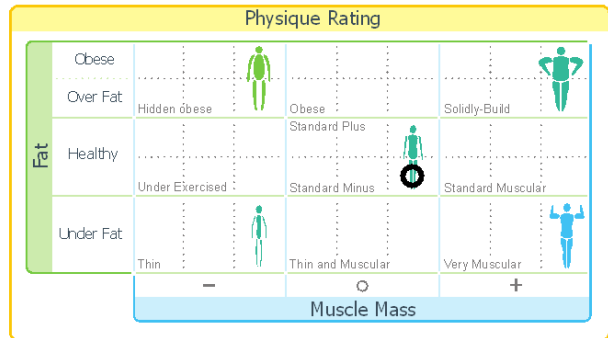


Date 27-09-2023 13:00

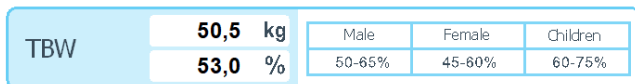
| | | | |
|------|-------------|--------|----------------|
| ID | 1dc-ydj-ra | | |
| Name | Sara Hansen | Height | 188 |
| Age | 36 | female | Type Normal PT |

Details

| BC-601 | Result | Desirable | Target | Diff |
|---------------|----------------|--------------|--------|------|
| Weight | 95,3 kg | 74,2-91,9 kg | kg | kg |
| Fat | 23,5 % | 21,0-33,0 % | % | % |
| Fat Mass | 22,4 kg | 20,0-31,4 kg | kg | kg |
| FFM | 72,9 kg | 63,6-75,1 | | |
| Muscle Mass | 69,3 kg | 60,0-71,5 | | |
| BMI | 27,0 | 21,0-26,0 | | |
| SMM | 41,3 kg | | | |
| Bone Mass | 3,6 kg | | | |
| Metabolic Age | 47 | | | |



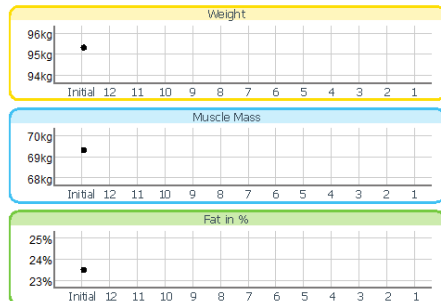
BMR / TBW / Protein / Visceral Fat Rating



| Visceral Fat Rating 10: Fat area approximately 100cm ² | | | |
|---|--|--|--|
| | Standard | High | Very High |
| Rating | Below 12 | 13 ~ 17 | Above 18 |
| Judgement | Continue monitoring your rating within healthy range through appropriate exercise and balanced diet. | Consider changing diet and/or increasing exercise to reduce the fat to standard level. | Should engage in more intensive exercise and make changes to current diet. Consult your physician for medical diagnosis. |

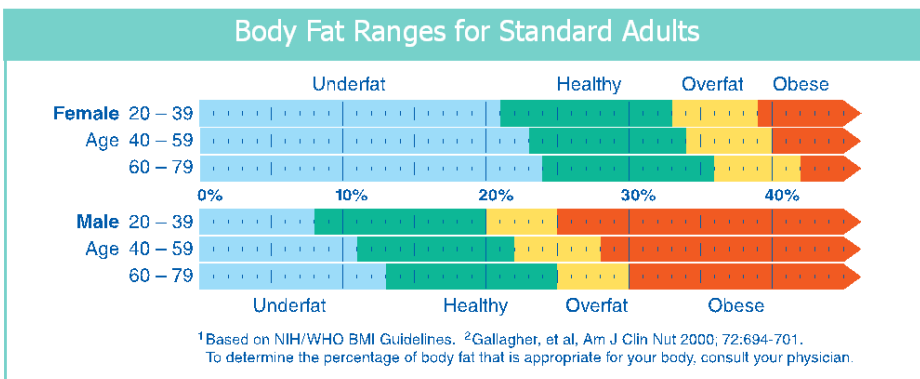
History

| | Weight | Muscle Mass | Fat in % |
|---------|--------|-------------|----------|
| Current | 95,3 | 69,3 | 23,5 |
| | | | |
| | | | |
| | | | |
| | | | |
| Initial | 95,3 | 69,3 | 23,5 |



BIA Information

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Recommendations

Remarks

Please note that people with an electronic medical implant, such as a pacemaker, should not use a Body Composition Monitor as it passes a low-level electrical signal throughout the body, which may interfere with its operation. Readings are for reference only for dialysis patients and menstruating female.