

BODY SCAN REPORT YOUR RESULTS

SAMPLE



- BODY FAT
- LEAN MUSCLE
- TOTAL BODY WATER
- EXTRA-CELLULAR WATER
- INTRA-CELLULAR WATER
- METABOLIC RATE

Your Results - Explained

Thank you for choosing to have an advanced **Body Composition Analysis**. I hope the experience wasn't too harrowing.

The following report features all your results from the scan, giving details of your body composition, hydration status, cellular health and metabolic health.

Some of the readings are very straight forward and easy to understand, whereas others might be go over your head a little.

Where this is the case, we have provided you with more information and a full explanation of what your results mean and steps that you can take to improve them for your next scan.



What are "Trends?"

On every report, for most of your analysis results, you'll notice a "trend" graph.

If this is your first report, the graph will not mean a huge amount as there is only one value that will feature on each graph.

However, overtime, as you accumulate reports following subsequent re-tests, the trend graphs will begin to paint a far clearer picture of the improvements to your body composition and physiology.

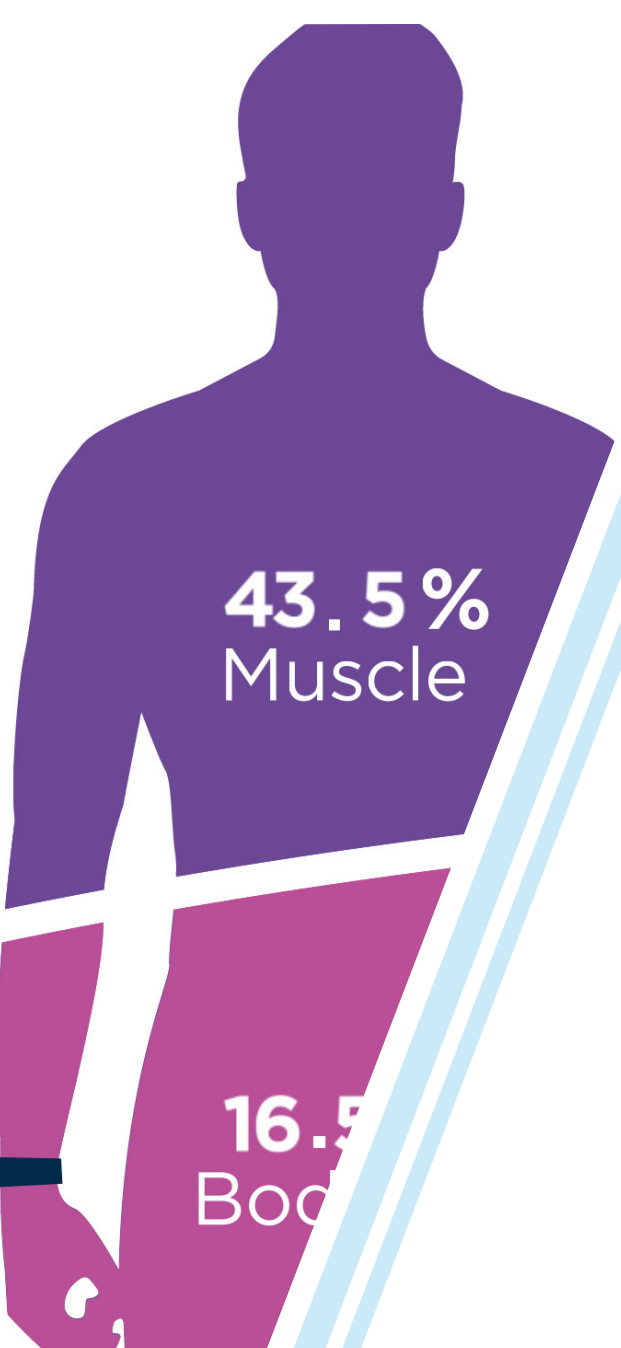
The "Trend Graphs" you'll be able to track include trends of your:

- **B.M.I.**
- **Water distribution (intra-cellular and extra-cellular water)**
- **Wellness marker**
- **Blood pressure and heart rate.**
-

If you have access to recent blood tests from your GP, such as cholesterol and blood glucose, please let us know as these can also be added to your report and made available as a Trend Graph.

