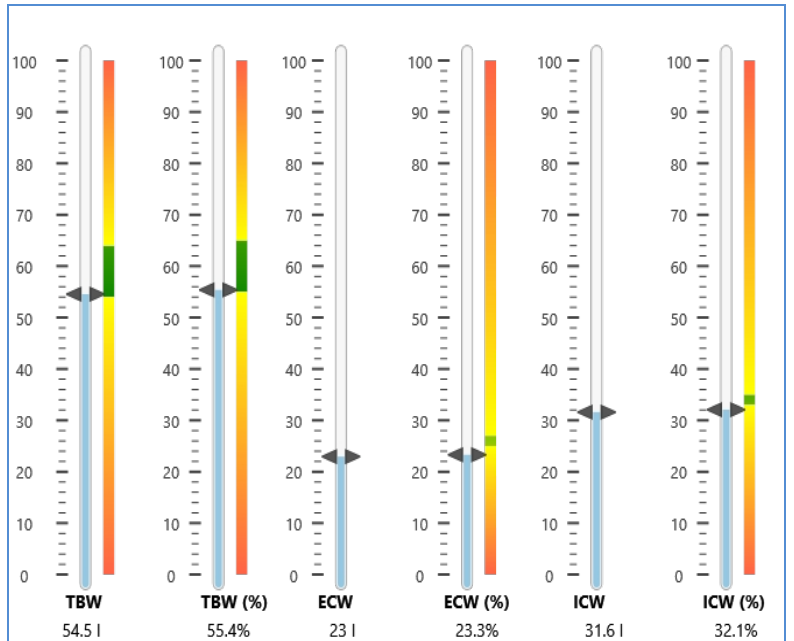
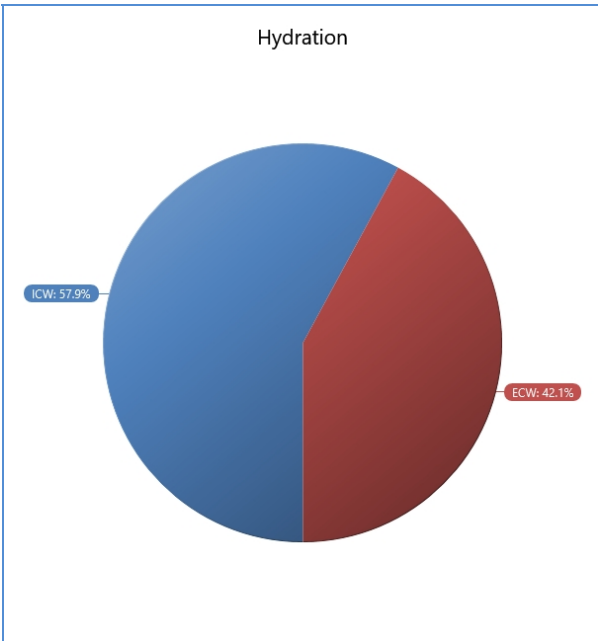
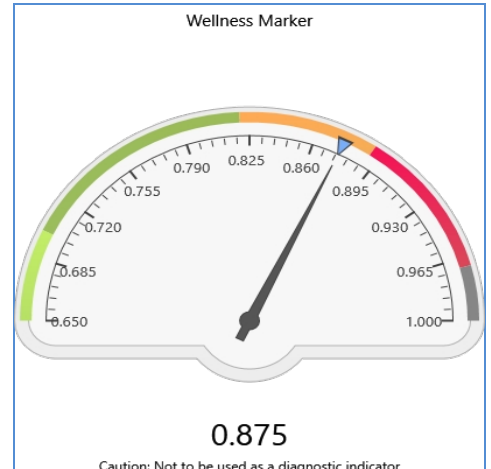


Bodystat® Hydration Report - Professional

Subject Name	Subject Ref	Age	Gender	Activity	Height	Weight
Mr Sample	PCRC Maratho	59	M	Medium	1.95 m	98.5 kg
Test Date / Time	Test No. / Ref	Device		Serial No.	Waist	Hip
13/01/2018 10:40	30	1500MDD BT		310722	85 cm	90 cm
Imp. 5 kHz ( $\Omega$ )	Imp. 50 kHz ( $\Omega$ )	Resistance 50kHz		Reactance 50kHz	Phase Angle 50kHz	
537	470	467		51.3	6.3	



Hydration Results		
Result	Value	Normal
ECW (l)	23.0	-
ICW (l)	31.6	-
TBW (l)	54.5	54 - 64
Result	Percentage	Normal
ECW (%)	23.3	26.0
ICW (%)	32.1	34.0
TBW (%)	55.4	55 - 65



