

Interpretation Guide Vital Body Scan NZ Ltd

What you are made of?

Find out with -

Vital Body Scan NZ Ltd

Mobile Body Composition Analysis



RESULTS SHEET BREAKDOWN


SAMPLE RESULTS SHEET

This is the body composition results sheet that the Vital Body 270 prints out. Understand each output section in the following pages

Vital Body Scan

Body Composition Analysers

Vital Body Scan NZ LTD.



www.vitalbodyscan.co.nz
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ID	Height	Age	Gender	Test Date / Time
Jane Doe	5ft.01.8in.	51	Female	05.04.2015 09 : 46

[InBody270]

Body Fat-Lean Body Mass Control

Body Fat Mass - 22.0 lbs

Lean Body Mass + 8.4 lbs

(+) means to gain fat/lean (-) means to lose fat/lean

Lean Body Mass 81.6 lbs

Basal Metabolic Rate 1168 kcal

Results Interpretation

Body Composition Analysis

The body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water.

Muscle-Fat Analysis

Compare the bar lengths of Skeletal Muscle Mass and Body Fat Mass. The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is.

Obesity Analysis

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

Segmental Lean Analysis

Evaluates whether the amount of muscle is adequately distributed throughout the body. Compares muscle mass to the ideal.

Body Composition History

Track the history of the body compositional change. Take the InBody Test periodically to monitor your progress.

Body Fat-Lean Body Mass Control


Based on current body composition, the recommended change in Lean Body Mass and Body Fat Mass for a good balanced ratio. The '+' means to gain and the '-' means to lose.

Basal Metabolic Rate

Basal Metabolic Rate is the minimum number of calories needed to sustain life at a resting state. BMR is directly correlated with Lean Body Mass.

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Impedance

	RA	LA	TR	RL	LL
Z(Ω)20 kHz	345.0	358.5	23.4	286.6	296.0
100 kHz	322.0	335.5	21.2	273.2	282.6

Body Composition Analysis

Total amount of water in body	Total Body Water (lbs)	60.0
For building muscles and strengthening bones	Dry Lean Mass (lbs)	21.6
For storing excess energy	Body Fat Mass (lbs)	48.7
Sum of the above	Weight (lbs)	130.3

Muscle-Fat Analysis

Weight (lbs)	55 70 85 100 115 130 145 160 175 190 205 %	130.3
SMM (lbs) Skeletal Muscle Mass	70 80 90 100 110 120 130 140 150 160 170 %	42.6
Body Fat Mass (lbs)	40 60 80 100 120 140 160 180 200 220 240 260 280 300 320 340 360 380 400 420 440 460 480 500 520 %	48.7

Obesity Analysis

BMI (kg/m²) Body Mass Index	10.0 15.0 18.5 21.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0	24.0
PBF (%) Percent Body Fat	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0	37.5

Segmental Lean Analysis

Left Arm	Right Arm
3.99 lbs	4.17 lbs
90.2 %	94.1 %
Trunk	
36.9 lbs	
92.2 %	
Left Leg	Right Leg
10.16 lbs	10.36 lbs
72.8 %	74.3 %

Body Composition History

Weight (lbs)	143.9	139.9	137.6	136.2	137.3	134.3	133.4	130.3
SMM (lbs) Skeletal Muscle Mass	44.3	44.1	43.4	43.4	43.6	43.4	43.6	42.6
PBF (%) Percent Body Fat	41.3	40.7	39.2	39.0	39.4	38.6	37.8	37.5
<input checked="" type="checkbox"/> Recent <input type="checkbox"/> Total	10.10.14 09:15	10.30.14 09:40	11.02.14 09:35	12.15.14 11:01	01.12.15 08:33	02.10.15 15:50	03.15.15 08:35	05.04.15 09:46

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RESULTS SHEET BREAKDOWN

BODY COMPOSITION ANALYSIS

Body Composition Analysis		
Total amount of water in body	Total Body Water (lbs)	60.0
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Sum of the above	Weight (lbs)	130.3

The Vital Body 270 applies a quantitative value to the various components of the body's composition. These values represent the weight of each compositional component that comprises the examinee's total body weight.

