

# VITAL BODY SCAN

## 570 INTERPRETATION GUIDE

### Body Composition Analysis

	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
Total Body Water (L)	55.9 (37.0~45.2)	55.9			
Protein (kg)	15.5 (9.9~12.1)		72.4 (47.5~58.1)		
Minerals (kg)	5.12 (3.43~4.19)			76.5 (50.4~81.6)	
Body Fat Mass (kg)	10.7 (7.9~15.8)				87.2 (55.9~75.7)

### BODY COMPOSITION ANALYSIS

**TOTAL BODY WATER** can be divided into Intracellular Water and Extracellular Water. Intracellular Water is the amount of body water held within the body's cells; Extracellular Water is the water outside the cells. Usually, individuals with a higher degree of muscle mass will have higher levels of TBW.

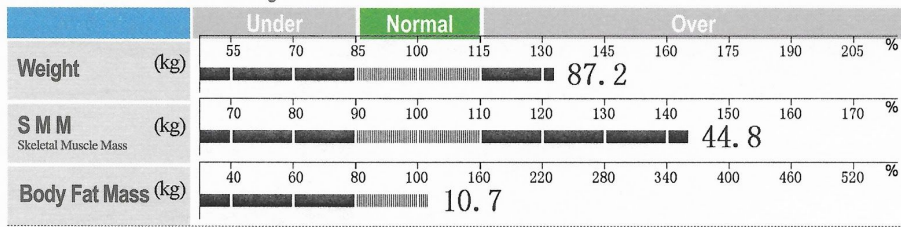
**PROTEIN** consists of nitrogen, and high nitrogen levels within cells indicate good levels of muscle mass. Ideally protein content should be within or exceed the average range set out below the reading.

**MINERALS** refers to the total amount of inorganic minerals that are dissolved in bone and body fluids which represents osseous and non-osseous mineral respectively.

**BODY FAT MASS** This reports all of the body fat in the person testing, including both the surface level (subcutaneous) and internal (visceral) fat

By adding Total Body Water, Protein, and Minerals, you get Fat Free Mass (FFM) shown in the second column from the right. FFM is the weight of everything except body fat. This includes muscle, water, bones, organs - everything that is not body fat.

## Muscle - Fat Analysis



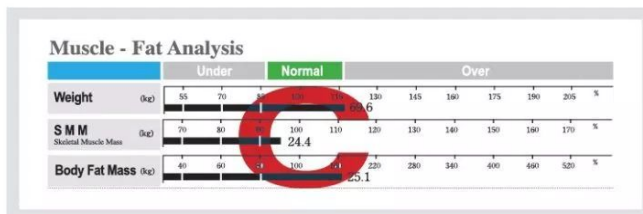
## MUSCLE FAT ANALYSIS

This section makes it simple for you to give a current overall body composition and what changes they need to make. The Muscle-Fat Analysis also tells you whether your client has a healthy balance of SMM and Body Fat Mass in respect to his or her weight.

**WEIGHT** Total Body Weight

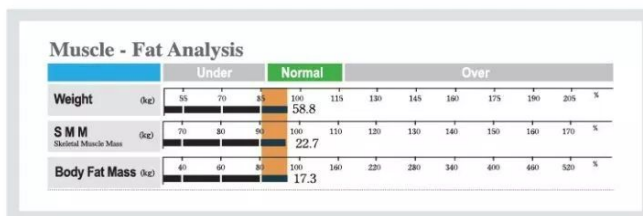
**SKELETAL MUSCLE MASS (SMM)** The total weight of Skeletal Muscle. These are the muscles that can be grown and developed through exercise. Skeletal muscle also contributes to our Basal metabolic rate

**BODY FAT MASS** This reports all of the body fat in the person testing, including both the surface level (subcutaneous) and internal (visceral) fat



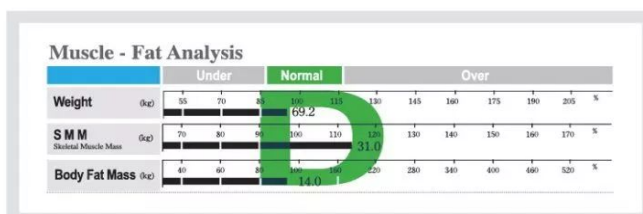
We utilise as traffic light system, to see if you are on the right track

Firstly the 'C' Shape  
Although the weight can be in the normal range, the shape can be indicative of low skeletal muscle mass and a high body fat mass, which represents a weak body.



