VISBODY

Body Composition Report

Scan the code and View the report

ID: 199****5678 Gender: Female

Height: 170cm Age: 26 Test Date/Time: Mar 25, 2020, 16:34

Score 82

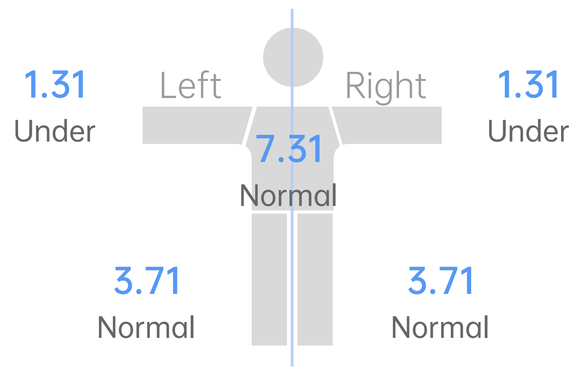
Compared To The Last Score -2

Body Composition Overview

	Values	Body Fat Mass	Inorganic Salts	Protein
Weight lbs	106.5 [113.8~153.9]	19.2 [24.7~49.4]		
Lean Body Mass lbs	87.3 [92.4~113.1]		6.2 [6.4~7.7]	
Muscle Mass lbs	82.2 [87.5~106.9]			17.6 [18.3~22.3]
Body Water lbs	63.5 [68.1~83.1]			

* Body composition score standard has been updated on X/5/2022.

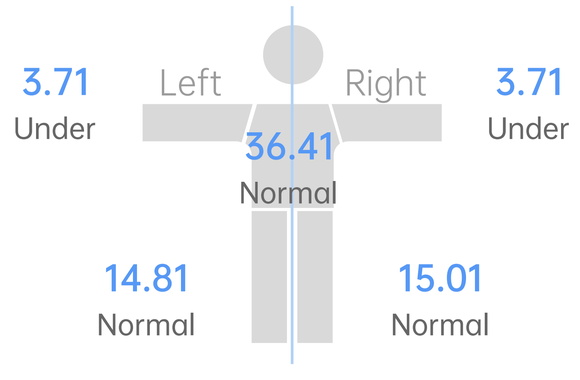
Segmental Fat Analysis lbs



Muscle-Fat Analysis

	Under	Normal	Over	Standard Range	Net
Weight lbs	106.5			[113.8~153.9]	↓ 8.8
SMM lbs	49.4			[50.9~63.5]	↓ 0.4
Body Fat Mass lbs	19.2			[24.7~49.4]	↑ 0.2

Segmental Lean Analysis lbs



Obesity Analysis

	Under	Normal	Over	Standard Range	Net
BFP %	18.0			[18.0~28.0]	↓ 2.4
BMI kg/m²	16.7			[18.5~24.0]	↓ 1.4
WHR	0.77			[0.75~0.85]	↑ 0.01

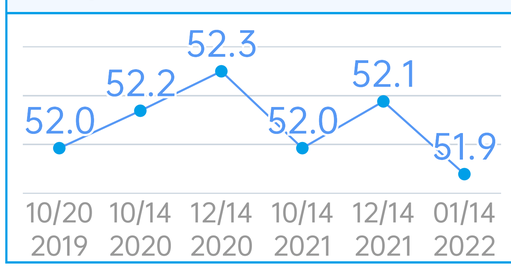
	Under	Normal	Over	Standard Range	Net
Basal Metabolism Rate kcal/d	1256.5			[1241.2~1517.0]	↓ 16.9

	Normal	Over	Standard Range	Net
Visceral Fat Level	2.0		[1.0~10.0]	↑ 0.0

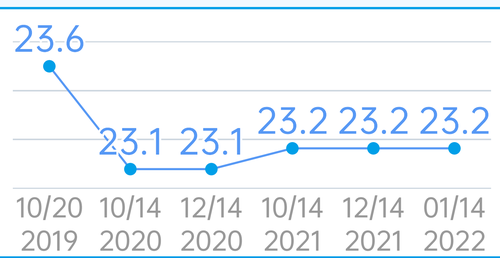
	Values	Obesity Assessment	Gold Standard	Net
Weight lbs	106.5	⚠ Deficient	133.6	+27.1
Body Fat Mass lbs	19.2	⚠ Deficient	33.5	+14.3
Muscle Mass lbs	82.2	⚠ Deficient	95.7	+13.4