BODY COMPOSITION

YOUR RESULTS



A silhouette of a person's upper body and legs, colored in shades of purple and pink. The person is wearing a black wristband on their left wrist. The text '43.5% Muscle' is overlaid on the purple upper body area, and '16.5% Body Fat' is overlaid on the pink lower body area.

43.5 %
Muscle

16.5 %
Body Fat

- LEAN MUSCLE MASS
- BODY FAT
- DRY LEAN MASS
- BASAL METABOLISM
- ACTIVITY METABOLISM
- FULL ANALYSIS

Bodystat® Body Composition Simplified

Subject Name	Subject Ref	Age	Gender	Activity	Height	Weight
Graeme Hilditch	Owner	39	M	Medium / High	1.82 m	83 kg
Test Date	Test No. / Ref	Device	Serial No.	Waist	Hip	Imp. 50 kHz (Ω)
27/03/2017 16:51	2 First Te	1500MDD BT	310722	86 cm	101 cm	393

	Measured	Normal Range	Measured %	Normal Range %
Total Body Weight	83 kg	(84 kg - 90 kg)		
Body Fat	9.9 kg	(11 kg - 17 kg)	11.9%	(13% - 19%)
Body Lean	73.1 kg	(70 kg - 76 kg)	88.1%	(81% - 87%)
Body Water	53.7 l	(46 l - 54 l)	64.7%	(55% - 65%)
Dry Lean Weight	19.5 kg			

Basal Metabolism

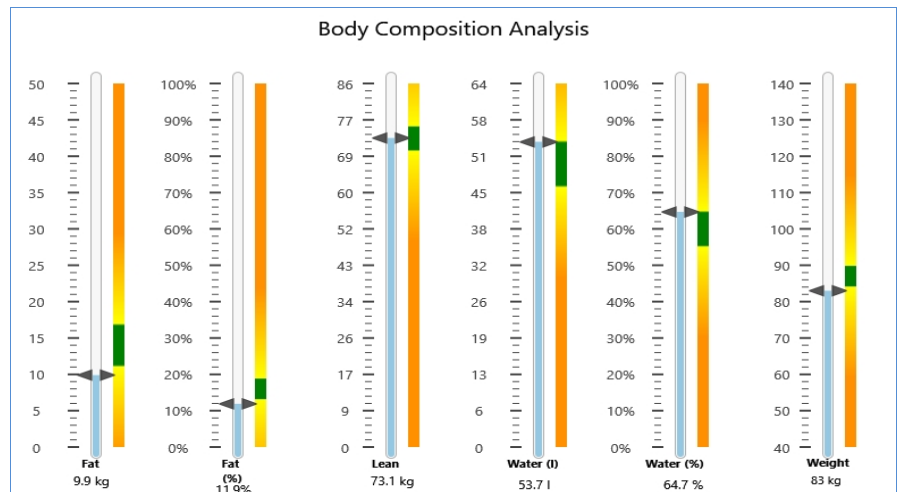
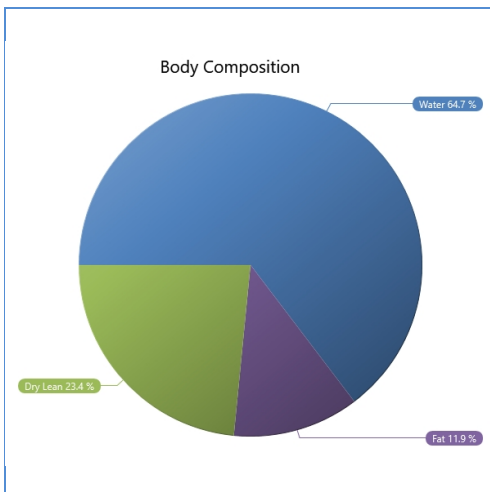
2215 kcal per day (26.7 kcal per kg)