DECISION TIME

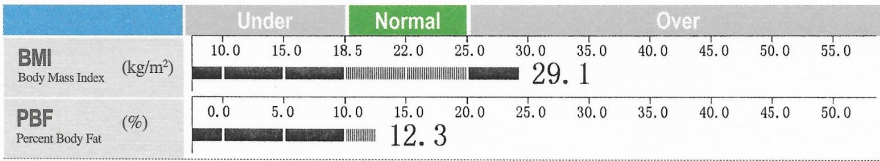
'I' shape provides uniform measurements. This is generally found in untrained individuals or those moving from 'C' to 'D' Shape



KEEP GOING

'D' shape. This indicates high skeletal muscle mass with an ideal level of body fat.

## Calculated Analysis



## CALCULATED ANALYSIS

On the Result Sheet, you'll see a set of ranges for BMI and PBF.

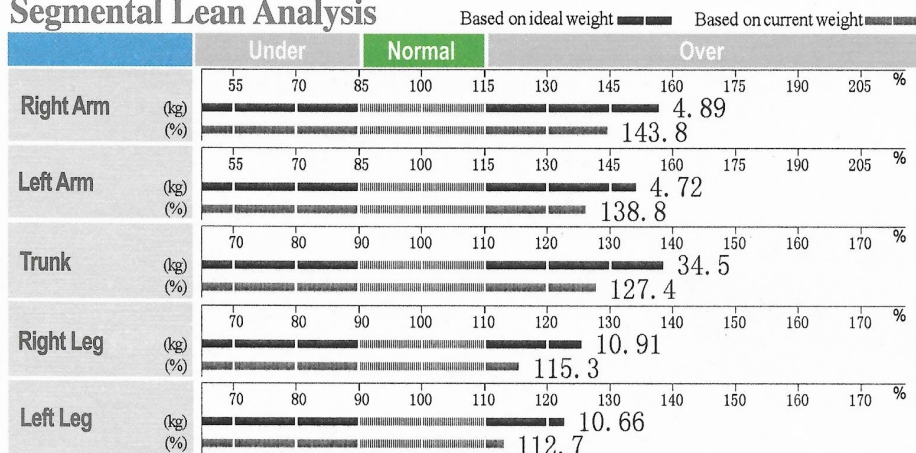
For BMI 18.5 – 24.99 kg/m<sup>2</sup> is the normal range according to the World Health Organization. Calculated by use of a formula that divides your weight by the square of your height and does not take into account your overall body composition. A highly muscled individual may be classified as overweight when using the BMI formula which can be misleading. Although BMI is popular as a metric, it can be inaccurate in some cases.

For PBF, the ranges differ for men and women, as women tend to carry more body fat than men.

For men, the healthy range is between 10-20% For women, the healthy range is between 18-28%.

	WOMEN	MEN
Athlete	14–20%	6–13%
Fitness	21–24%	14-17%
Average	25–31%	18-24%
Obese	32% and higher	25% and higher

## Segmental Lean Analysis

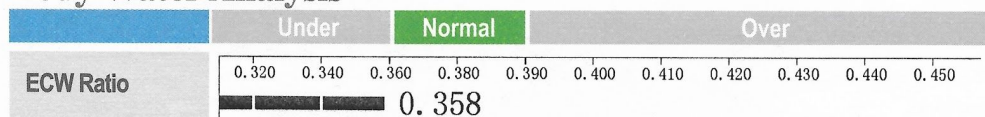


The information in the Segmental Lean Analysis shows how much Fat Free Mass is contained in each segment, Both arms, both legs and Trunk (Torso). The information for each body segment is reported as two bars.

**THE TOP BAR** The top bar shows how much Fat Free Mass in kg is in a given segment.

The bottom bar is different. The number shown by the bottom bar is the percentage and makes it easier to quickly understand. This shows whether or there is enough Fat Free Mass to support their body weight, where 100% = sufficient.

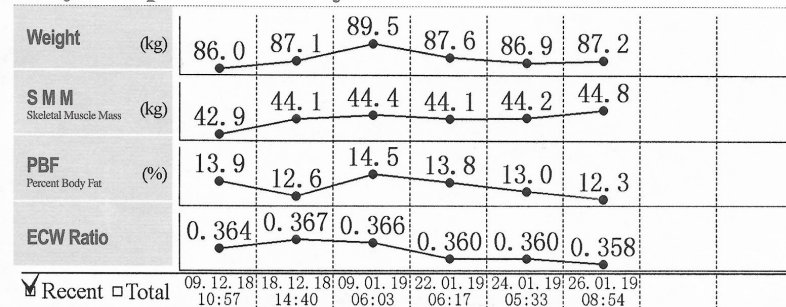
## Body Water Analysis



## Body Water Analysis

The ECW Ratio Analysis compares the ratio of ECW to TBW. Most healthy people will have an average ratio of around 0.380, with the acceptable range being between 0.360 – 0.390. Anything beyond 0.390 may indicate swelling or excess ECW.