Body Composition History

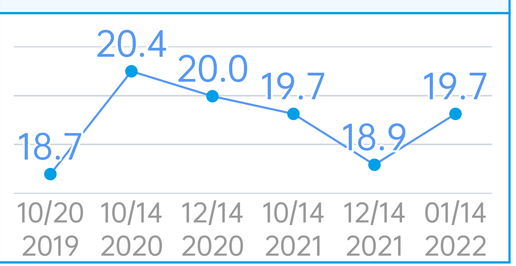
Weight lbs



Muscle Mass lbs



BFP (Body Fat Percentage) %



Weight: Weight is the sum of body water, protein, inorganic salt and body weight.

Lean Body Mass: Lean Body Mass is the total body weight without fat.

Muscle Mass: Soft lean mass is the lean body mass, which includes skeletal muscle, smooth muscle, and cardiac muscle.

Body Water: Most of the human body is water with an amount of 50%-70% of body weight. And body water is mainly in human cells and body fluids, most of which is in muscle cells.

Body Fat Mass: Body Fat mass is the sum of subcutaneous fat, visceral fat and muscle fat.

Inorganic Salts: The human body is composed of organic matter, inorganic matter and water. The inorganic matter here is inorganic salts which amounts to 5% of the body weight.

Protein: Protein is a solid substance with ammonia, which exists in all cells of the human body. It is the main component of muscle mass.

SMM (Skeletal Muscle Mass): Skeletal muscle mass, also known as striated muscle, is a type of muscle attached to bones. This data contains the amount of Skeletal Muscle.

BFP (Body Fat Percentage): BFP is a measurement of body composition telling how much of the body weight is fat.

BMI: BMI is mainly used to assess the appearance of obesity, and it is a common standard for measuring body fatness.

WHR (Waist-Hip Ratio): The ratio of waist to hip circumference, it is an important indicator for determining central obesity.

Basal Metabolism Rate: Basal Metabolism rate is the total energy consumed in a day when the body is at rest, not affected by exercise, physical objects, nervousness, external temperature changes, etc.

