

Sab Theek REPORT

Hector Anklesaria

Height: 173 cms

Weight: 75 kgs



Age: 30 years, but your Body Age **45** years

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Body Fat %*

30%

know
more



Body Fat %*

10.9

know
more



Body Fat %*

20/80

know
more



Body Fat %*

60%

know
more

BMI 32

BMI = Weight (KG) / Height (M) / Height (M)

know
more

**45yrs**

Your body age

Body Age

Body age is calculated by using the weight and body fat percentage. It can be used to judge whether the body age is above or below the actual age. Body age varies according to body composition and metabolism, even if the height and weight is the optimal. This is an interesting data point for one to bring in a check on lifestyle, diet and physical activities. After all it is always desirable to stay forever young, both in our mind and body.



Body Fat

Body fat percentage is the amount of fat compared to the total body weight. It plays a vital role in storing energy and protecting internal organs. While too much body fat may be unhealthy, having too little fat can be just as bad. Also, the distribution of body fat in men and women is different.

There are some known and unknown effects of high and low body fat.

One generally faces problems like breathing difficulties, arthritis and heart disease with high body fat. While in case of low body fat our body is prone to serious heart problems, low energy levels, feeling cold, tired muscle, lusterless skin, brittle bones and frequent illness including heart ailments.

Body fat can be managed through low calorie meals with lean proteins like fish and egg. Fruits and leafy vegetables are good but grains like dal etc. are avoidable. Make water your number one drink. Eat fermented foods, avoid added sugars and artificial sweeteners.



30%

Your body fat

Body fat percentage		Classification
Male	Female	
25% or more	35% or more	Very High
20% or more and less than 25%	30% or more and less than 35%	High
10% or more and less than 20%	20% or more and less than 30%	Normal
Less than 10%	Less than 20%	Low



Visceral Fat

Visceral fat is found in the abdomen and surrounding vital organs. This fat is not visible to our naked eyes. Therefore, one of the techniques used to detect visceral fat is through Magnetic Resonance Imaging(MRI). Hence, this has little to do with your body weight, you can be a person of lean built but can have high level of Visceral fat.

Too much visceral fat may lead to high cholesterol, heart disease and type 2 diabetes raised blood pressure, stroke, breast, colorectal cancer and alzheimer's disease.

Keeping a watch on our diet and lifestyle along with a few Cardio exercises and reduced stress can help in managing visceral fat.

Visceral fat level	Classification
0.5 - 9.5	Normal
10.0 – 14.5	+ High
15.0 – 30.0	++ Very High

Source: <https://www.manualslib.com/manual/799747/Omron-Hbf-375.html?page=2#manual>

NOTE: Visceral fat levels are relative and not absolute values





Blood Pressure

Blood pressure usually is regarded as a lifestyle disease. It is also commonly known as Hypertension.

High blood pressure causes several adverse effects like stroke by damaging and weakening your brain's blood vessels, blood clots, dementia. Low blood pressure may sometimes lead to blurred vision, dizziness, palpitation and nausea.

It may be a good idea to get that little extra stress off your life and indulge in good diet along with physical activities.

Systolic Blood Pressure	Diastolic Blood Pressure	Classification
60	90	Low
80	120	Normal
90	140	Prehypertension
100	160	High: Stage 1 Hypertension
120+	180+	High: Stage 2 Hypertension

Source:

1. American Heart association <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>
2. American Heart association <https://www.heart.org/en/health-topics/high-blood-pressure/health-threats-from-high-blood-pressure>
3. Agency for Health Care Administration , Florida- <http://www.guidewellemergency.com/hypertensive-and-hypotensive-crisis-what-you-should-know>



Resting Metabolism(BMR)

Resting metabolism(BMR) is the minimal level of energy required by our body to function while we are resting or asleep. It differs for individuals depending on variables such as age, weight, body composition and energy burning. Interestingly, 60-70% of our daily energy used is for resting metabolism

60%

Your resting
metabolism
rate



BMI means Body Mass Index

It is a renowned method that considers our height and weight for measuring obesity. It is a very easy and user-friendly technique. Ideal BMI is 22.

BMI (By WHO)	Classification (By WHO)
Less than 18.5	Underweight
18.5 or more and less than 25	Normal
25 or more and less than 30	Overweight
30 or more	Obese

Source: <https://www.manualslib.com/manual/799747/Omron-Hbf-375.html?page=2#manual>

The above-mentioned indices refer to the values for obesity judgment proposed by the WHO, the World Health Organization.

When our BMI is high, it leads to several other risks like High blood pressure (hypertension), High LDL cholesterol ("bad" cholesterol), Low HDL cholesterol ("good" cholesterol), High triglycerides, High blood glucose (sugar), etc. However, there are ways to lessen these risks by doing some simple things like eating leafy vegetables, fruits, whole grains and fat-free or low-fat dairy products, including lean meats, poultry, fish, beans, eggs and nuts, limiting saturated and trans fats, sodium and added sugars, controlling portion sizes.



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