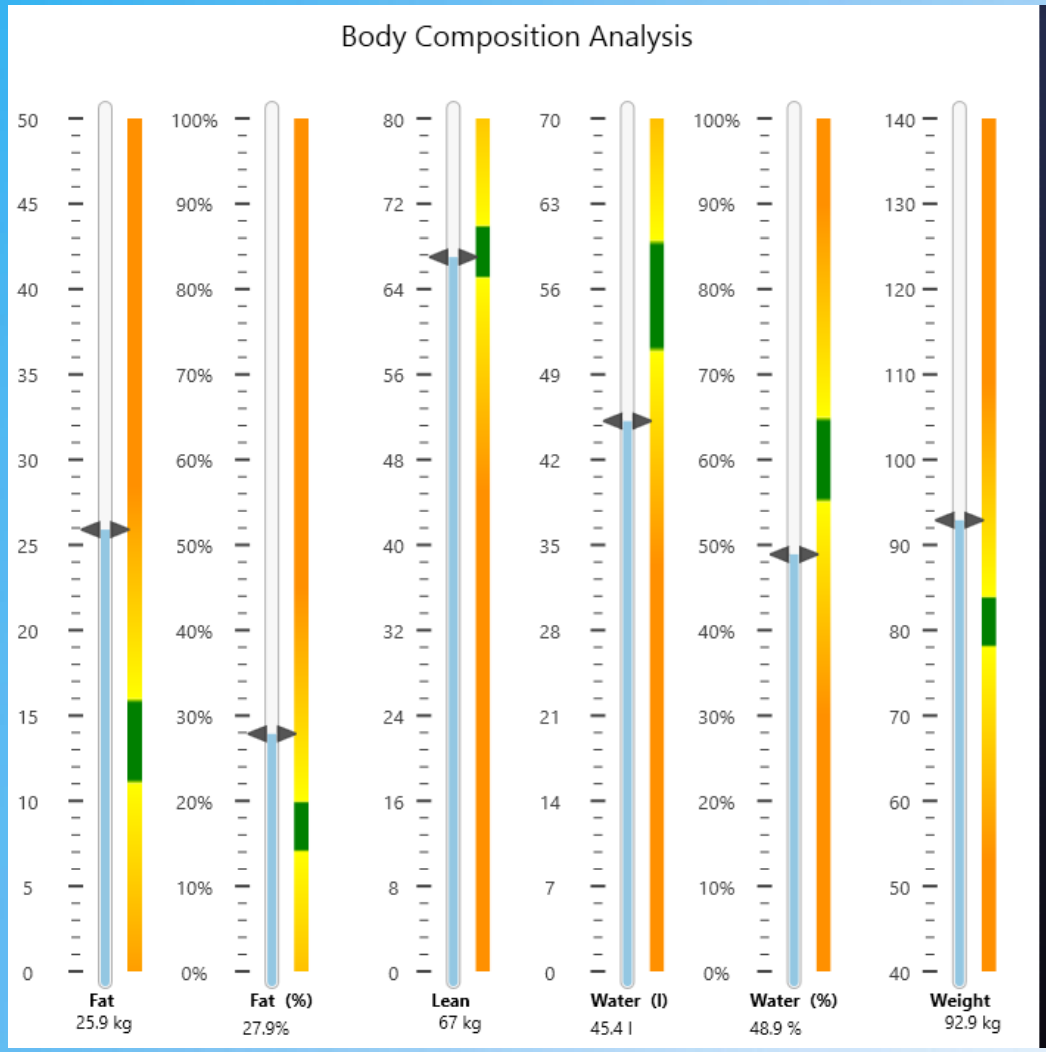
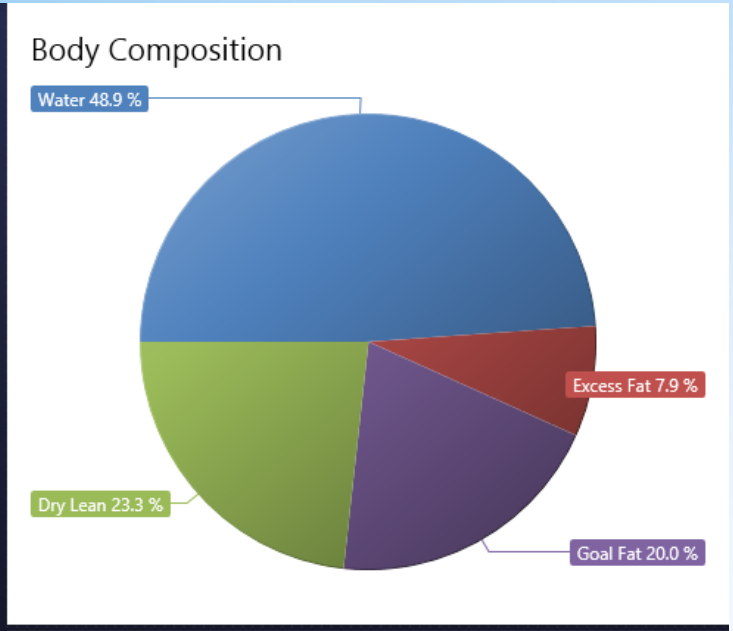
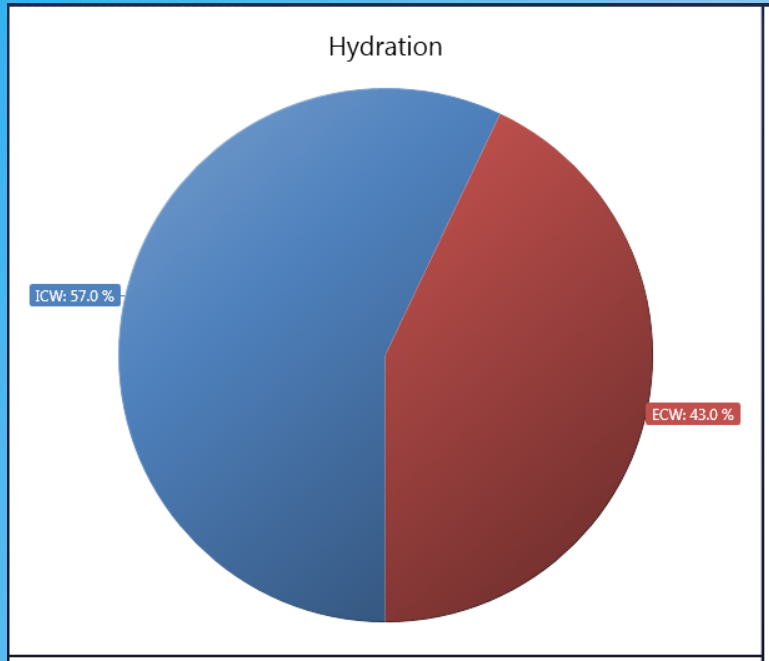
Sample Analysis Screens