VISBODY

Posture Analysis Report

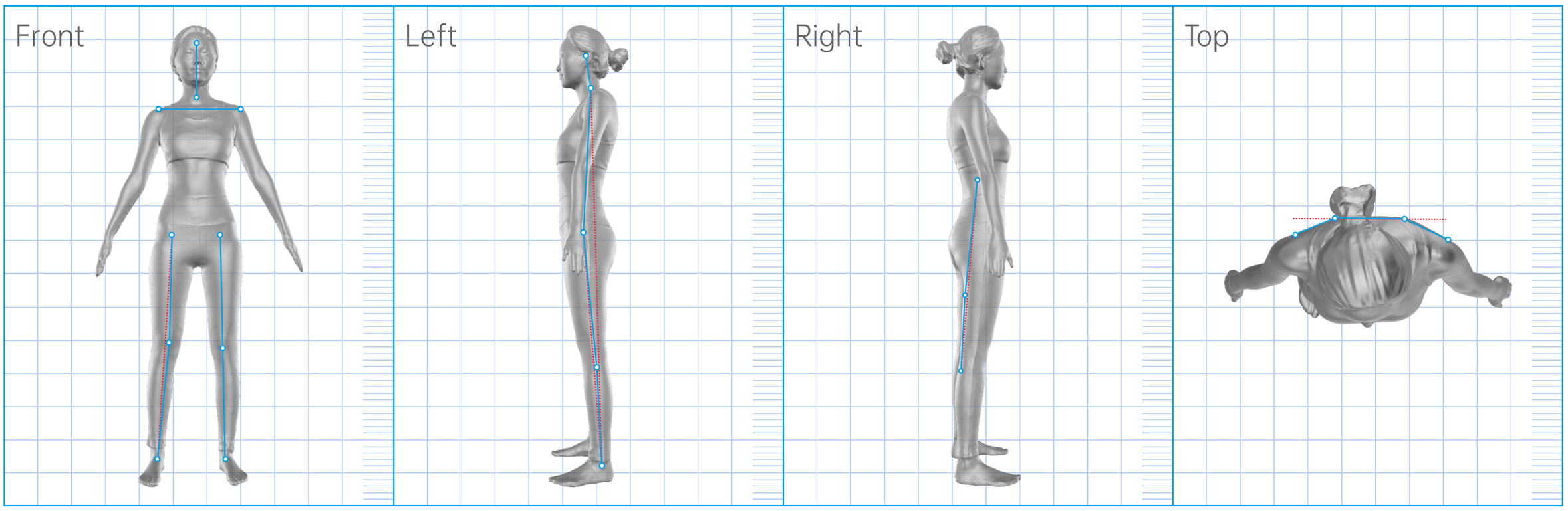
Scan the code and View the report

ID: 199****5678 Gender: Female

Height: 170cm Age: 26 Test Date/Time: Mar 25, 2020, 16:34

Score 67

Compared To The Last Score -5



Posture Evaluation Overview

* To ensure the data's accuracy, please wear tight clothes

	Values	Evaluation Conclusion	Risk Warning
Forward Head Posture	20.0°	Possible Forward Head posture	Forward head may lead to pain and discomfort of neck and shoulders, even cervical degeneration and physiological curvature change if the symptom lasts for a long time.
Head Tilt	2.3°	Possible Head tilt (Left Side)	Head tilt may lead to unilateral neck discomfort, migraine and the numbness and weakness of the arms.
Rounded Shoulders Posture(left side)	20.0°	Possible Rounded Shoulders (Left Side)	Rounded shoulders posture may reduce the chest volume, restrict the diaphragm movement, affect the respiratory, cardiovascular systems and the absorption. It may lead to symptoms such as chest distress, dizziness and shortness of breath.
Rounded Shoulders Posture(right side)	20.0°	Possible Rounded Shoulders (Right Side)	
Uneven Shoulders	3.0cm	Possible Uneven Shoulders (Left High)	Uneven shoulders may lead to chronic pain of neck and shoulders, accompanied by the symptoms such as scoliosis, pelvic displacement and leg length discrepancy.
Anterior Pelvic Tilt/ Posterior Pelvic Tilt	174.5°	Possible Anterior Pelvic Tilt	Anterior pelvic tilt/posterior pelvic tilt may lead to lumbar muscle strain, organ ptosis and pelvic floor muscle weakness.
Left Knee Evaluation	187.0°	Normal	--
Right Knee Evaluation	184.8°	Normal	
Leg Type	Left leg: 183.6° Right leg: 183.0°	Normal	--

VISBODY

Body Circumference Report

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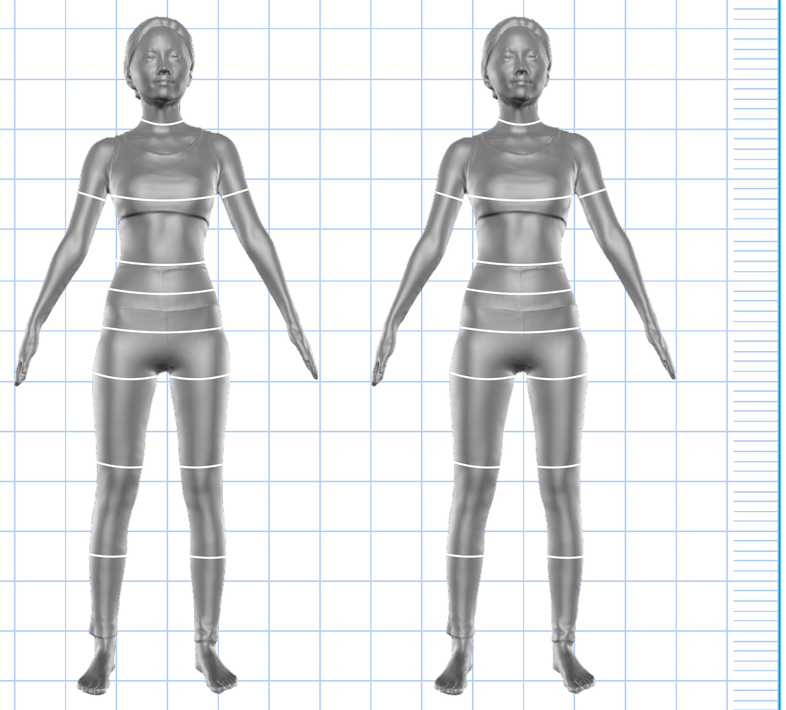
ID: 199****5678 Gender: Female