1) Total Body Water

The Vital Body 270 measures Total Body Water by using multi-frequencies. The multi-frequencies allow Intracellular Water and Extracellular Water to be measured as accurately as possible. Intracellular water (ICW) indicates the amount of water within the cellular membrane. Extracellular water (ECW) indicates the total amount of water in the interstitial fluid and blood.

2) Dry Lean Mass

Dry Lean Mass is the total body mass minus the water and the fat mass. It is composed primarily of proteins and mineral. Protein is solid in body cells, comprised of polymers of organic compounds, including nitrogen, and is a major component of muscle. Protein is directly related to intracellular water. A lack of protein can be indicative of poor nutrition.

3) Body Fat Mass

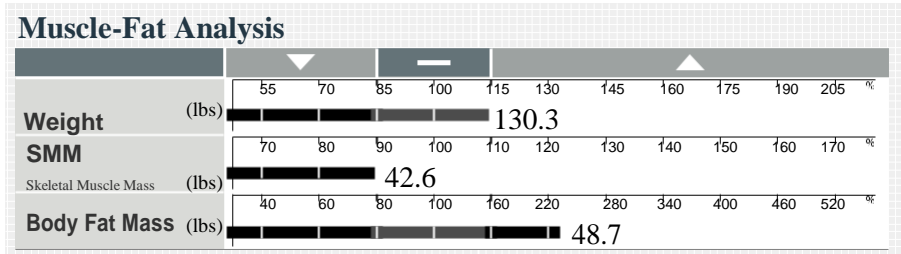
Body Fat Mass indicates the total quantity of lipids that can be extracted from fat and all other cells. BIA technology does not directly measure Body Fat Mass, but is determined as being the remaining poundage value after subtracting Lean Body Mass from the total body weight. Body Fat Mass is found stored under the skin, in visceral areas, and between muscles. When an examinee's fat mass is higher than the standard range, he/she is diagnosed as being obese. Monitoring the amount of body fat mass an individual has is critical to maintaining good health.

4) Weight

The Vital Body 270 technology provides the ability to separate body weight into Total Body Water, Dry Lean Mass, and Body Fat. Body weight is the total sum of these three components.

RESULTS SHEET BREAKDOWN

MUSCLE-FAT ANALYSIS



The Muscle-Fat Analysis uses bar graphs to provide a comparison between Weight, Skeletal Muscle Mass, and Body Fat Mass. The lengths of the bar graphs indicate the relationship between the current weight to the average value for that specific component, based on the examinee's height. Therefore, an individual with a score of 100% indicates the individual is at the average value, calculated based on the average weight based on their height for that particular segment.

1) Weight

The horizontal bar graph helps to visualize the examinee's current body weight in relation to the average weight. The numbers next to the bar graphs indicate the numerical values for that examinee's body weight. Standard weight indicates the average value in accordance with the examinee's height. The Vital Body 270 provides the standard weight range, based on the BMI (Body Mass Index) Standard Weight Index.