Body Composition



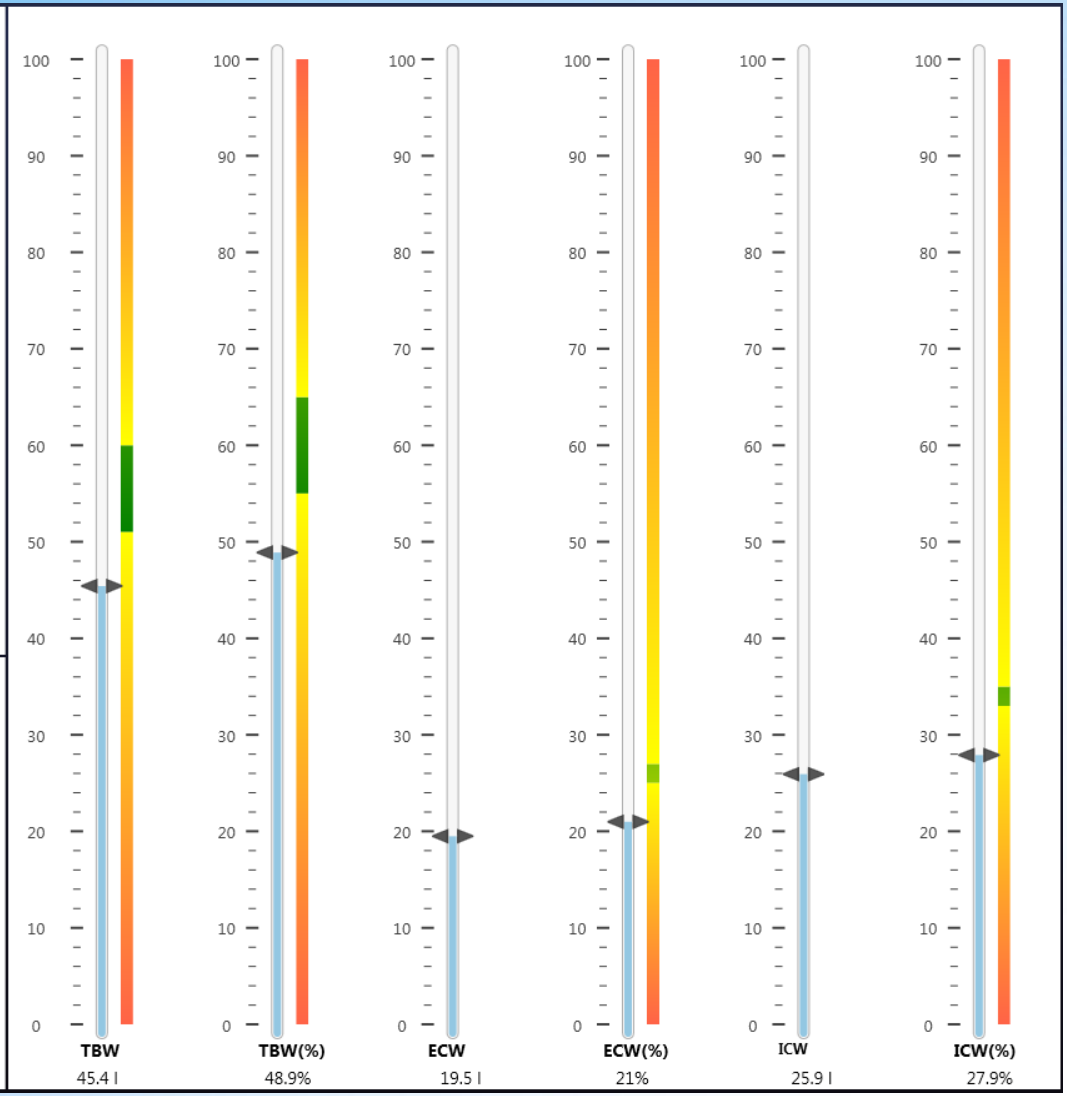


Hydration



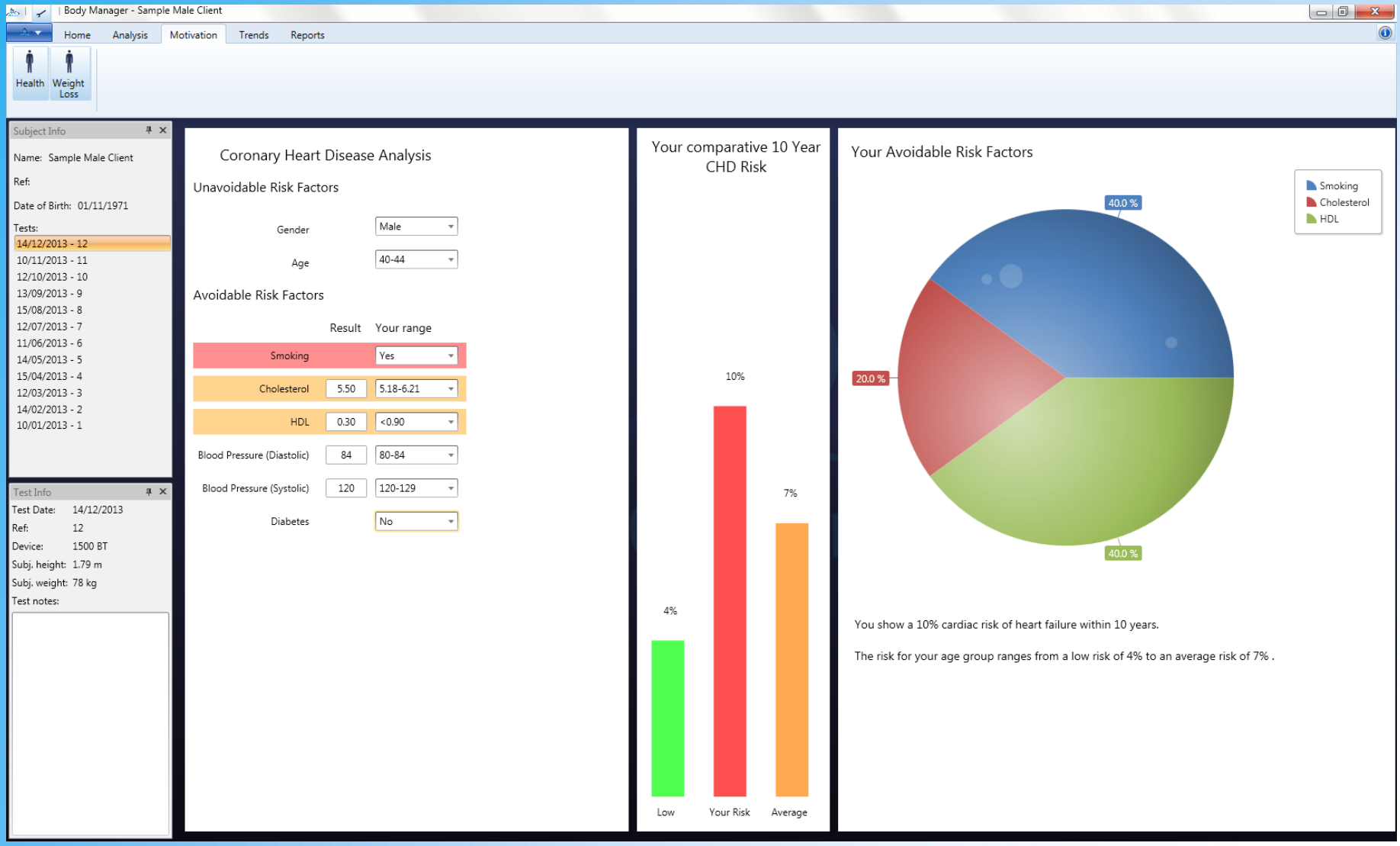
Values & Normals

	Values	Normals
TBW (l)	45.4	51 - 60
TBW (%)	48.9	55 - 65
ECW (l)	19.5	-
ECW (%)	21.0	26.0
ICW (l)	25.9	-
ICW (%)	27.9	34.0