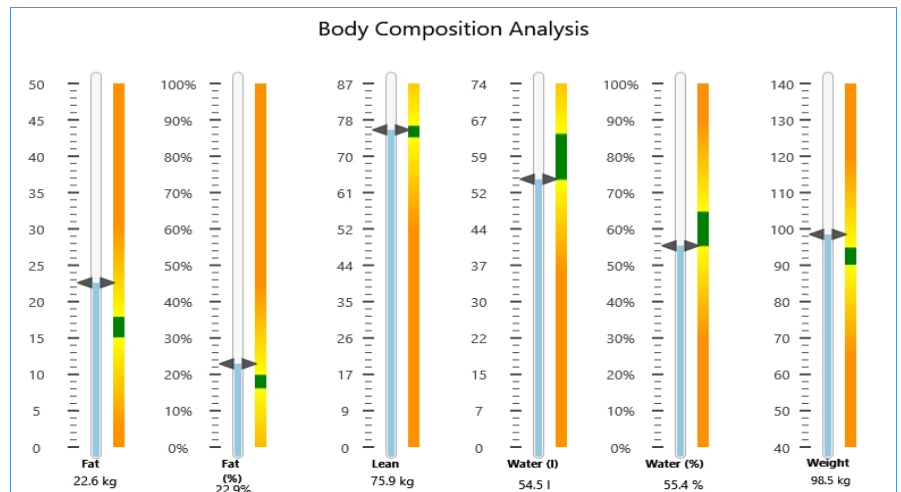
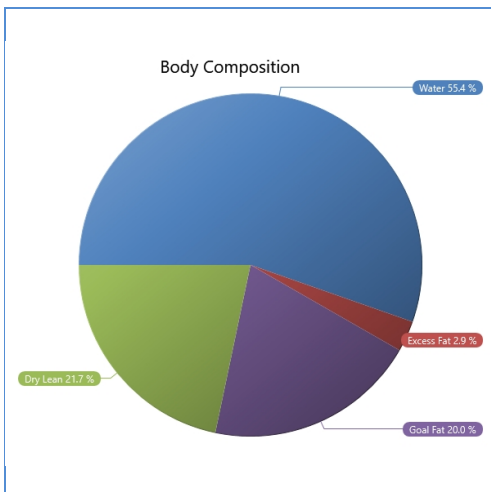
Bodystat® Body Composition Simplified

Subject Name	Subject Ref	Age	Gender	Activity	Height	Weight
Mr Sample	PCRC Maratho	59	M	Medium	1.95 m	98.5 kg
Test Date	Test No. / Ref	Device	Serial No.	Waist	Hip	Imp. 50 kHz (Ω)
13/01/2018 10:40	30	1500MDD BT	310722	85 cm	90 cm	470

	Measured	Normal Range	Measured %	Normal Range %
Total Body Weight	98.5 kg	(90 kg - 95 kg)		
Body Fat	22.6 kg	(15 kg - 18 kg)	22.9%	(16% - 20%)
Body Lean	75.9 kg	(74 kg - 77 kg)	77.1%	(80% - 84%)
Body Water	54.5 l	(54 l - 64 l)	55.4%	(55% - 65%)
Dry Lean Weight	21.4 kg			

**Basal Metabolism** 2167 kcal per day (22 kcal per kg)  
B.M. rate is an estimate of your body's resting energy requirements.

**Activity Metabolism** 3467 kcal per day  
The estimated amount of energy your body requires for the activity level selected.



## Bodystat® Body Composition Simplified

### Total Body Fat Weight

22.6 kg

22.9%

The normal percentage fat range for you is (16% - 20%)

Your percentage fat is high for your age and gender

Under normal conditions, body fat should not be reduced to below the recommended lower limit as fats are essential for normal body functions and good health

### Total Body Lean Weight

75.9 kg

77.1%

The normal percentage lean range for you is (80% - 84%)

Your percentage lean is low for your age and gender

Lean body weight is fat free weight consisting of muscle, water and bone.

Dry lean weight excludes the water component of lean. It should be monitored closely to ensure, under normal circumstances, that there is little or no loss of muscle and bone, particularly during the ageing process.

Never use the lean as a goal weight.

### Total Body Weight

98.5 kg

The Composition weight range for you is (90 kg - 95 kg)

Your body weight is above the "Normal" limits.

This weight is reported to be associated with increased health risks.  
You should have your blood pressure and cholesterol levels checked.  
You are advised to reduce your body weight slowly.

Reducing your daily dietary intake by 551 kcal should result in a weight loss of 0.5 kg per week.

### Body Composition

Your body composition does not fall within "normal" limits.

You need to reduce your fat weight by following a diet and exercise program as advised by your consultant.

Use BODYSTAT to monitor your body composition regularly.