

BOD POD® Body Composition Tracking System Analysis

Healthy Lifestyles Wellness Center

7255 Central Parkway
Concord, CA USA 94520

SUBJECT INFORMATION

NAME	Adam Gibbons
AGE	28
GENDER	Male
HEIGHT	74.8 in
ID_1	3000
ID_2	4444
ETHNICITY	General Population
OPERATOR	S. Harris
TEST DATE	January 28, 2005
TEST NUMBER	880

TEST PROFILE

DENSITY MODEL	Siri
THORACIC GAS VOLUME MODEL	Measured

BODY COMPOSITION RESULTS

% FAT	15.2	%
% FAT FREE MASS	84.8	%
FAT MASS	34.846	lb
FAT-FREE MASS	194.483	lb
BODY MASS	229.329	lb
BODY VOLUME	90.000	L
BODY DENSITY	1.111	kg/L
THORACIC GAS VOLUME	4.500	L

OPERATOR COMMENTS

Recommend follow-up body comp analysis in 6 weeks.

ENERGY EXPENDITURE RESULTS

Est. Resting Metabolic Rate (RMR) kcal/day	*Est. Total Energy Expenditure (TEE) kcal/day	Daily Activity Level
1500	1900	Sedentary
	2300	Low Active
	2500	Active
	2900	Very Active
(See RMR Info Sheet for additional info)		*Est. TEE = Est. RMR x Daily Activity Level

Applies to adults ages 18 and older. Based on information from the Institute of Medicine (2002), Dietary Reference Intakes For Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, And Amino Acids, Part I, pp93-206. Washington, D.C., National Academy of Sciences.

Body Fat: A certain amount of fat is absolutely necessary for good health. Fat plays an important role in protecting internal organs, providing energy, and regulating hormones. The minimal amount of "essential fat" is approximately 3-5% for men, and 12-15% for women. If too much fat accumulates over time, health may be compromised (see table below).

Fat Free Mass: Fat free mass is everything except fat. It includes muscle, water, bone, and internal organs. Muscle is the "metabolic engine" of the body that burns calories (fat) and plays an important role in maintaining strength and energy. Healthy levels of fat-free mass contribute to physical fitness and may prevent conditions such as osteoporosis.

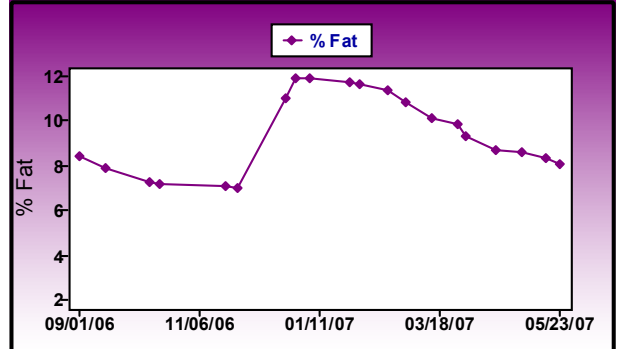
	BODY FAT RATING	MEN	WOMEN	EXPLANATION
<input type="checkbox"/>	Risky (high body fat)	>30%	>40%	Ask your health care professional about how to safely modify your body composition.
<input type="checkbox"/>	Excess Fat	21 – 30%	31 – 40%	Indicates an excess accumulation of fat over time.
<input checked="" type="checkbox"/>	Moderately Lean	13 – 20%	23 – 30%	Fat level is generally acceptable for good health.
<input type="checkbox"/>	Lean	9 – 12%	19 – 22%	Lower body fat levels than many people. This range is generally excellent for health and longevity.
<input type="checkbox"/>	Ultra Lean	5 – 8%	15 – 18%	Fat levels often found in elite athletes.
<input type="checkbox"/>	Risky (low body fat)	<5%	<15%	Ask your health care professional about how to safely modify your body composition.

Applies to adults ages 18 and older. Based on information from the American College of Sports Medicine, the American Council on Exercise, Exercise Physiology (4th Ed.) by McArdle, Katch, and Katch, and various scientific and epidemiological studies.

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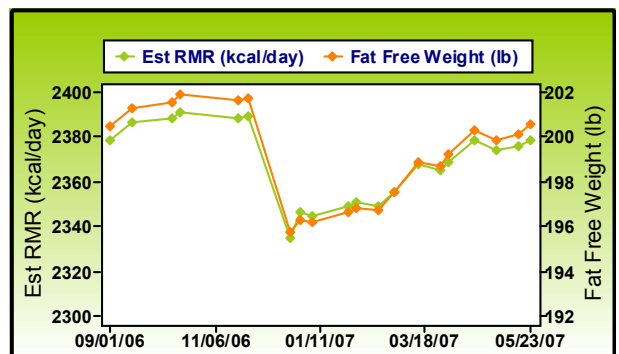
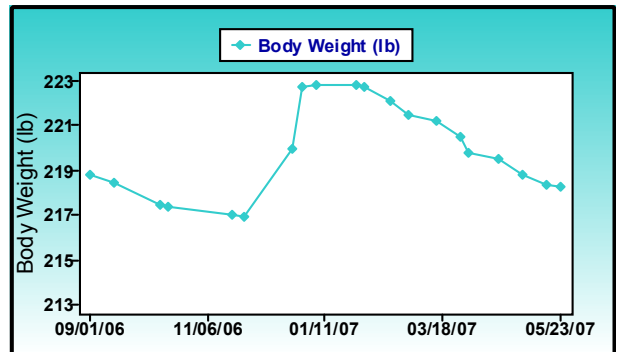
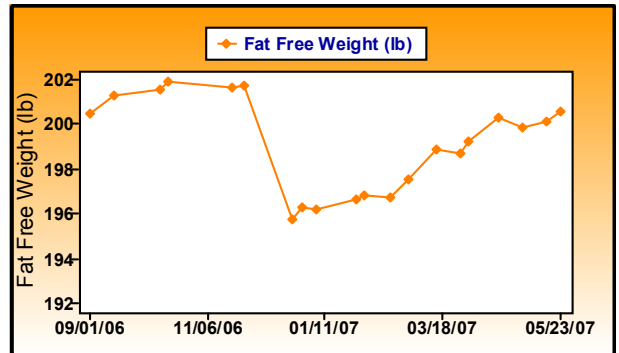
SUBJECT INFORMATION