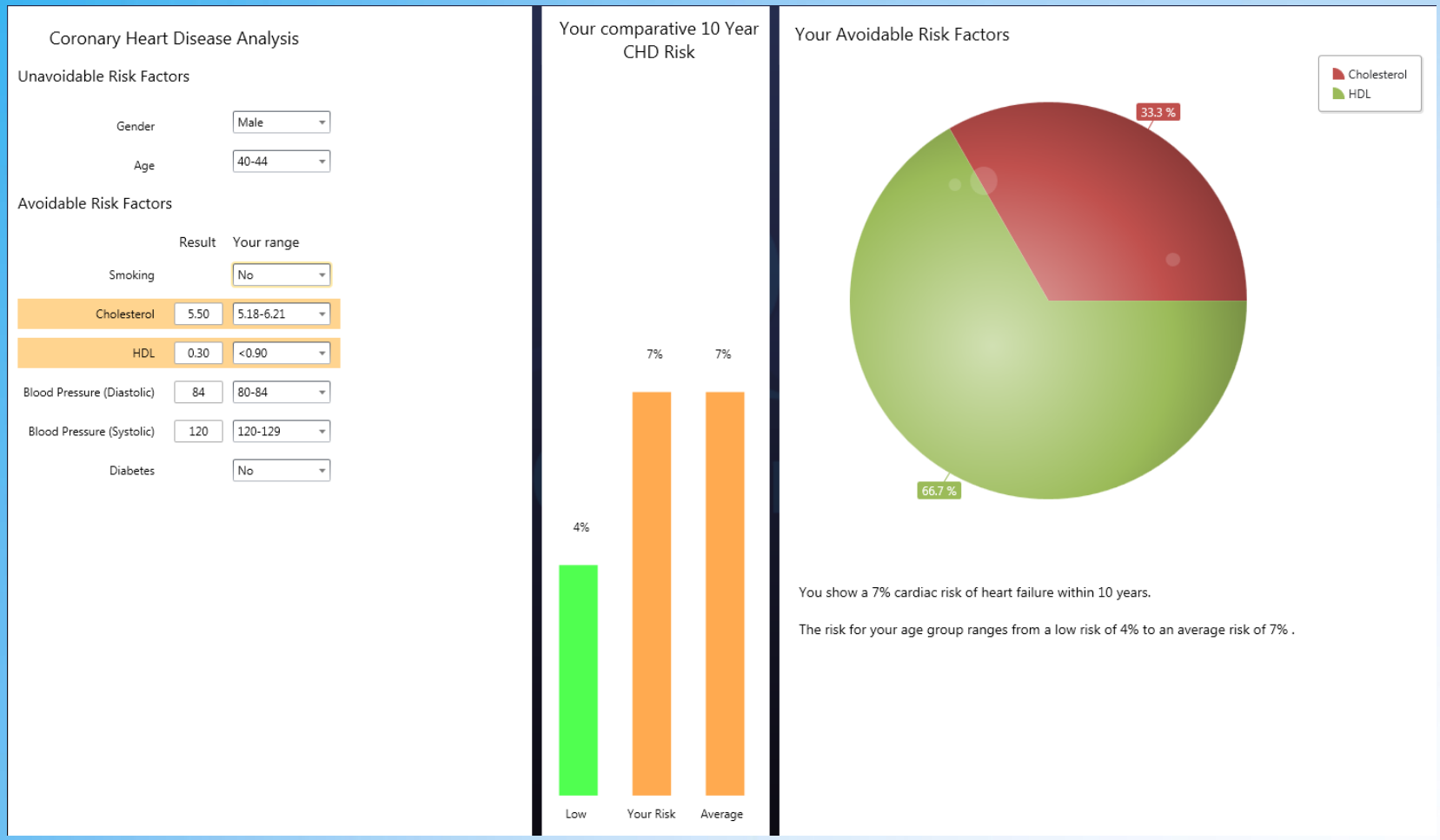
Health Screen

Coronary Heart Disease Analysis based on the Framingham study at Massachusetts



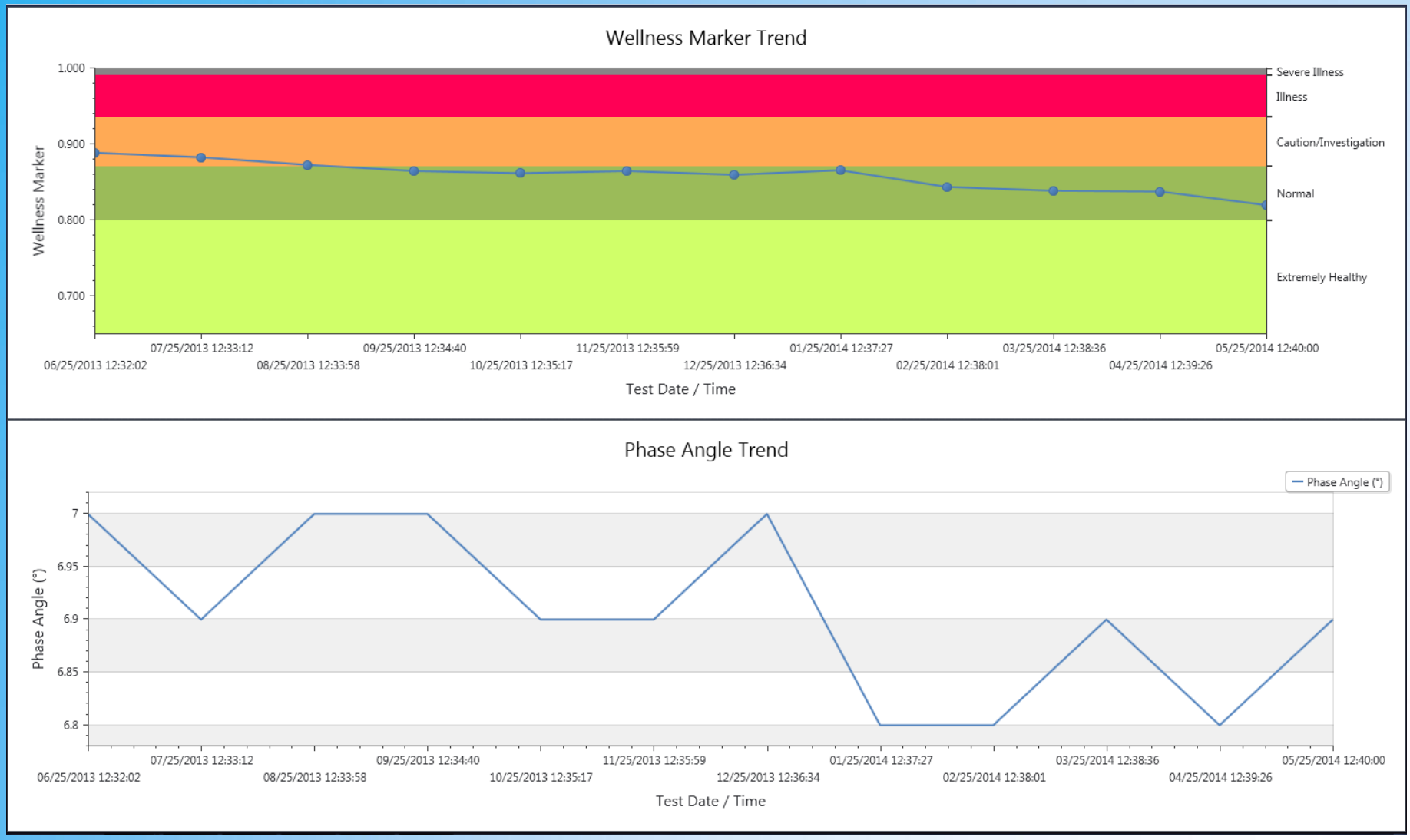
Health Screen

Use the single screen display to play a "**WHAT IF?**" scenario.



For example, if a client is a smoker and the "**YES**" smoking category has been selected, select the "**NO**" category in the Smoking section. Instantly, the screen re-displays the revised risks. Depending on the weighting of the other risk factors, the screen may now display that the client's overall risk level has been reduced.