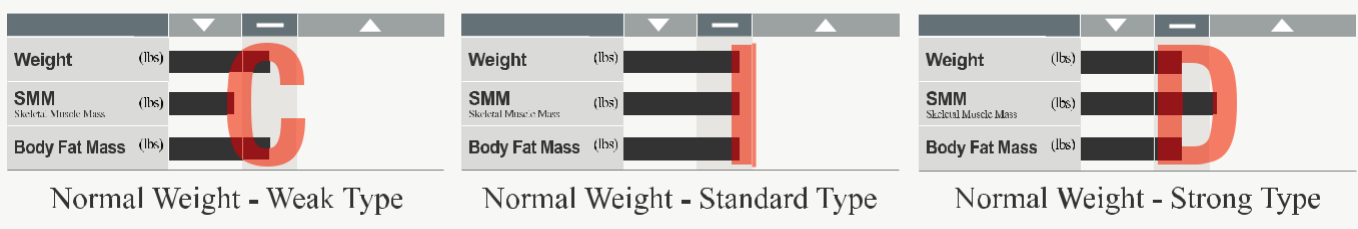
2) Skeletal Muscle Mass

In comparison to the average weight, 100% Skeletal Muscle Mass indicates the examinee being measured has reached the average weight in Skeletal Muscle Mass. The normal range of SMM is 90-110% of the standard SMM. Change in skeletal muscle, as the result of increased exercise and diet modifications, is the most effective indicator of health improvements.

3) Body Fat Mass

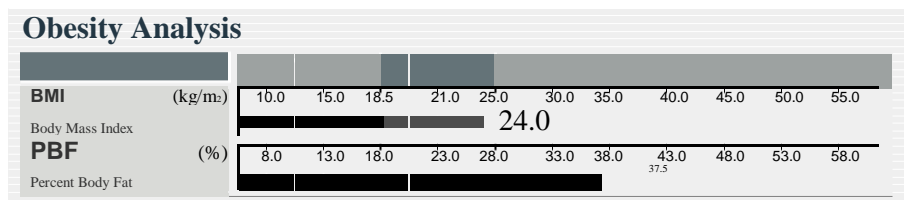
Body Fat Mass represents all of the fat cells an individual has in their body. 100% Body Fat Mass indicates the examinee being measured is at the average weight in Body Fat Mass, based on the examinee's height. The average range of Body Fat Mass is established by calculating an examinee's body fat mass and comparing it to the average total body weight and average Body Fat Mass.

Pay attention to the shape formed by the bars of Weight / Skeletal Muscle Mass / Body Fat Mass



RESULTS SHEET BREAKDOWN

OBESITY ANALYSIS



1) BMI

Body Mass Index (BMI) is an index used to determine obesity by using height and weight. The BMI method has been widely relied on in general medicine, dietary, and sports medicine fields as the main means of diagnosing obesity. However, this method is flawed in that it cannot be applied to adults with high levels of LBM, children, those over the age of 65, or pregnant females. Nevertheless, as BMI has been the most commonly used index, research using the BMI method to prevent adult diseases has been conducted frequently. This is why Vital Body 270 also provides BMI-based information.

