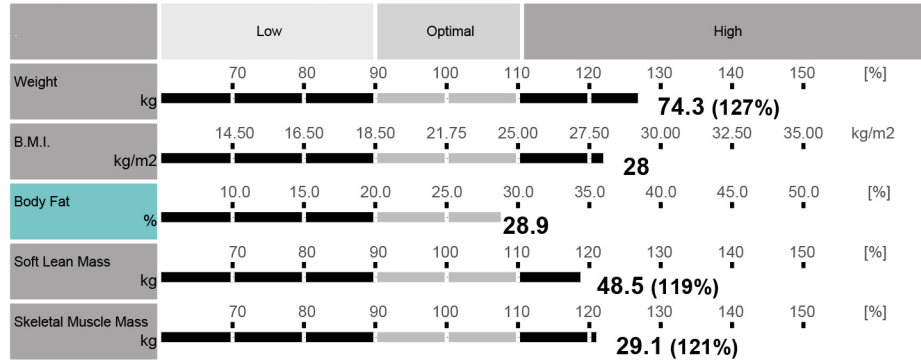


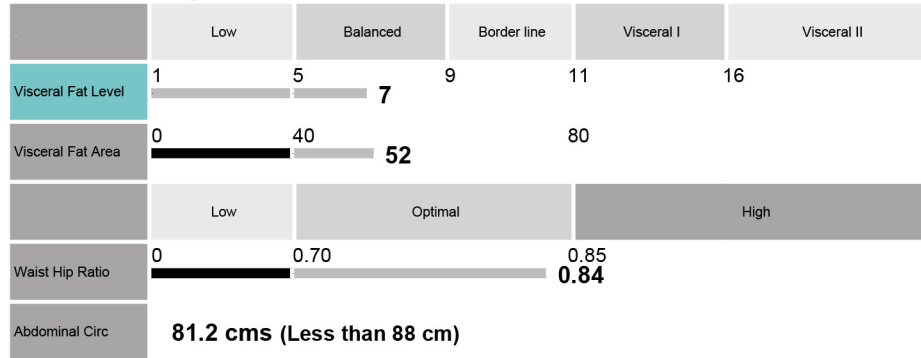
**Your Body Composition**

Weight	Std.wt.	
<b>74.3 / High</b> [52.7-64.4]	<b>58.5</b>	
Lean Body Mass	Body Fat	
<b>52.8 / High</b> [41-46.8]	<b>21.5 / High</b> [11.7-17.5]	
Soft Lean Mass	Skeletal Muscle Mass	Mineral
<b>48.5 / High</b> [37.7-43.3]	<b>29.1 / High</b> [22.6-26]	<b>4.3 / High</b> [3.2-3.5]
Total Body Water	Protein	
<b>38 / High</b> [29.9-34.2]	<b>10.5 / High</b> [8.2-9.4]	

**Body Composition Bar Graph**



**Abdominal Analysis & Visceral Fat**



**Control Guide**

	Your Results	Over	Goal to Control
Body Fat (kg)	21.5 kg	4 kg	Target to Control 4 kg
Soft Lean Mass (kg)	48.5 kg	5.2 kg	Control/Week 0.5 grams
Weight (kg)	74.3 kg	15.8 kg	Duration to Control 8 week

Calories to control : 550 kcal from your Total Energy Expenditure 1943 kcal			
DIET	Reduce 220 kcal	NEW Calorie Intake	1723 kcal
EXERCISE	Burn 330 kcal	You need to BURN	330 kcal

**Segmental Lean Mass**

Lt. Arm :	2.68 kg [ 2.21 ~ 2.53 ]/High
Rt. Arm :	2.62 kg [ 2.21 ~ 2.53 ]/High
Lt. Leg :	7.25 kg [ 6.09 ~ 6.98 ]/High
Rt. Leg :	7.19 kg [ 6.09 ~ 6.98 ]/High
Torso :	20.88 kg [ 16.59 ~ 19.03 ]/High

**Segmental Body Fat**

Lt. Arm :	1.18 kg [ 0.81 ~ 1.21 ]/Optimal
Rt. Arm :	1.23 kg [ 0.81 ~ 1.21 ]/High
Lt. Leg :	3.49 kg [ 2.24 ~ 3.36 ]/High
Rt. Leg :	3.54 kg [ 2.24 ~ 3.36 ]/High
Torso :	12.07 kg [ 6.76 ~ 10.14 ]/High

**Body Balance**

Upper-Lower	<input checked="" type="checkbox"/> balanced	<input type="checkbox"/> unbalanced
Left-Right	<input checked="" type="checkbox"/> balanced	<input type="checkbox"/> unbalanced

**Extracellular Water vs Total Body Water**

<input checked="" type="checkbox"/> Optimal	<input type="checkbox"/> Borderline	<input type="checkbox"/> Edema
Body Cell Mass:	3.52 kg [2.57 - 3.27 ]	
Basal Metabolic Rate:	1262	Kcal
Total Energy Expenditure:	1943	Kcal
Bio Age	43	yrs

**Fitness Score : 72 / 100**

**Study**

**Impedance ( 408 )**

Freq	5k	50k	250k
RA. Imp	257	234	197
LA. Imp	249	231	192
Torso	25	23	19
RL. Imp	170	155	131
LL. Imp	164	152	127

**BODY AUDIT NZ**

**BODY COMPOSITION TESTING**

THE WORLDS FIRST INTELLIGENT BIOSCAN