Cellular Health Trend



Reports

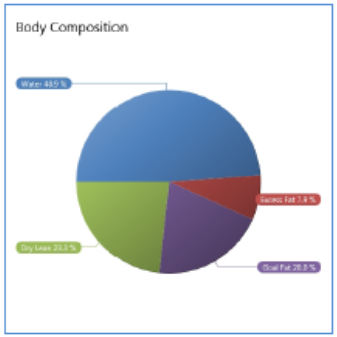
Body Composition Professional

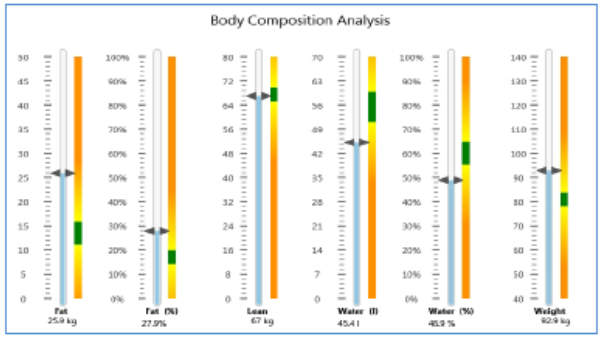
Bodystat® Body Composition Summary Report - Lite

1500 Series

Subject Name	Subject Ref	Age	Gender	Activity	Height	Weight
Sample Male Client		41	M	Very Low	1.79 m	92.9 kg

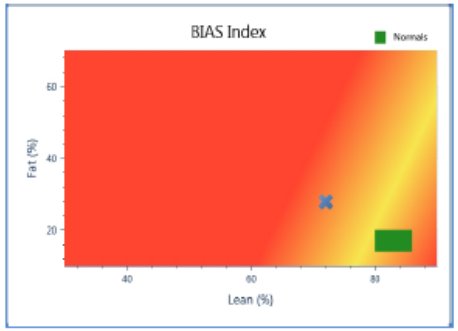
Test Date Time	Test No. / Ref	Device	Serial No.	Waist	Hip
10/01/2013 16:40	1	1500 BT	213262	130 cm	135 cm





Body Composition Summary

TBW 45.4 l (51 l - 60 l)	Lean 67 kg (65 kg - 70 kg)	Weight 92.9 kg (78 kg - 84 kg)
Dry Lean 21.6 kg		
Fat 25.9 kg (11 kg - 16 kg)		



Percentage Distribution

Fat 27.9 (%) (14% - 20%) Excess Fat 7.9 %	Lean 72.1 (%) (80% - 86%)
TBW 48.9 (%) (55% - 65%)	

Result	Value	Normal
BMI (kg/m²)	29.0	(20 - 25)
Waist Hip Ratio	0.96	< 1.00
BMR (Kcal)	1941 per day	-
	20.9 per kg	-
EAR (Kcal)	2717 per day	-
Imp 50 kHz (Ω)	535	-

Report	Bodystat® Body Composition Summary Report - Lite	Generated	27/02/2014
Page	1/1	Equations	BCRE7

Report Details

Subject Nam	Sample Male Client
Subject Ref	
Test Date	10/01/2013 16:40
Test No.	1

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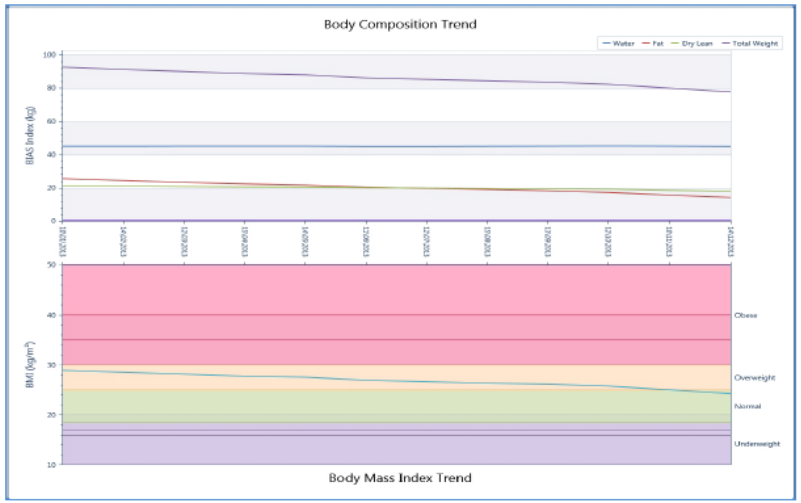
Body Composition Professional continued.....

Bodystat® Body Composition Report - Professional

1500 Series

Body Composition History				
Result	First	Last	Variance	Variance %
Test Date	10/01/2013 15:47:53	14/12/2013 15:47:53	~11 months	-
Weight (kg)	92.9 kg	78 kg	-14.9	-16.0
Fat (kg)	25.9 kg	14.5 kg	-11.4	-44.0
Dry Lean (kg)	21.6	18.2	-3.4	-15.7
Water (l)	45.4	45.3	-0.1	-0.2
Imp 50 kHz (Ω)	535	493	-42.0	-7.9



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Bodystat® Body Composition Report - Professional

1500 Series

Body Composition History										
Test Date	Weight (kg)	Lean (kg)	Fat (kg)	Fat (%)	Goal (%)	BMR (Kcal)	Dry Lean (kg)	Water (l)	Imp 50 kHz	Waist Hip Ratio
14/Dec/2013 03:47:53	78	63.5	14.5	18.6	17.0	23.7	18.2	45.3	493	0.86
10/Nov/2013 03:47:53	80.3	64.3	16	20.0	17.0	23.3	18.8	45.5	496	0.88
12/Oct/2013 03:47:53	82.6	65.1	17.5	21.2	20.0	22.9	19.5	45.6	501	0.95
13/Sep/2013 03:47:53	83.9	65.4	18.5	22.1	20.0	22.6	19.8	45.5	505	0.96
15/Aug/2013 03:47:53	84.7	65.4	19.3	22.8	20.0	22.4	20	45.4	510	0.96
12/Jul/2013 03:47:53	85.5	65.5	20	23.4	20.0	22.3	20.2	45.3	515	0.98
11/Jun/2013 03:47:53	86.4	65.7	20.7	23.9	20.0	22.1	20.4	45.3	517	0.99
14/May/2013 03:47:53	88.3	66.3	22	25.0	20.0	21.8	20.8	45.5	519	0.97
15/Apr/2013 03:47:53	89.1	66.4	22.7	25.4	20.0	21.6	20.9	45.5	521	0.97
12/Mar/2013 03:47:53	90.3	66.7	23.6	26.2	20.0	21.4	21.1	45.5	524	0.94
14/Feb/2013 03:47:53	91.5	66.8	24.7	27.0	20.0	21.2	21.4	45.4	530	0.95
10/Jan/2013 03:47:53	92.9	67	25.9	27.9	20.0	20.9	21.6	45.4	535	0.96

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Body Composition Simplified

Subject Name	Subject Ref	Age	Gender	Activity	Height	Weight
Sample Male Client		41	M	Very Low	1.79 m	92.9 kg

Test Date	Test No. / Ref	Device	Serial No.	Waist	Hip	Impedance 50 kHz (Ω)
10/01/2013 16:41	1	1500 BT	213262	130 cm	135 cm	535

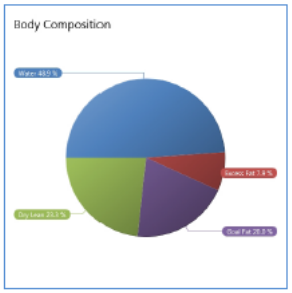
	Measured	Normal Range	Measured %	Normal Range %
Total Body Weight	92.9 kg	(78 kg - 84 kg)		
Body Fat	25.9 kg	(11 kg - 16 kg)	27.9%	(14% - 20%)
Body Lean	67 kg	(65 kg - 70 kg)	72.1%	(80% - 86%)
Body Water	45.4 l	(51 l - 60 l)	48.9%	(55% - 65%)
Dry Lean Weight	21.6 kg			

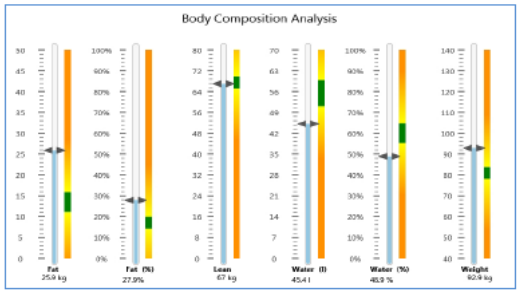
Basal Metabolism 1941 Kcal per day (20.9 Kcal per kg)

B.M. rate is an estimate of your body's resting energy requirements.