$$\text{BMI} = \text{Weight} / \text{Height}^2 (\text{kg}/\text{m}^2)$$

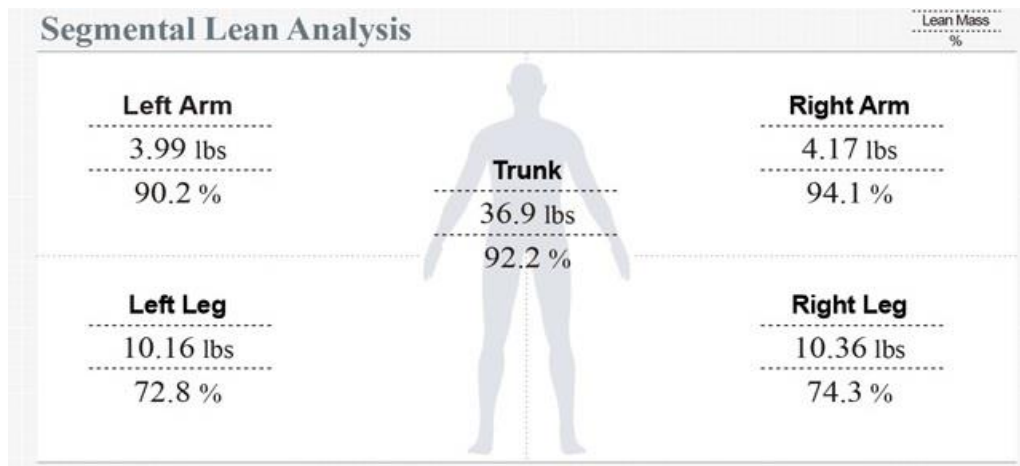
2) Percent Body Fat

The standard PBF is 15% for males and 23% for females, which are the respective midpoints of the standard ranges of Body Fat Mass in relation to standard weight: 10-20% of the standard weight for males and 18-28% for females. An individual with a calculated PBF that is greater than the standard range is regarded as having a high level of body fat. When an individual's PBF is below the standard range, they are regarded as having a low level of body fat. Individuals with low levels of body fat can be separated into two categories. The first has muscle mass that is deemed an appropriate amount for that individual's body composition. The second type has an inadequate amount of muscle mass in relation to their body composition. These individuals can be considered to be in an unhealthy state due to their imbalance of Body Fat Mass and LBM, and these individuals have a higher possibility of contracting clinical diseases.

$$\text{PBF} = \text{Fat}(\text{lb}) / \text{Weight}(\text{lb}) \times 100$$

RESULTS SHEET BREAKDOWN

SEGMENTAL LEAN ANALYSIS



There are two numbers for each body part in the Segmental Lean Analysis diagram. The display of the two numbers allow for a more effective and informed assessment of the current distribution of the lean mass the examinee has. The two numbers have different meanings, respectively.

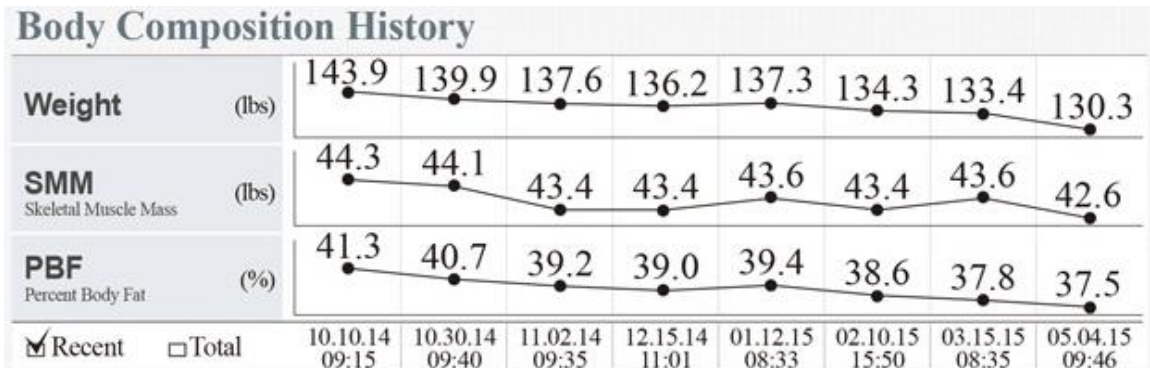
The poundage number right below the body part label indicates the lean mass weight of the examinee in the designated segment.

The percentage number below is to determine if the examinee is at the ideal lean mass in relation to his or her current weight. It is recommended to strive for 100%. The percentage will directly reflect changes in the examinee's weight, thereby allowing you to determine whether or not there is actual lean mass appropriate to his or her weight.

Segmental Lean Analysis provides examinees with the ability to observe their left/right lean balance, and lean body mass distribution, segmentally. This allows for close monitoring of the distribution of lean body mass to help determine if the distribution of lean mass is adequate or if changes need to be made.

RESULTS SHEET BREAKDOWN

BODY COMPOSITION HISTORY



After a Vital Body Test is taken on the Vital Body 270, the results will be saved onto the device only if an ID is entered at the beginning of the test. The saved test results allow for monitoring of weight, LBM, Body Fat Mass and Percentage of Body Fat. An individual measuring under the same ID will have their body composition results from the last 10 tests displayed on the bottom of the result sheet in a cumulative graph.