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

Activity Metabolism

3766 kcal per day

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



Bodystat® Body Composition Simplified

Total Body Fat Weight

9.9 kg

11.9%

The normal percentage fat range for you is (13% - 19%)

Your percentage fat is low 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

73.1 kg

88.1%

The normal percentage lean range for you is (81% - 87%)

Your percentage lean is high 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

83 kg

The Composition weight range for you is (84 kg - 90 kg)

Your body weight is within "Normal" limits.

Body Composition

Your results indicate that you have a lean/muscular build.

You have been successful in maintaining/obtaining a suitable body composition. However, you must continue to maintain a suitable body composition by following a healthy eating plan and exercise program.

Use BODYSTAT to monitor your body composition regularly.

Glossary & Explanation of Terms

Body Composition

Some of the terms in the following report might not make a huge amount of sense, so please refer back to this page to help give you an explanation of what they mean and how they are relevant to your health.

Body fat

Your body fat reading is the total amount of subcutaneous (fat under the skin) and visceral (fat covering the organs) in your body.

The report will give you an accurate weight (kg) of your total body fat as well as an overall percentage. The accuracy of this reading is high provided you followed all of the pre-test guidelines.

Body Lean

Your “Body Lean” reading is the total weight of your *muscle*, *bone* and *water*. These readings should stay relatively constant for every test, with the exception of those subjects who are trying to build muscle mass through weight training.

Dry Lean

Your “Dry Lean” reading is the total weight of your *muscle* and *bone*. These readings should again stay constant for every test and as this reading excludes information about your water status, it should even more constant than your Body Lean reading - especially during the aging process.

Basal Metabolism

This reading is obtained from the information gathered about your muscle mass. In short, the higher your muscle mass and the more active you are, the higher your basal metabolism.

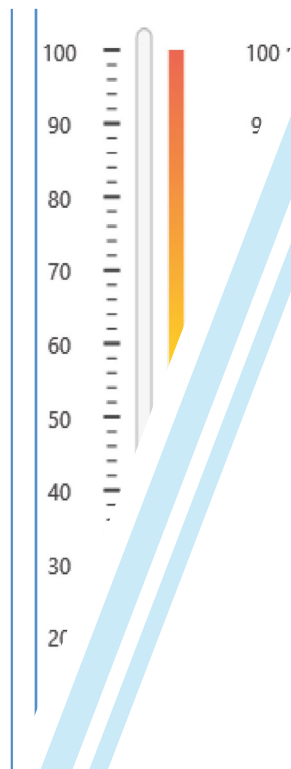
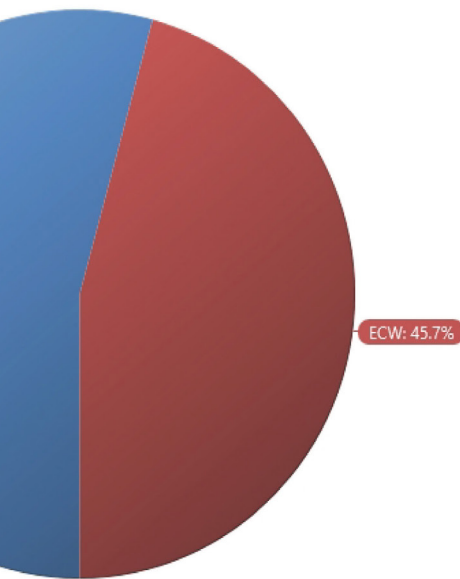
This reading provides you with the number of calories you need every day to meet your *resting* energy requirements.