Activity Metabolism 2717 Kcal per day

The estimated amount of energy your body requires for the activity level selected.





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Bodystat® Body Composition Simplified

Total Body Fat Weight	25.9 kg	27.9%

The normal percentage fat range for you is (14% - 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	67 kg	72.1%

The normal percentage lean range for you is (80% - 86%)

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	92.9 kg

The Composition weight range for you is (78 kg - 84 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.

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Hydration

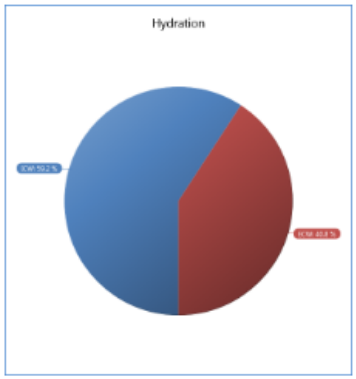
Bodystat® Hydration Report - Professional

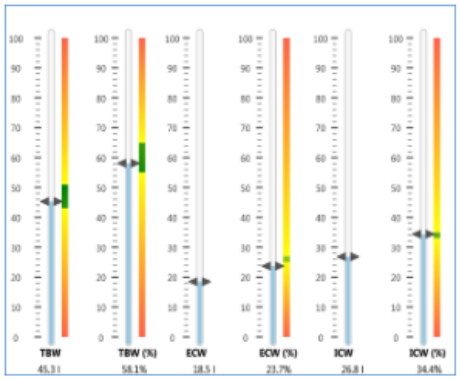
1500 Series

Subject Name	Subject Ref	Age	Gender	Activity	Height	Weight
Sample MDD Male	81	42	M	Very Low	1.79 m	78 kg

Test Date / Time	Test No. / Ref	Device	Serial No.	Waist	Hip
25/05/2014 12:40	26	1500MDD BT	310544	83 cm	90 cm

Imp. 5 kHz (Ω)	Imp. 50 kHz (Ω)	Resistance 50kHz	Reactance 50kHz	Phase Angle 50kHz
601	493	508	61.2	6.9





Hydration Results			
Result		Value	Normal
ECW	(l)	18.5	-
ICW	(l)	26.8	-
TBW	(l)	45.3	43 - 51
Result		Percentage	Normal
ECW	(%)	23.7	26.0
ICW	(%)	34.4	34.0
TBW	(%)	58.1	55 - 65

Report	Bodystat® Hydration Report - Professional	Generated	11/11/2014
Page	1/4	Equations	BCRE7

Report Details	
Subject	Sample MDD Male
Subject Ref	81
Test Date	25/05/2014 12:40
Test No.	26

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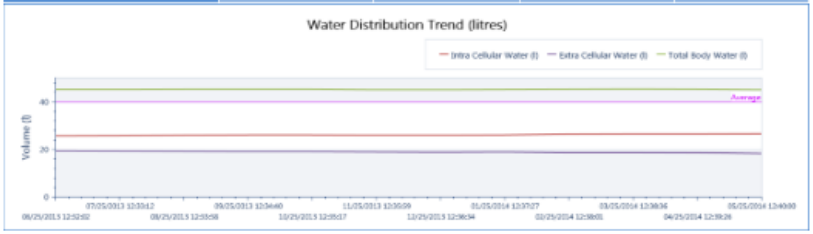
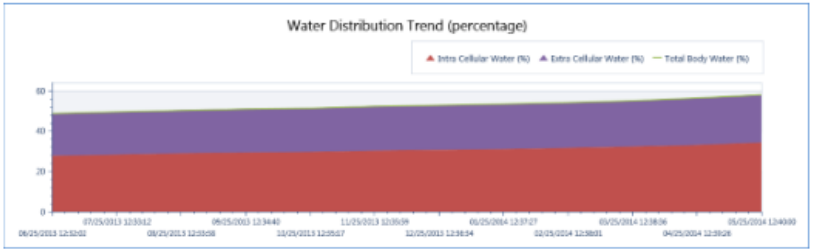
Bodystat® Hydration Report - Professional

1500 Series

Hydration History					
Result		First	Last	Variance (%)	Variance (%)
Test Date		25/06/2013 12:32:02	25/05/2014 12:40:00	~11 months	-
Weight	(kg)	92.9	78.0	-14.9	-16.0
TBW	(l)	45.4	45.3	-0.1	-0.2
ECW	(l)	19.5	18.5	-1.0	-5.1
ICW	(l)	25.9	26.8	0.9	3.5
TBW	(%)	48.9	58.1	9.2	18.8
ECW	(%)	21.0	23.7	2.7	12.9
ICW	(%)	27.9	34.4	6.5	23.3
Imp 5 kHz	(Ω)	602	601	-1.0	-0.2
Imp 50 kHz	(Ω)	535	493	-42.0	-7.9
Wellness Marker		0.889	0.820	-0.068	-7.7





Report	Bodystat® Hydration Report - Professional	Generated	11/11/2014
Page	2/4	Equations	BCRE7

Report Details	
Subject	Sample MDD Male
Subject Ref	81
Test Date	25/05/2014 12:40
Test No.	26

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Hydration continued…..

1500 Series

Hydration History

Test Date	Weight (kg)	TBW (l)	ECW (l)	ICW (l)	TBW (%)	ICW (%)	ICW (%)
25/05/2014 12:40:00	78.0	45.3	18.5	26.8	58.1	23.7	34.4
25/04/2014 12:39:26	80.3	45.5	18.8	26.7	56.6	23.4	33.2
25/03/2014 12:38:36	82.6	45.6	18.9	26.7	55.2	22.8	32.3
25/02/2014 12:38:01	83.9	45.5	18.9	26.6	54.3	22.6	31.7
25/01/2014 12:37:27	84.7	45.4	19.1	26.3	53.6	22.6	31.0
25/12/2013 12:36:34	85.5	45.3	19.0	26.2	53.0	22.3	30.7
25/11/2013 12:35:59	86.4	45.3	19.1	26.2	52.4	22.1	30.3
25/10/2013 12:35:17	88.3	45.5	19.2	26.3	51.5	21.7	29.8
25/09/2013 12:34:40	89.1	45.5	19.2	26.3	51.1	21.6	29.5
25/08/2013 12:33:58	90.3	45.5	19.3	26.2	50.4	21.4	29.0
25/07/2013 12:33:12	91.5	45.4	19.4	26.0	49.7	21.2	28.4
25/06/2013 12:32:02	92.9	45.4	19.5	25.9	48.9	21.0	27.9