### Body Composition History



### BODY COMPOSITION HISTORY

At the bottom of the Result Sheet is the Body Composition History, which automatically tracks some of the most important body composition metrics. This makes it really easy to identify trends over time

### InBody Score

100/100 Points

\* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

The InBody Score is a reflection of the overall evaluation of your body composition. The more muscle mass the body has the higher the score will be and can possibly score over 100 points. Note that very low-fat mass (below healthy ranges) can cause your score to drop.

An average person who is reasonably balanced will generally score between 70-79 points. Higher is considered to be highly active and fit, lower indicates a lack of muscle or may be extremely underweight/overweight.

## Weight Control

Target Weight	87.2 kg
Weight Control	0.0 kg
Fat Control	0.0 kg
Muscle Control	0.0 kg

### TARGET WEIGHT

Offers a suggestion on what your target weight should be.

### WEIGHT CONTROL

Suggests how many kilograms to increase or decrease by.

### FAT CONTROL -

Suggests how much fat to increase or decrease for optimal health.

### MUSCLE CONTROL -

Suggests how much muscle to increase for optimal health


## Body Balance Evaluation

Upper	<input checked="" type="checkbox"/> Balanced	<input type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced
Lower	<input checked="" type="checkbox"/> Balanced	<input type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced
Upper-Lower	<input type="checkbox"/> Balanced	<input checked="" type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced

### BODY BALANCE EVALUATION

Focuses on the balance between the upper limbs, the lower limbs and the upper and lower body parts. If there is an imbalance we recommend making changes to your exercise program to increase the muscle mass of the smaller limbs as shown in the Segmental Lean Analysis chart.

### Segmental Fat Analysis



Right Arm	( 0.1 kg )	25.2%
Left Arm	( 0.2 kg )	38.8%
Trunk	( 6.0 kg )	142.9%
Right Leg	( 1.5 kg )	89.9%
Left Leg	( 1.5 kg )	87.0%

### Segmental Circumference

Neck	40.4 cm
Chest	112.6 cm
Abdomen	86.8 cm
Hip	105.8 cm
Right Arm	36.9 cm
Left Arm	36.6 cm
Right Thigh	58.7 cm
Left Thigh	58.3 cm

## SEGMENTAL FAT ANALYSIS

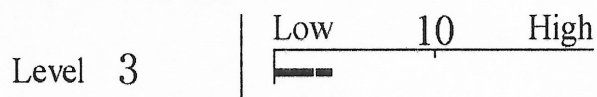
This shows us a comparison between the segmental fat analysis and the ideal fat mass in that particular section. Ideal fat mass is displayed as 100% or less.

In the above example, the person above has 6.0 kg of body fat in their trunk. For a person of their height and gender, that's 142.9%, or 42.9% more body fat than the average person with the same height and gender. Segmental Fat Analysis is an estimated value based on other body composition results.

SEGMENTAL CIRCUMFERENCE is the estimated outer circumference of each body part based on the body composition



## Visceral Fat Level



## Research Parameters

Intracellular Water	35.9 L	( 23.0 ~ 28.1 )
Extracellular Water	20.0 L	( 14.0 ~ 17.2 )
Skeletal Muscle Mass	44.8 kg	( 28.2 ~ 34.4 )
Basal Metabolic Rate	2022 kcal	
Bone Mineral Content	4.14 kg	( 2.82 ~ 3.44 )

## VISCERAL FAT LEVEL

This is an indicator based on the amount of fat surrounding internal organs in the abdomen. This is of particular importance, because if visceral fat is high then there is a greater possible risk of developing hypertension, diabetes and heart disease. Ideally it would be suggested to maintain a visceral fat level under 9 to stay in a healthy range

## RESEARCH PARAMETERS

Nutritional outputs and estimated parameters are provided.

**INTRACELLULAR WATER** is the water inside the cells. Note: Muscles are cells, high muscle mass = high cells = high ICW.

**EXTRACELLULAR WATER** is the water outside the cells. Note that ECW is usually high if ICW is high.

**SKELETAL MUSCLE** - total weight of Skeletal Muscle.

**BMR (BASAL METABOLIC RATE)** is the number of calories you need in order to maintain basic essential functions.

**BMC (BONE MINERAL CONTENT)** is used in clinical medicine as an indirect indicator of Osteoporosis. A high mineral content generally indicates a higher bone density.