Activity Metabolism

Your activity metabolism is the amount of energy your body needs to meet the activity level you stated that you do at the time of the test. In short, the more active you are the higher your activity metabolism reading will be.

HYDRATION YOUR RESULTS

Hydration



- TOTAL BODY WATER%

- EXTRA CELLULAR
HYDRATION

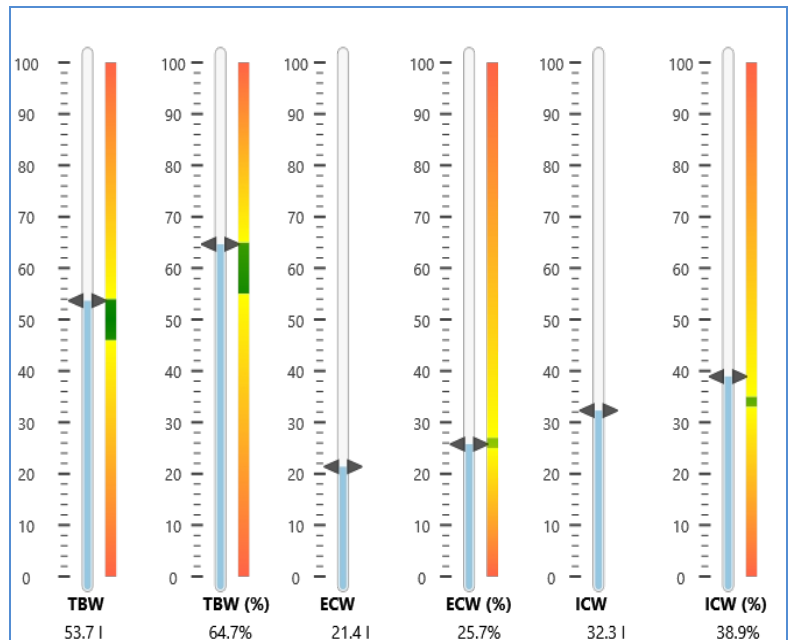
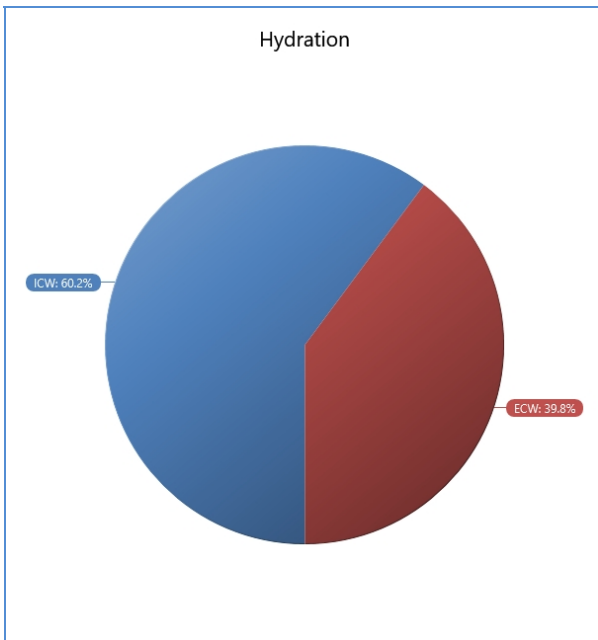
- INTRA CELLULAR
HYDRATION

- HYDRATION ANALYSIS

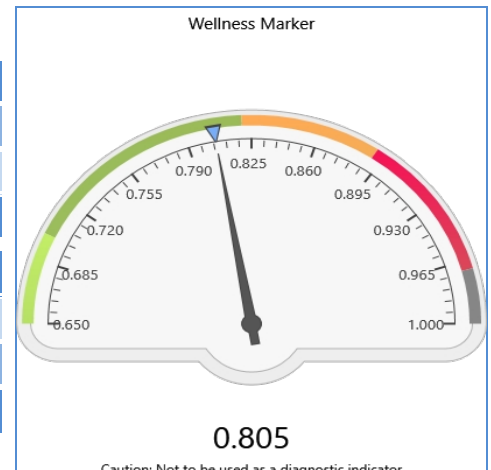
Hydration Results	
	Value
	16.5
	19.6
	36.1
	Percentage
(%)	2
(%)	