Test Date	Skeletal Muscle Mass	Impedance		Predict. Marker	Phase Angle (°)
		5 kHz (Ω)	50 kHz (Ω)		
25/05/2014 12:40:00	31.2	601	493	0.820	6.9
25/04/2014 12:39:26	31.2	592	496	0.838	6.8
25/03/2014 12:38:36	31.3	597	501	0.839	6.9
25/02/2014 12:38:01	30.9	598	505	0.844	6.8
25/01/2014 12:37:27	31.3	589	510	0.866	6.8
25/12/2013 12:36:34	31.3	599	515	0.860	7
25/11/2013 12:35:59	31.3	598	517	0.865	6.9
25/10/2013 12:35:17	30.9	602	519	0.862	6.9
25/09/2013 12:34:40	31.3	602	521	0.865	7
25/08/2013 12:33:58	31.3	600	524	0.873	7
25/07/2013 12:33:12	31.3	600	530	0.883	6.9
25/06/2013 12:32:02	31.3	602	535	0.889	7

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Bodystat® Hydration Report - Professional

1500 Series

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Health Report

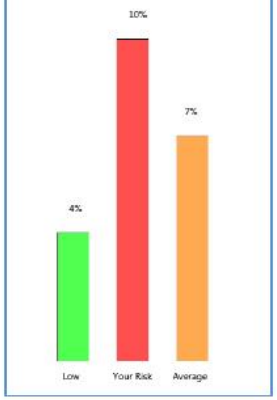
Bodystat® Health

1500 Series

Subject Name	Subject Ref	Age	Gender	Activity	Height	Weight
Sample Male Client		41	M	Very Low	1.79 m	92.9 kg

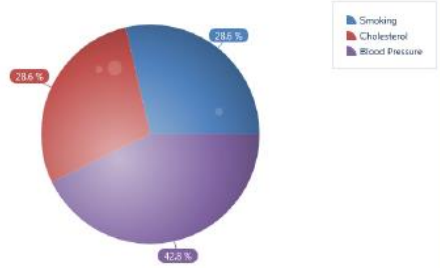
Test Date	Test No. / Ref	Device	Serial No.	Waist	Hip
10/01/2013 16:42	1	1500 BT	213262	130 cm	135 cm

Your comparative 10 Year CHD Risk



You show a 10% cardiac risk of heart failure within 10 years.The risk for your age group ranges from a low risk of 4% to an average risk of 7% .

Your Avoidable Risk Factors



Unavoidable	
Gender	M
Age	41

Avoidable	
Diabetes	No
Smoking	Yes
Cholesterol	
Total	7.2 mmol/L
HDL	2.3 mmol/L
Blood Pressure	
Systolic	160 (mm/Hg)
Diastolic	95 (mm/Hg)

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Bodystat® Health

1500 Series

Smoking:

This is probably the biggest single cause of CHD and strokes. Smoking subtantially increases your CHD risk.

Cholesterol:

High levels are caused by consuming diets high in saturated fats and cholesterol, high body fat, physical activity, tobacco smoking and stress. Reduction of cholesterol may be achieved through changes in lifestyle and diet i.e., exercise, body fat loss, high fibre foods, monoinsaturated fats.

HDL (high density lipoproteins): high levels decrease CHD risk.

Your cholesterol level should be reduced. Your consultant will advise you.

Blood Pressure (Hypertension):

High blood pressure may be caused by obesity, tobacco smoking, salt (sodium in sodium chloride), physical inactivity, fatty build up on artery walls, including many unknown causes.

Diabetes:

Diabetes alone can increase the risk of CHD and when combined with other risk factors, diabetes further raises the risk of heart disease.

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Weight Loss Report

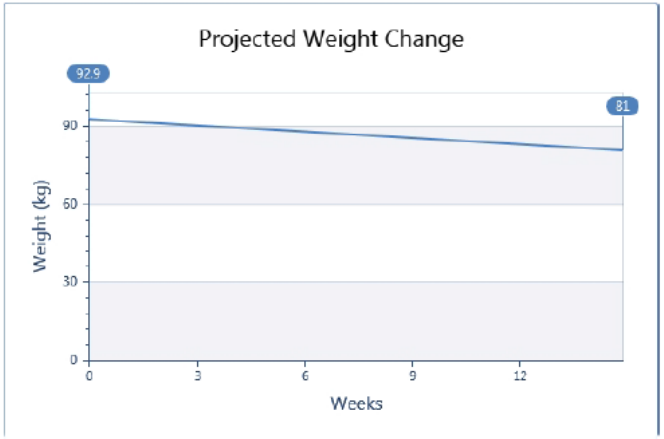
Subject Name	Subject Ref	Age	Gender	Activity	Height	Weight
Sample Male Client		41	M	Very Low	1.79 m	92.9 kg

Test Date Time	Test No. / Ref		Device	Serial No.	Waist	Hip
10/01/2013 16:42	1		BS1500	213262	130 cm	135 cm

Body Weight	92.9 kg
Goal Weight	81 kg
Weight change (Rate)	0.8 kg/week
Dietary change (Total)	-498 kcal/day
Activity change (Total)	382 kcal/day

To lose 11.9 kg you need to reduce your dietary intake by 498 kcal/day.

This should enable you to reach your goal weight of 81 kg in 14.9 weeks.



Light	
(2) Gardening (Light)	35 Kcal

Moderate	
(3) Golf	116 Kcal

Intense	
(5) Swimming (back, breast, fast crawl)	104 Kcal
(6) Squash	127 Kcal

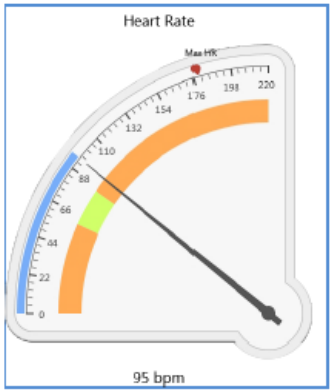
Physiology Report

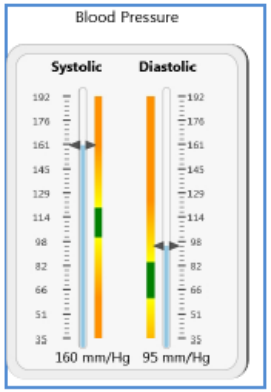
Bodystat® Physiology Report - Professional

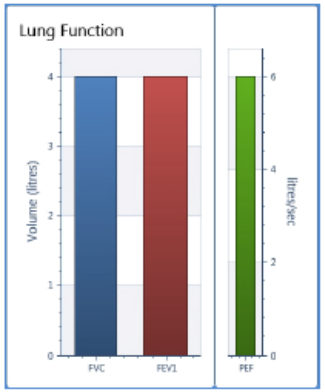
1500 Series

Subject Name	Subject Ref	Age	Gender	Activity	Height	Weight
Sample Male Client		41	M	Very Low	1.79 m	92.9 kg

Test Date / Time	Test Ref	Device	Serial No.	Waist	Hip
10/01/2013 16:43	1	1500 BT	213262	130 cm	135 cm







Physiology Results		
Heart Rate	**Value**	**Normal**
Resting HR (bpm)	95	(60 - 85)
Max HR (bpm)	179	(Lund et al)
Blood Pressure	**Value**	**Normal**
Systolic (mm/Hg)	160	(100 - 120)
Diastolic (mm/Hg)	95	(60 - 85)
Lung Function	**Value**	**Normal**
FVC (mm/Hg)	4.0	
FEV1 (mm/Hg)	4.0	
PEF (l/sec)	6.0	
Aerobic Capacity (mls02/kg/min)	40.0	(29 - 37)

Report	Bodystat® Physiology Report - Professional	Generated	27/02/2014
Page	1/9	Equations	BCRE7

