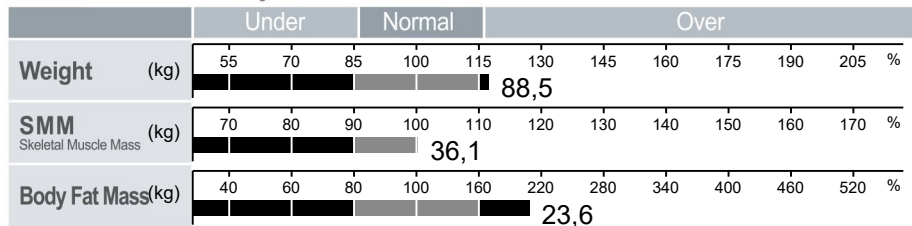


|               |                 |                            |                |                                       |
|---------------|-----------------|----------------------------|----------------|---------------------------------------|
| ID<br>1455188 | Height<br>185cm | Age<br>65<br>(24.01.1958.) | Gender<br>Male | Test Date / Time<br>22.03.2023. 16:16 |
|---------------|-----------------|----------------------------|----------------|---------------------------------------|

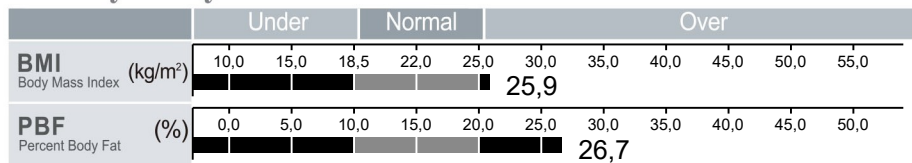
## Body Composition Analysis

|                               |                         |      |                    |
|-------------------------------|-------------------------|------|--------------------|
| Total amount of water in body | <b>Total Body Water</b> | (L)  | 47,7 ( 42,3~51,7 ) |
| For building muscles          | <b>Protein</b>          | (kg) | 12,6 ( 11,3~13,9 ) |
| For strengthening bones       | <b>Minerals</b>         | (kg) | 4,58 ( 3,91~4,78 ) |
| For storing excess energy     | <b>Body Fat Mass</b>    | (kg) | 23,6 ( 9,0~18,1 )  |
| Sum of the above              | <b>Weight</b>           | (kg) | 88,5 ( 64,0~86,6 ) |

