists of maintaining a (more) active lifestyle. If you plan to do a cycling test next time, you should ideally endeavour to achieve **no less than 35% of your F.I.T.T. units through cycling**.

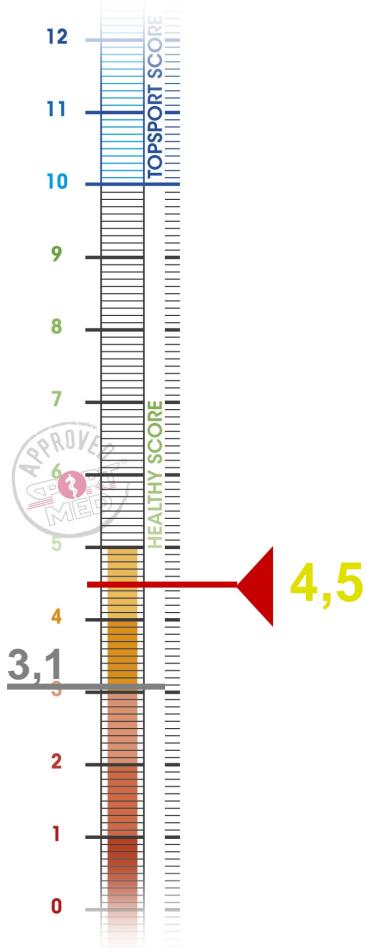
Should you have any further questions, please do not hesitate to consult your coach.

## YOUR SPORTMED BODY SCORE AND BAROMETER

On 1/06/2015, your body composition was again determined by means of a number of measurements. On this page, we will not only be representing an evaluation of your percentage of body fat in a visual manner (Body Score and Health Barometer), but will also show a comparison with the body score linked to the measurement done on 24/09/2014. Your SportMed Coach will provide you with further information.



### YOUR SPORTMED BODY SCORE



### YOUR SPORTMED HEALTH BAROMETER - BODY COMPOSITION



**REASONABLE**  
HEALTH IMPACT:  
**SLIGHTLY INCREASED RISK**

Your body is **one of the parameters** that can influence the risk of your developing health problems. When comparing with the measurement done on 24/09/2014, your body composition has improved. Congratulations! The health barometer that is linked to your body composition is still pointing towards **cloudy**, which means that your share of body fat still constitutes a minor health risk. We would therefore advise you to gradually change your lifestyle (You should exercise on a regular basis and set up a good nutritional pattern.) as to be able to further improve your body composition. Your SportMed Coach will be

"In the confrontation between the stream and the rock, the stream always wins; not through strength, but through persistence."  
H. Jackson Brown

## INFORMATION CONCERNING YOUR SPORTMED BODY SCORE AND HEALTH BAROMETER

### PERSONAL INFO

Date of birth: 18/12/1970  
Sex: Female

### TEST INFORMATION:

Test date: 19/12/2013  
Test subject: Anthropometry  
Test type: Body Fat  
Test option: Futrex NIR  
Age (on test date): 44  
Weight (on test date): 58,8 Kg

### FOREWORD/RECOMMENDATIONS

"The trouble with most of us is that we would rather be ruined by praise, than saved by criticism.

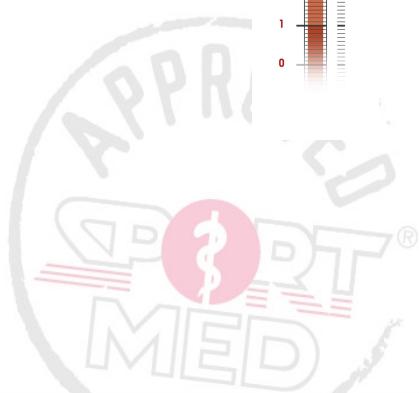
Norman Vincent Peale

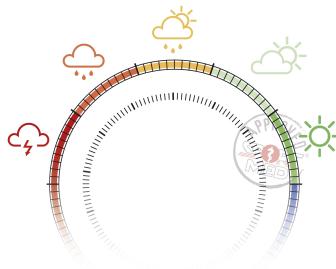
The right balance between body fat and fat-free mass reduces the risk of heart and vascular diseases. At the same time, the right balance will also reduce the chances of your developing a high blood pressure and other related health problems as well as stimulating a good body condition. As a result, your quality of life will be improved both physically and mentally. Your test results clearly show that we can only recommend that you should place a lot of importance on improving your body composition.

### YOUR PERSONAL SPORTMED BODY SCORE

Your SportMed Body Score is a numeric interpretation of the measurement of your body fat percentage. In normal circumstances, your score should be situated between 0 and 10, with 10 being the best possible score and 0 of course the worst possible score. If your score were to exceed the 10 mark, which is of course possible, special monitoring will be required. As you do not fall within this category, we will not elaborate on this.

Your body fat percentage of **28,4 %** results in a SportMed Body Score of **4,5**. We should describe this as 'reasonable'. Nevertheless, a good balance between your fat-free body mass and your body fat percentage will only be achieved if your SportMed Body Score is situated between 5 and 8. We therefore recommend you continue working on your body composition so that your score could be situated within the recommended zone at your following measurement.