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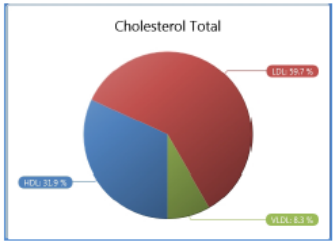
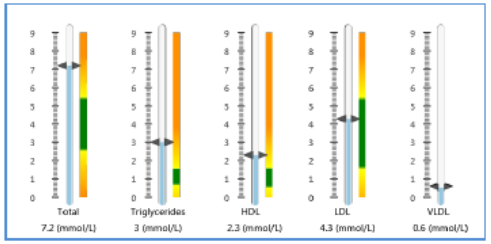
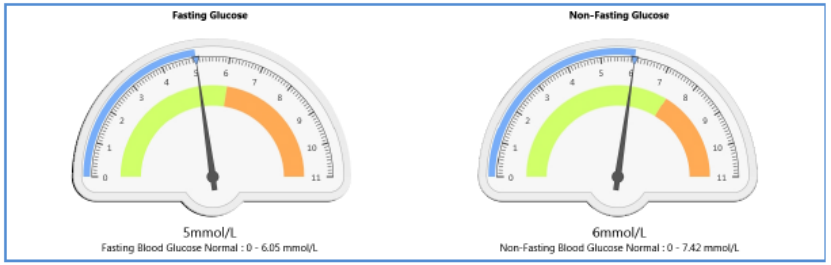
Report Details	
Subject Nam	Sample Male Client
Subject Ref	
Test Date	10/01/2013 16:43
Test No.	1

Physiology Report cont…

Physiology Results		
Cholesterol	**Value**	**Normal**
HDL (mmol/L)	2.3	(0.6 - 1.6)
LDL (mmol/L)	4.3	(1.5 - 5.5)
VLDL (mmol/L)	0.6	
Total	7.2	(2.5 - 5.5)
Triglycerides (mmol/L)	3.0	(0.7 - 1.6)
Glucose	**Value**	**Normal**
Fasting (mmol/L)	5.0	(0.0 - 6.0)
Non-Fasting (mmol/L)	6.0	(0.0 - 7.4)







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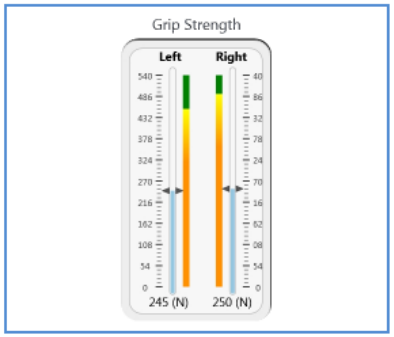
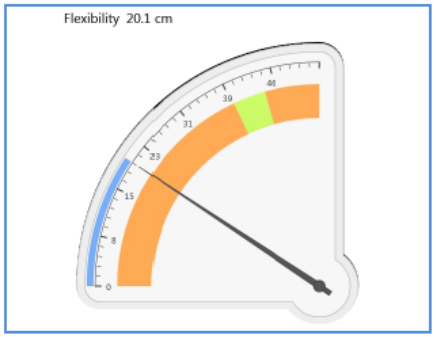
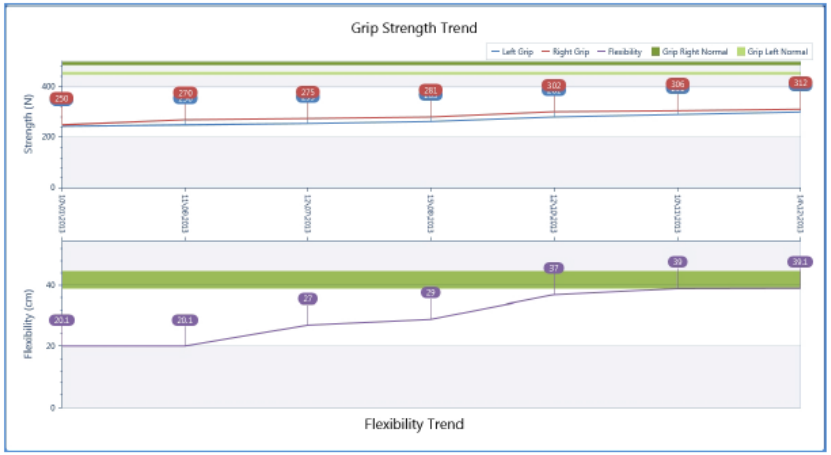
Physiology Results		
General	**Value**	**Normal**
Grip Left (N)	245.0	450.8
Grip Right (D) (N)	250.0	490.0
Flexibility (cm)	20.1	(38.9 - 44.5)







Report	Bodystat® Physiology Report - Professional	Generated	27/02/2014
Page	3/9	Equations	BCRE7

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Report Details	
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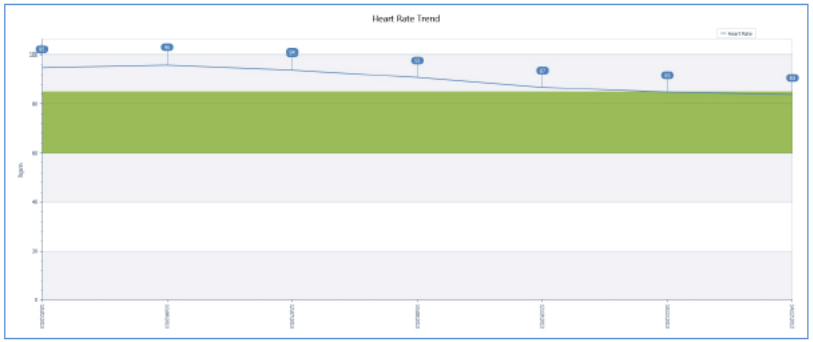
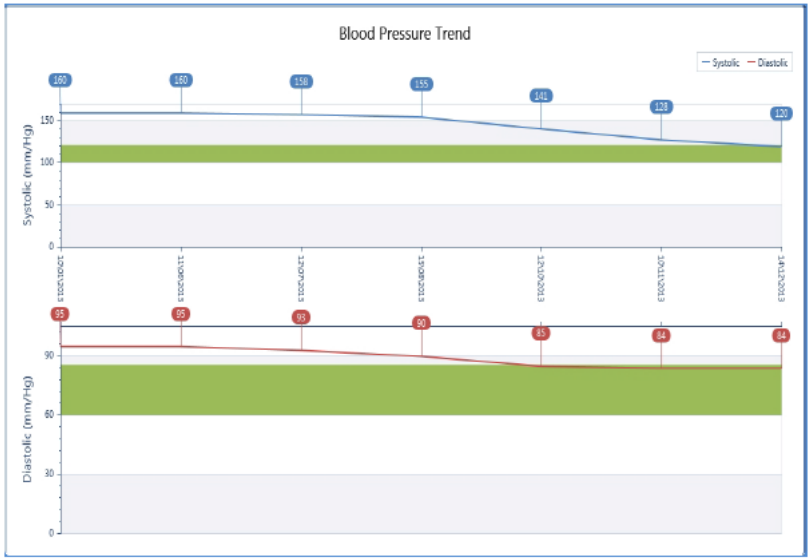
Physiology Report cont…





Report	Bodystat® Physiology Report - Professional	Generated	27/02/2014
Page	4/9	Equations	BCRE7