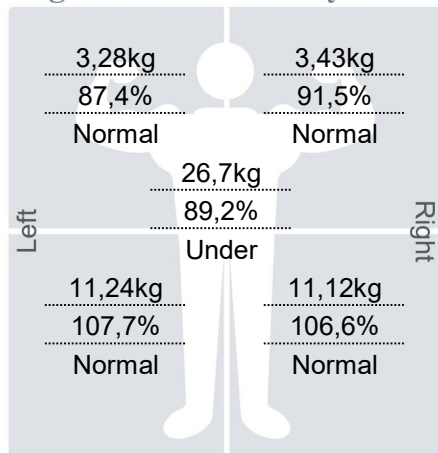
## Muscle-Fat Analysis



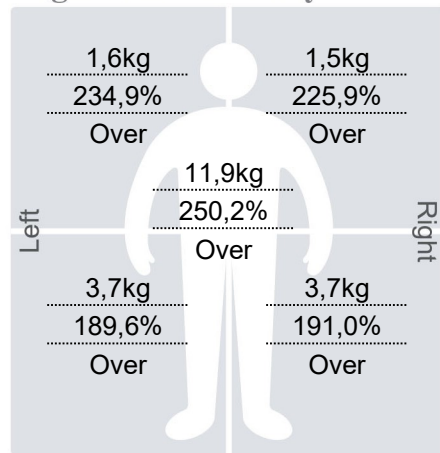
## Obesity Analysis



## Segmental Lean Analysis

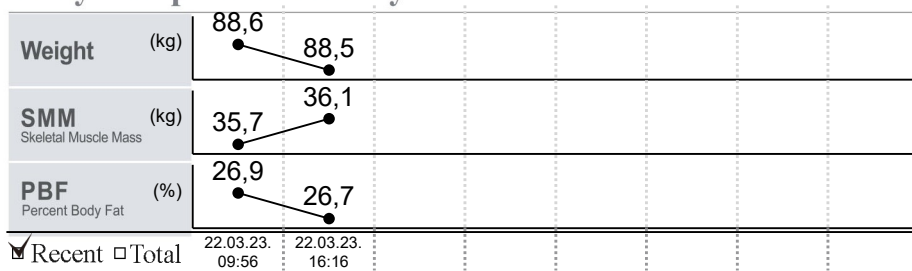


## Segmental Fat Analysis



\* Segmental fat is estimated.

## Body Composition History



Recent  Total

## InBody Score

69/100 Points

\* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

## Weight Control

|                |           |
|----------------|-----------|
| Target Weight  | 76,3 kg   |
| Weight Control | - 12,2 kg |
| Fat Control    | - 12,2 kg |
| Muscle Control | 0,0 kg    |

## Nutrition Evaluation

|          |  |
|----------|--|
| Protein  | <input checked="" type="checkbox"/> Normal <input type="checkbox"/> Deficient                                    |
| Minerals | <input checked="" type="checkbox"/> Normal <input type="checkbox"/> Deficient                                    |
| Body Fat | <input type="checkbox"/> Normal <input type="checkbox"/> Deficient <input checked="" type="checkbox"/> Excessive |

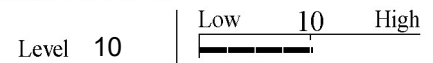
## Obesity Evaluation

|     |  |
|-----|--|
| BMI | <input type="checkbox"/> Normal <input type="checkbox"/> Under <input checked="" type="checkbox"/> Slightly Over <input type="checkbox"/> Over |
| PBF | <input type="checkbox"/> Normal <input type="checkbox"/> Slightly Over <input checked="" type="checkbox"/> Over                                |

## Waist-Hip Ratio



## Visceral Fat Level



## Research Parameters

|                            |                         |
|----------------------------|-------------------------|
| Fat Free Mass              | 64,9 kg ( 57,6~70,4 )   |
| Basal Metabolic Rate       | 1771 kcal ( 1832~2157 ) |
| Waist-Hip Ratio            | 0,88 ( 0,80~0,90 )      |
| Waist Circumference        | 92,2 cm                 |
| Obesity Degree             | 118 % ( 90~110 )        |
| SMI                        | 8,5 kg/m <sup>2</sup>   |
| Recommended calorie intake | 2655 kcal               |

## Calorie Expenditure of Exercise

|                   |     |              |     |
|-------------------|-----|--------------|-----|
| Golf              | 156 | Gateball     | 168 |
| Walking           | 177 | Yoga         | 177 |
| Badminton         | 200 | Table Tennis | 200 |
| Tennis            | 266 | Bicycling    | 266 |
| Boxing            | 266 | Basketball   | 266 |
| Mountain Climbing | 289 | Jumping Rope | 310 |
| Aerobics          | 310 | Jogging      | 310 |
| Soccer            | 310 | Swimming     | 310 |
| Japanese Fencing  | 443 | Racketball   | 443 |
| Squash            | 443 | Taekwondo    | 443 |

\* Based on your current weight

\* Based on 30 minute duration

## Impedance

|                    |       |       |      |       |       |
|--------------------|-------|-------|------|-------|-------|
|                    | RA    | LA    | TR   | RL    | LL    |
| <b>Z(Ω) 20 kHz</b> | 312,3 | 328,0 | 23,1 | 212,5 | 204,7 |
| <b>100 kHz</b>     | 285,4 | 300,4 | 20,4 | 193,9 | 188,3 |