Bodystat® Hydration Report - Professional

Subject Name	Subject Ref	Age	Gender	Activity	Height	Weight
Graeme Hilditch	Owner	39	M	Medium / High	1.82 m	83 kg
Test Date / Time	Test No. / Ref	Device		Serial No.	Waist	Hip
27/03/2017 16:51	2	1500MDD BT		310722	86 cm	101 cm
Imp. 5 kHz (Ω)	Imp. 50 kHz (Ω)	Resistance 50kHz		Reactance 50kHz	Phase Angle 50kHz	
488	393	389		57.9	8.5	



Hydration Results		
Result	Value	Normal
ECW (l)	21.4	-
ICW (l)	32.3	-
TBW (l)	53.7	46 - 54
Result	Percentage	Normal
ECW (%)	25.7	26.0
ICW (%)	38.9	34.0
TBW (%)	64.7	55 - 65



Bodystat® Hydration Report - Professional

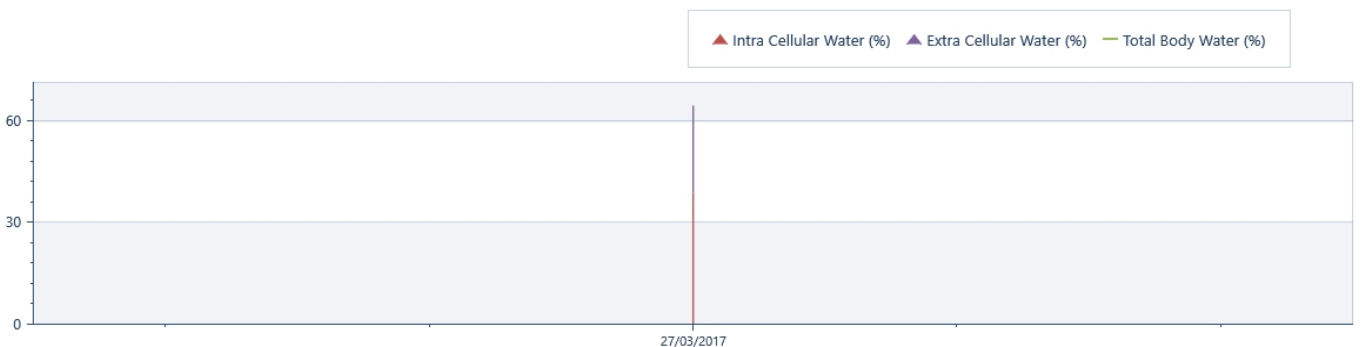
07711327920
graeme@ghtraining.co.uk

Hydration History				
Result	First	Last	Variance	Variance (%)
Test Date	27/03/2017 16:51:37	27/03/2017 16:51:37	~1 day	-
Weight (kg)	83.0	83.0	0.0	0.0
TBW (l)	53.7	53.7	0.0	0.0
ECW (l)	21.4	21.4	0.0	0.0
ICW (l)	32.3	32.3	0.0	0.0
TBW (%)	64.7	64.7	0.0	0.0
ECW (%)	25.7	25.7	0.0	0.0
ICW (%)	38.9	38.9	0.0	0.0
Imp 5 kHz (Ω)	488	488	0.0	0.0
Imp 50 kHz (Ω)	393	393	0.0	0.0
Wellness Marker	0.805	0.805	0.000	0.0

Water Distribution Trend (litres)