Below the cumulative graph, it also has a data table. The cumulative graph helps for a quick and easy understanding of changes in the examinee's body composition and current condition. The body composition history allows an individual beginning a variety of health treatment plans such as dietary-exercise modifications to monitor and track their progress. This allows for body composition changes to be monitored over time, taking into account where the individual started, the progress being made, changes in the overall body composition, and the ability to identify if modifications need to be made to the treatment plan based on the body composition history.

RESULTS SHEET BREAKDOWN

BODY FAT-LEAN BODY MASS CONTROL

Body Fat-Lean Body Mass Control

Body Fat Mass - 22.0 lbs

Lean Body Mass + 8.4 lbs

(+) means to gain fat/lean (-) means to lose fat/lean

Body Fat - LBM provides the examinee a gauge that allows them to optimize the Vital Body 270 Result for their dietary-exercise modification programs, allowing the examinee to make adjustments to the lean body mass-fat mass ratio rather than simply increasing or decreasing his/her weight. It explains to the examinee how to control his/her weight, especially by gaining or losing muscle or fat.

Here, '+' refers to the mass that must be increased, and '-' refers to the mass which should be decreased. These numbers, a unique index offered only by Vital Body, indicate how many pounds of Body Fat Mass should be lost / gained and how many pounds of LBM should be gained through exercise.

Many people give up in the middle of the process of treating their obesity because their weight has not changed. In many cases, the reason is that LBM has increased as much as the amount of Body Fat Mass lost. However, as their actual weight has not changed at all, the effectiveness of the weight management program may be difficult to ascertain without the use of Vital Body technology.

The Vital Body 270 makes it possible for the examinee to see how much Body Fat Mass has been lost and how much LBM has been gained during the weight management program. Therefore, the Vital Body 270 is a very useful device for identifying obesity, monitoring the weight management process, and facilitating the formation of a trust-based relationship between health professionals and their clients.

RESULTS SHEET BREAKDOWN

LBM, BMR, QR Code, IMPEDANCE

Lean Body Mass _____

81.6 lbs

Lean Body Mass refers to the entire body weight with the exception of Body Fat Mass. The Vital Body

270 provides both the fundamentals as well as the comprehensive data related to Lean Body Mass that can aid in the evaluation of the health status of the examinee. As reference, athletic body types will have a higher proportion of Lean Body Mass compared to normal body types. As such, it is important for all body types alike to monitor their Lean Body Mass.

Basal Metabolic Rate _____

1168 kcal

The Basal Metabolic Rate (BMR) indicates the minimum energy required to sustain vital functions while at rest. The Vital Body270 uses the Cunningham equation to determine the BMR using a known regression equation based on the amount of LBM an individual has. LBM is known to be closely related to BMR. BMR is usually calculated using indirect Calorimetry, which measures oxygen demand.

However, the Vital Body270 calculates BMR using Lean Body Mass. Therefore, should the examinee gain LBM during the weight management program, their BMR would also increase, which is a desirable result in any weight management program.

Results Interpretation QR Code _____

Scan the QR Code to see results interpretation in more detail.

Results Interpretation QR code allows an examinee to scan the code using a QR code reader app on his or her smart phone for more detail. It will take the examinee to a page that describes each section of the Results Sheet for future reference.

Impedance _____

	RA	LA	TR	RL	LL
(Ω)20	345.0	358.5	23.4	286.6	296.0
100	322.0	335.5	21.2	273.2	282.6

Impedance is the frequency-dependent opposition of a conductor to the flow of an alternating electric current. Impedance is composed of two main properties, resistance and reactance. Vital Body

provides segmental impedance values at varying frequencies to allow for accurate analysis of the human body. Since reactance is the interrupting force of alternating current flow, it increases in proportion to the integrity of cell membrane. Therefore, reactance and phase angle decrease when the number of cells is low or the cell membrane is more permeable or unhealthy.