Height: 170cm Age: 26 Test Date/Time: Mar 25, 2020, 16:34

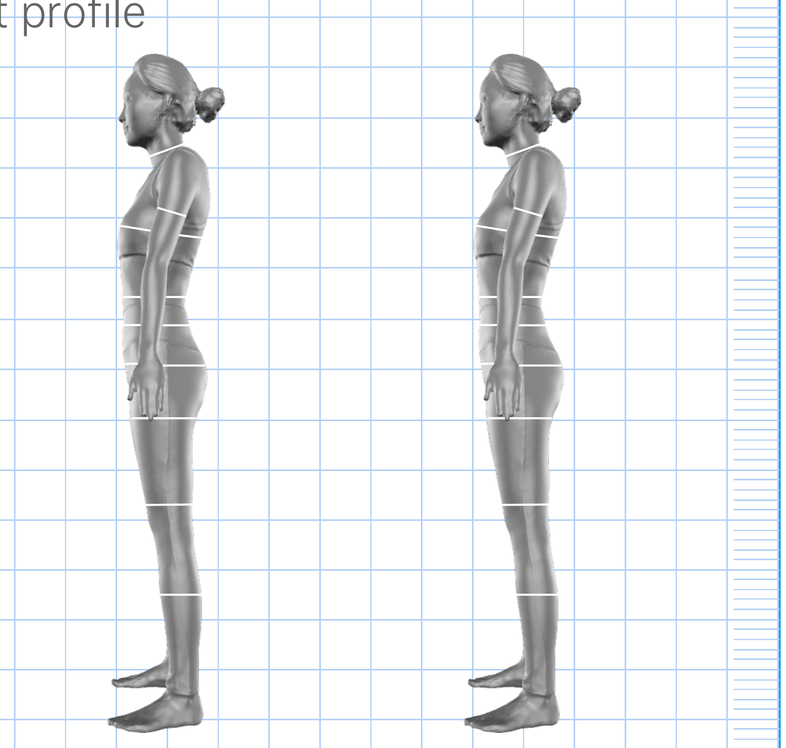
Present	Last

Positive



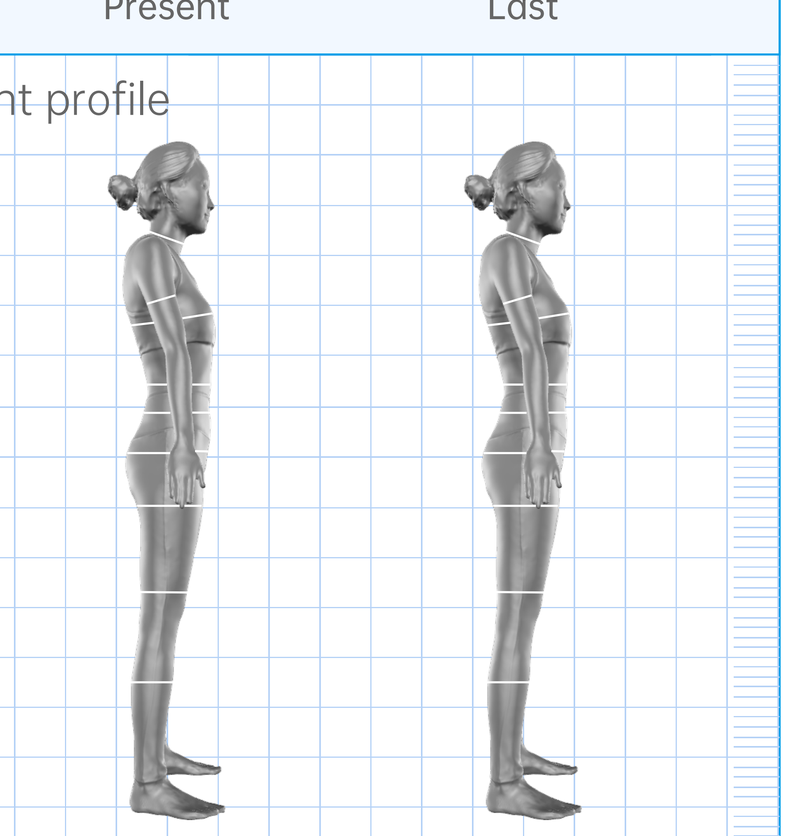
Present	Last

Left profile



Present	Last

Right profile



Body circumference data cm

Item	Present	Last	Net
Neck circumference	35.2	35.1	↑ 0.1
Left upper arm	36.2	36.1	↑ 0.1
Right upper arm	107.6	107.5	↑ 0.1
Bust	102.4	102.3	↑ 0.1
High waist	110.2	110.1	↑ 0.1
Mid waist	50.2	50.1	↑ 0.1
Hipline	102.4	102.3	↑ 0.1
Left thigh	110.2	110.1	↑ 0.1
Minimum circumference of left thigh	51.2	51.1	↑ 0.1
Right thigh	51.2	51.1	↑ 0.1
Minimum circumference of right thigh	38.4	38.3	↑ 0.1
Left calf circumference	38.9	38.8	↑ 0.1
Right calf circumference	38.9	38.8	↑ 0.1

VISBODY

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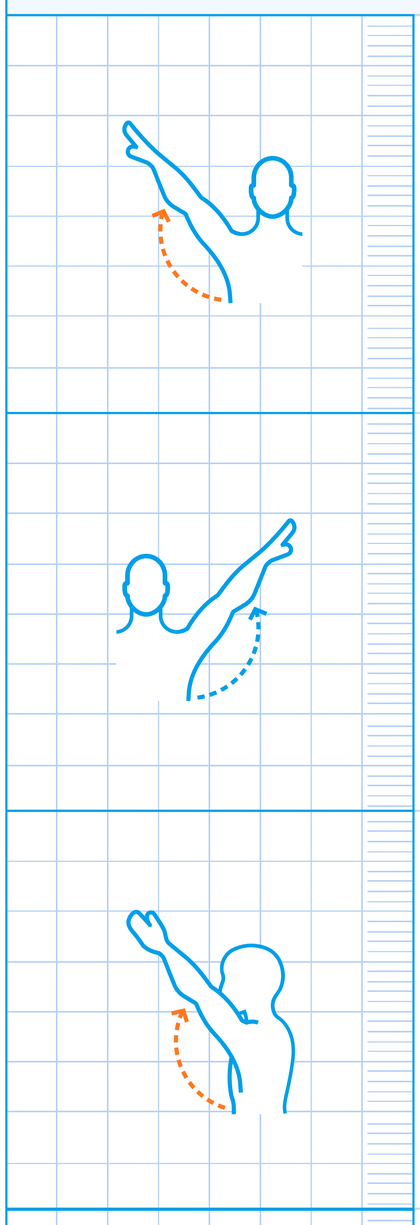
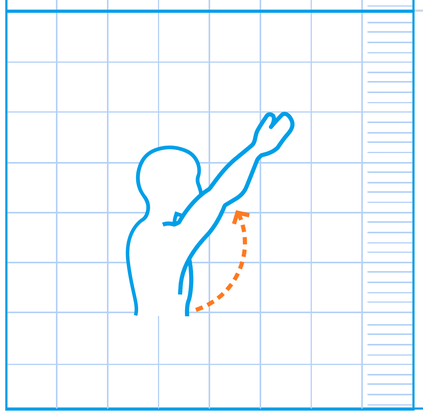
Shoulder Function Report

ID: 199****5678 Gender: Female

Height: 170cm Age: 26 Test Date/Time: Mar 25, 2020, 16:34

Shoulder Function Assessment

	Item	Values	Standard Range	Evaluation Conclusion	Net
	Abduction and upthrow - left hand	143.0°	[150.0°~180.0°]	Limited range of motion	↑ 0°
	Abduction and upthrow - right hand	177.0°	[150.0°~180.0°]	Normal	↑ 5.0°
	Anteflexion and upthrow - left hand	117.0°	[120.0°~180.0°]	Limited range of motion	↑ 0°
	Anteflexion and upthrow - right hand	117.6.0°	[120.0°~180.0°]	Limited range of motion	↓ 10.0°

Shoulder Function Assessment Result

Abduction and upthrow - left hand、Anteflexion and upthrow - left hand 、Anteflexion and upthrow - right hand Range of motion of the shoulder joint is restricted.

Analysis: The motion of the shoulder joint is restricted is mostly caused by nervous muscles, insufficient range of motion of clavicle and scapula, and neck scapula not in the neutral position. It may influence the normal motion mode (leading to sports injury) and related pathological problems (Such as scapulohumeral periarthritis, hunchback, aching cervical vertebra). Long-term neglect may lead to various shoulder joint diseases .

Suggestion: Please invite professionals to further seek for concrete reasons.