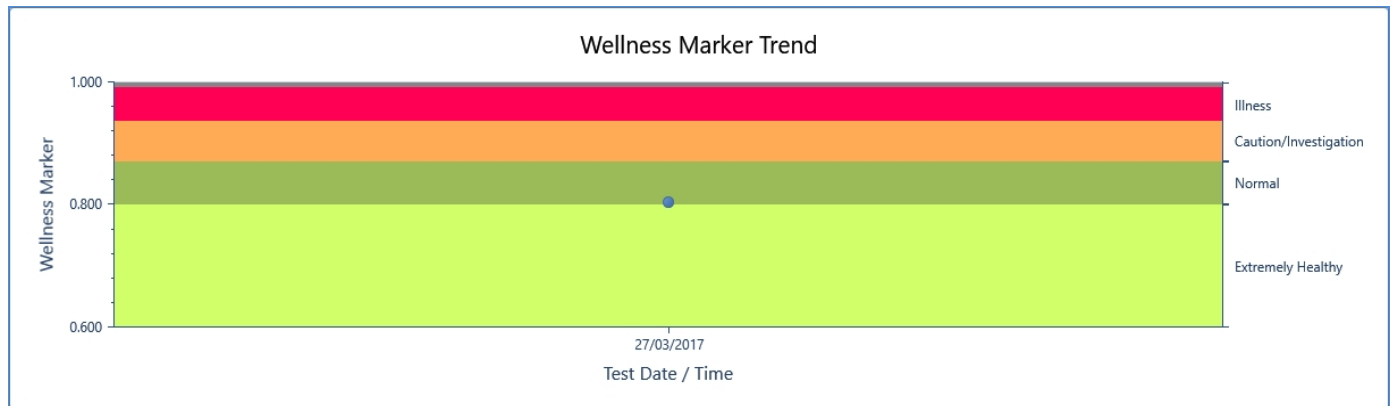
Water Distribution Trend (percentage)



Bodystat® Hydration Report - Professional

Hydration History							
Test Date	Weight (kg)	TBW (l)	ECW (l)	ICW (l)	TBW (%)	ICW (%)	ICW (%)
27/03/2017 16:51:37	83.0	53.7	21.4	32.3	64.7	25.7	38.9

Test Date	Skeletal Muscle Mass	Impedance		Wellness Marker	Phase Angle (°)
		5 kHz (Ω)	50 kHz (Ω)		
27/03/2017 16:51:37	40.2	488	393	0.805	8.5



Glossary & Explanation of Terms

Hydration

Total Body Water (TBW)

Your TBW reading is the total amount of water your body holds.

Your results will give you a reading in litres (l) and what percentage of your body weight is water. "Normal" levels are also provided so you can see if you are within a normal range. A further breakdown of your TBW is then provided - your **ECW** and your **ICW**.

Extra- Cellular Water (ECW)

Your **ECW** reading is given as a percentage of your **TBW**. Again, a "normal" range is provided, so that you can check that your ECW levels fall within a normal and healthy range

ECW is always less than your **ICW**.

If your **ECW** levels are on the high side, it could indicate ill health, water retention (common in women at certain times of the month), certain medications, over-hydration at time of the scan or that your diet is excessively high in sodium.

Intra- Cellular Water (ICW)

Like your **ECW** reading, your **ICW** reading is given as a percentage of your TBW.

A "normal" range is given so you know if you fall within a healthy or unhealthy range. Out of the two values, it is your **ICW** which is a key indicator of your health.

A good analogy is to imagine your cells as grapes.