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Report Details	
Subject Nam	Sample Male Client
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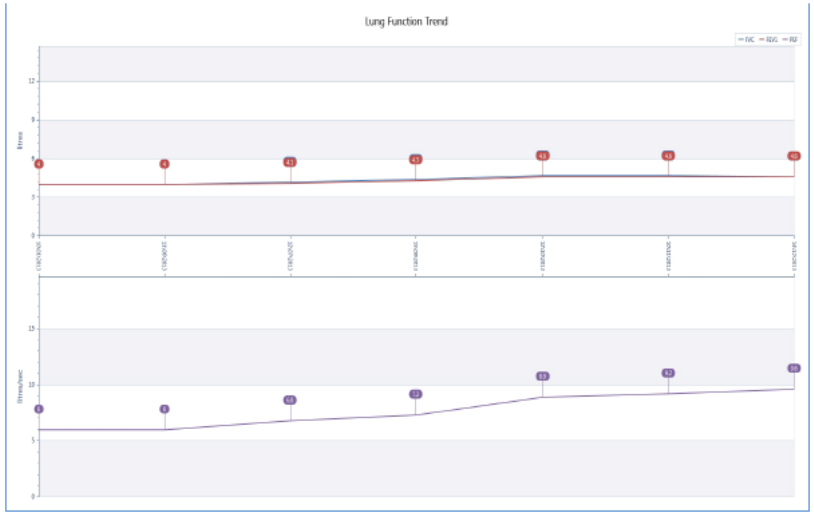
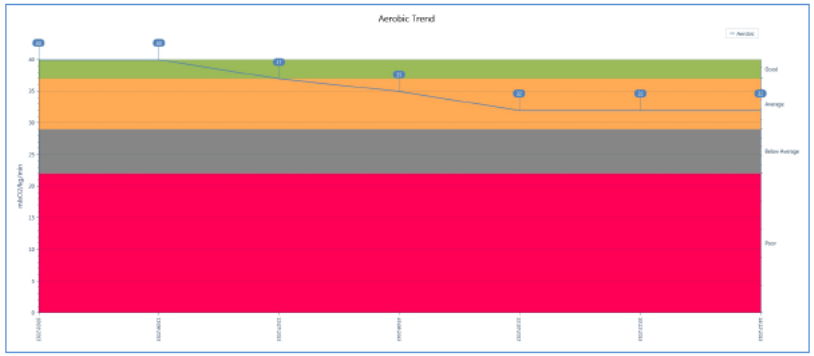
Bodystat® Physiology Report - Professional





Report	Bodystat® Physiology Report - Professional	Generated	27/02/2014
Page	5/9	Equations	BCRE7

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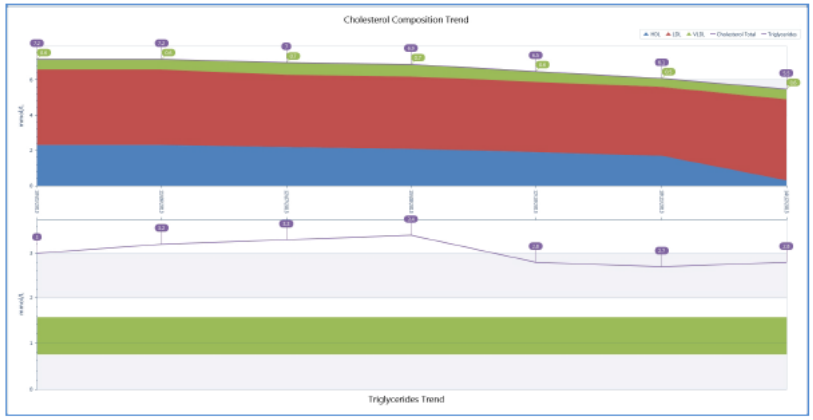
Physiology Report cont…



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Physiology History				
	First	Last	Variance	Variance %
Test Date	10/01/2013 15:47:53	14/12/2013 15:47:53	Variance	
Lung Function	**First**	**Last**	**Variance**	**Variance %**
FVC (l)	4.0	4.6	0.6	15.0
FEV1 (l)	4.0	4.6	0.6	15.0
PEF (l/s)	6.0	9.6	3.6	60.0
Aerobic Capacity (mls02/kg/min)	40.0	32.0	-8	-20.0
Blood Pressure	**First**	**Last**	**Variance**	**Variance %**
Systolic (mm/Hg)	160.0	120.0	-40	-25.0
Diastolic (mm/Hg)	95.0	84.0	-11	-11.6
Heart Rate	**First**	**Last**	**Variance**	**Variance %**
Resting HR (bpm)	95	84	-11	-11.6
Max HR (bpm)	179	178	-1	-0.6
Cholesterol	**First**	**Last**	**Variance**	**Variance %**
HDL (mmol/L)	2.3	0.3	-2.0	-87.0
LDL (mmol/L)	4.3	4.6	0.3	7.0
VLDL (mmol/L)	0.6	0.6	0.0	0.0
Total (mmol/L)	7.2	5.5	-1.7	-23.6
Triglycerides (mmol/L)	3.0	2.8	-0.2	-6.7
Glucose	**First**	**Last**	**Variance**	**Variance %**
Fasting (mmol/L)	5.0	4.6	-0.4	-8.0
Non-Fasting (mmol/L)	6.0	5.8	-0.2	-3.3
General	**First**	**Last**	**Variance**	**Variance %**
Grip Left (N)	245.0	301.0	56.0	22.9
Grip Right (D) (N)	250.0	312.0	62.0	24.8
Flexibility (cm)	20.1	39.1	19.0	94.5

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Physiology Report cont…

Physiology History – Heart Rate / Blood Pressure / Lung Function / Aerobic							
	Heart Rate	Blood Pressure		Lung Function			Aerobic
Test Date	Resting bpm	Systolic (mm/Hg)	Diastolic (mm/Hg)	FVC (l)	FEV1 (l)	PEF (l/sec)	Capacity (mlsO2/kg/min)
14/12/2013 15:47:53	84	120.0	84.0	4.6	4.6	9.6	32.0
10/11/2013 15:47:53	85	128.0	84.0	4.7	4.6	9.2	32.0
12/10/2013 15:47:53	87	141.0	85.0	4.7	4.6	8.9	32.0
13/09/2013 15:47:53							
15/08/2013 15:47:53	91	155.0	90.0	4.4	4.3	7.3	35.0
12/07/2013 15:47:53	94	158.0	93.0	4.2	4.1	6.8	37.0
11/06/2013 15:47:53	96	160.0	95.0	4.0	4.0	6.0	40.0
14/05/2013 15:47:53							
15/04/2013 15:47:53							
12/03/2013 15:47:53							
14/02/2013 15:47:53							
10/01/2013 15:47:53	95	160.0	95.0	4.0	4.0	6.0	40.0

Physiology History – Cholesterol / Glucose / General										
	Cholesterol					Glucose		Blood Pressure		Flexibility
Test Date	HDL	LDL	VLDL	Total	Triglyc	Fasting	Non-Fasting	Grip Left	Grip Right (D)	
	(mmol/L)					(mmol/L)		(N)	(N)	(cm)
14/12/2013 15:47:53	0.3	4.6	0.6	5.5	2.8	4.6	5.8	301.0	312.0	39.1
10/11/2013 15:47:53	1.7	3.9	0.5	6.1	2.7	4.9	5.8	291.0	306.0	39.0
12/10/2013 15:47:53	1.9	4.0	0.6	6.5	2.8	5.8	6.1	281.0	302.0	37.0

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Physiology History – Cholesterol / Glucose / General										
	Cholesterol					Glucose		Blood Pressure		Flexibility
Test Date	HDL	LDL	VLDL	Total	Triglyc	Fasting	Non-Fasting	Grip Left	Grip Right (D)	
	(mmol/L)					(mmol/L)		(N)	(N)	(cm)
13/09/2013 15:47:53										
15/08/2013 15:47:53	2.1	4.1	0.7	6.9	3.4	5.8	6.1	263.0	281.0	29.0
12/07/2013 15:47:53	2.2	4.1	0.7	7.0	3.3	5.5	6.5	255.0	275.0	27.0
11/06/2013 15:47:53	2.3	4.3	0.6	7.2	3.2	5.5	6.5	250.0	270.0	20.1
14/05/2013 15:47:53										
15/04/2013 15:47:53										
12/03/2013 15:47:53										
14/02/2013 15:47:53										
10/01/2013 15:47:53	2.3	4.3	0.6	7.2	3.0	5.0	6.0	245.0	250.0	20.1

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