## YOUR PERSONAL SPORTMED HEALTH BAROMETER

Your SportMed Health Barometer indicates '**CLOUDY**'. Without exaggerating or intending to frighten you, it is our duty to make you aware of the fact that your body composition **is not beneficial to your health and wellbeing**. Just consider it in the following manner. Suppose you would have the recommended body composition as well as the corresponding optimal personal body weight and you would be forced to carry the weight of your current excess body fat in a backpack. First of all, you would regard this as a very idiotic assignment, but imagining the consequences would certainly be easy enough. A number of joints are continuously overstrained what could eventually increase the chances of premature wear. In addition, your body has strained itself more and more at each moment in order to perform in the same manner as it did without the backpack. **This way, your body is continuously burdened by a handicap** that paves the way for an overload, which in turn constantly additionally strains your heart. Moreover, quite a lot of research can be found in literature proving that a high body fat percentage provokes a number of risks that could damage your health (high blood pressure, increased risk of diabetes, fatigue ...). You may not be experiencing health problems at the moment, but nevertheless, you should be aware that a time bomb is ticking. A hard verdict, of which we are well aware of. Instead of thinking about the potential consequences of this situation, we would like to point out the **opportunities you have to opt for a healthier lifestyle**. These could then help you to take the first step towards a more vital and energetic life today. Your coach will be more than glad to help you face up to this challenge. Up to you to decide.



## ANTHROPOMETRY - BODY COMPOSITION: FACTS AND FIGURES

### PERSONAL INFO:

Birthdate: 18/12/1970  
Gender: Female

### TEST INFORMATION:

Test subject: **Anthropometrics – Body Fat**  
Test type: NIR  
Test option: Futrex NIR  
Date test: 1/06/2015

### TEST RESULTS:

Age on test date: 44  
Weight on test date: 58,8 Kg  
Body Length: 160

### Body Fat:

**Fat %:** 28,4  
Body Fat Mass: 16,7 Kg  
Lean Body Mass: 42,1 Kg

Recommended Body fat % (See note below):

Good: 22,7 - 25,6  
**Health and competition:** 15,3 - 22,6  
Endurance sports: 9 - 15,2

Belly girth:

### CALCULATED AND ESTIMATED VALUES:

BMI: 23,0  
Water %: 55,0  
Water L: 32,3  
BMR (Basal Metabolic rate): 1279 kCal  
DCE (Daily Calorie Expenditure): 2034 kCal  
RDCI (Recom. Daily Cal. Intake): 1831 kCal

### Note on recommended body fat %:

Hoewel er geen officieel 'gestandaardiseerd' aandeel lichaamsvet bestaat, zijn experten in het domein van gezondheid het eens dat de hieronder aangegeven waarden als richtlijnen kunnen worden gehanteerd.

Let op deze waarden zijn enkel van toepassing voor volwassenen. Voor jongeren dienen andere richtlijnen te worden gehanteerd:

(Bron: Metropolitan Health Insurance Company)

	Age	18-24	25-29	30-34	35-39	40-44	45-49	50-59	60+
Men	Min%	6,0	6,0	6,0	6,0	6,0	6,0	6,0	6,0
	Max%	14,9	16,5	18,0	19,3	20,5	21,5	22,7	23,2
Women	Min%	9,0	9,0	9,0	9,0	9,0	9,0	9,0	9,0
	Max%	22,1	22,2	22,7	24,0	25,6	27,3	29,7	30,7

## Body Fat (Archive)

Test number	6	5	4	3	2	1
Test date	1/06/2015	24/09/2014	20/06/2014	17/03/2014	19/12/2013	1/10/2013
Test type	N.I.R.	N.I.R.	N.I.R.	N.I.R.	N.I.R.	N.I.R.
Test Option	Futrex	Futrex	Futrex	Futrex	Futrex	Futrex
Test protocol	Personalised	Personalised	Personalised	Personalised	Personalised	Personalised
Age	44	43	43	43	43	42
Score	4,5	3,1	3,5	4,3	4,1	4,4
Weight (kg)	58,8 Kg	61,7 Kg	59,4 Kg	59,8 Kg	60,0 Kg	59,0 Kg
Height	160 cm					
BMI	23,0	24,1	23,2	23,4	23,4	23,0
Body fat (%)	28,4	31,0	30,2	28,9	29,2	28,7
Body fat mass (kg)	16,7	19,1	17,9	17,3	17,5	16,9
Lean body mass (kg)	42,1	42,6	41,5	42,5	42,5	42,1
Water (%)	55,0	52,9	53,4	54,2	53,5	54,3
Water (ltr)	32,3	32,6	31,7	32,4	32,1	32,0
BMR (Kcal)	1279	1290	1266	1288	1288	1279
DCE (Kcal)	2034	2180	2329	2370	2370	2353
RDCI (Kcal)	1831	1962	2096	2133	2133	2118
Belly girth						
Biceps						
Triceps						
Supra iliaca						
Subscapular						
Muscles weight						
Visceral fat rating						