Cells should be well shaped, full and well Hydrated. A well hydrated cell indicates good cellular health and will show up in your report as falling within the "normal" range or in some cases, even well above "normal"

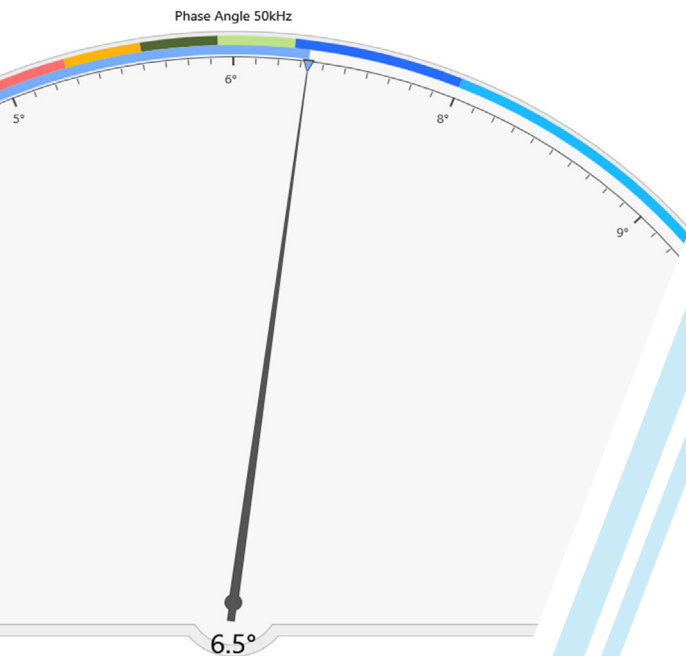
If your cells are unhealthy, malnourished and dehydrated however, your report will indicate that your **ICW** levels are well below the "normal" range.

Of all the test results, it is your **ICW** level and associated tests (phase angle and wellness marker) which tells you the most about the integrity of your cells and the quality of your cellular health.

If your **ICW** levels are low, it is strongly advised that you review the quality of your diet by improving your nutrition and mineral intake, increase the amount of water you drink on a daily basis and review your weekly exercise regime.

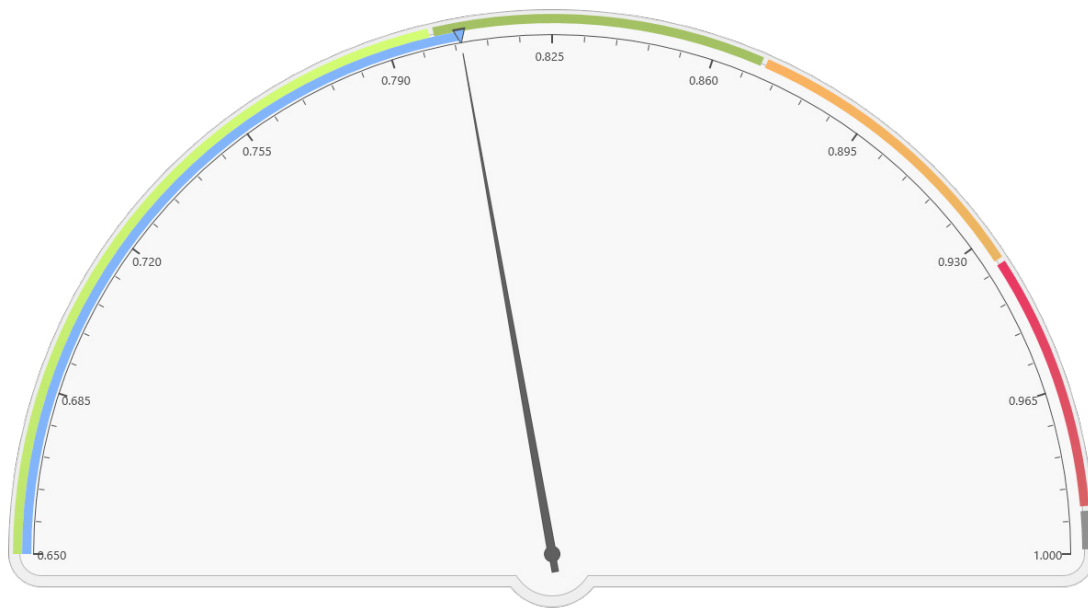
ICW is a key indicator of the quality of your health. Do not ignore the results

CELLULAR HEALTH YOUR RESULTS



- PHASE ANGLE
- WELLNESS MARKER
- IDENTIFYING POOR CELLULAR NUTRITION
- IMPROVING YOUR CELLULAR HEALTH

Wellness Marker



Normals of Wellness Marker

Extremely healthy - 0.600-0.799

Normal - 0.800-0.870

Caution - 0.871-0.935

Illness - 0.936-0.990

Severe Illness - 0.991-0.999

Phase Angle



Normals of Phase Angle

Outstanding - 7.5-12.0

Very good - 6.4 - 7.5

Good - 5.9 - 6.4

Satisfactory - 5.4 - 5.9

Sufficient - 4.9 - 5.4

Unsatisfactory - 3.9 - 4.9

Poor - 3.0 - 3.9

Extremely Poor - 0.0 - 3.0

Glossary & Explanation of Terms

Phase Angle

Your Phase Angle reading is the direct measurement of the integrity of your cell membranes and how well they function - a measurement of your body's overall health.

When illness or malnutrition occurs, the voltage of the cell membrane is altered, which is picked up as a lower Phase Angle.

- **A LOW** phase angle is an indicator of cell membrane breakdown and an inability of cells to store energy.
- **A HIGH** phase angle indicates that the membranes of the cells are intact and body cell mass (BCM) is high.

IMPORTANT: Every individual will have their own 'normal' phase angle and what might be a low value for one person, could be a completely normal value for another.

So, whatever value your assessment shows to be your Phase Angle, it is used as a control and changes are monitored over time to track recovery of illness or use as preventative marker before onset of illness occurs.

What's a good Phase Angle?

As a general guide, if your Phase Angle is **above 5**, your cell health is good.

There is room for improvement if it's 5 or so, but anywhere near 10 and your cellular health is exceptional.

If your Phase Angle is **below 5** however, your cell health may need to be addressed by improving your nutrition and lifestyle.

As explained, even if you have a low Phase Angle you may well be in good health but just naturally have a low Phase Angle.

Subsequent tests and improvements (where necessary) of nutrition and lifestyle etc. will prove this however and with improvements in diet, lifestyle and exercise habits, an increase in Phase Angle is often seen.

More information on Phase Angle can be found on the [GH Training website](#).

Glossary & Explanation of Terms

Wellness Marker

Your “Wellness Marker” reading is essentially a ratio of the time it takes currents to travel around your cells and through your cells.

Body cells are “non-conductive” at a low frequency of 5 kHz and restrict the flow of current. High Impedance values are then measured in the human body.

At the higher frequency of 50 kHz, the body cells become more conductive and a lower Impedance value is measured.

The integrity and health of your cells can then be characterised by the ratio between measured impedance values at 50 kHz and 5 kHz. This ratio is also called the Wellness Marker.

- **A VERY HEALTHY** Wellness Marker value, often seen in fit and athletic people is around 0.800 or lower.
- **A NORMAL** Wellness Marker value demonstrating good health is around **0.845**.
- **AN UNHEALTHY** Wellness Marker value, often seen in those who are chronically dehydrated, unwell and poor lifestyle choices is a value which higher than **0.900**.

Improving your Wellness Marker

If you are disappointed or surprised at your Wellness Marker value, it’s advised that you sit down and review your nutritional, lifestyle and exercises habits.

Often, simply improving the quality of your diet by eating more fresh whole foods, reducing your alcohol intake, drinking more water and exercising more frequently will help to significantly improve both your Phase Angle and Wellness Marker values.

The importance of your cellular health has been stressed several times through this report and the Wellness Marker along with your Phase Angle is an excellent way to give you an analysis of your cell health.

If you’d like more advice on how to improve your cellular health through nutrition, we are here to help. If we feel you require more specific nutritional advice, we can direct you to professionals who specialise in these areas and provide you with bespoke nutritional guidance.