NAME Adam Gibbons
AGE 28
DATE OF BIRTH September 30, 1978
GENDER Male
HEIGHT 74.8 in
ID_1 3000
ID_2 4444
ETHNICITY General Population
OPERATOR Robert
ANALYSIS DATE February 11, 2009



Date (mm/dd/yy)	% Fat (%)	Fat Free Weight (lb)	Body Weight (lb)	Est RMR (kcal/day)
09/01/06	8.4	200.447	218.793	2379
09/15/06	7.9	201.267	218.456	2387
10/10/06	7.3	201.561	217.431	2388
10/15/06	7.1	201.874	217.402	2391
11/20/06	7.1	201.601	217.010	2388
11/27/06	7.0	201.730	216.944	2389
12/23/06	11.0	195.723	219.986	2335
12/29/06	11.9	196.284	222.766	2346
01/06/07	11.9	196.218	222.837	2345
01/28/07	11.7	196.658	222.804	2349
02/02/07	11.6	196.829	222.713	2351
02/17/07	11.4	196.771	222.087	2349
02/27/07	10.8	197.503	221.457	2355
03/14/07	10.1	198.882	221.196	2368
03/28/07	9.9	198.663	220.471	2365
04/01/07	9.3	199.260	219.772	2369
04/18/07	8.7	200.318	219.481	2379
05/02/07	8.6	199.877	218.769	2374
05/15/07	8.3	200.149	218.322	2376
05/23/07	8.1	200.551	218.247	2379
Change	-0.3	0.104	-0.547	0

(See Body Composition and RMR Info Sheets for additional info)

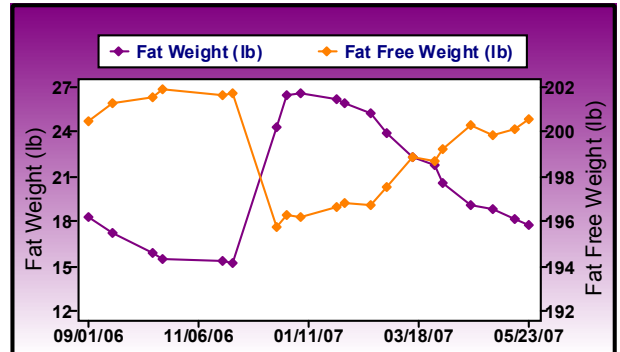


OPERATOR COMMENTS

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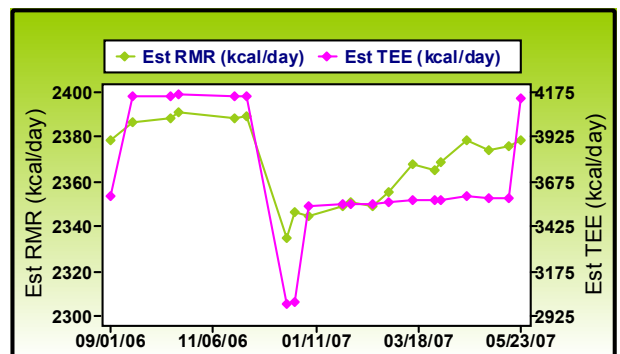
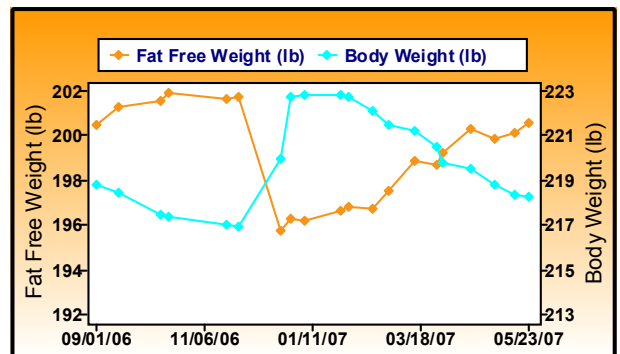
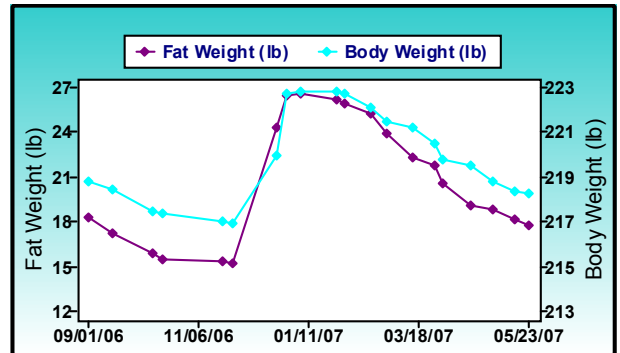
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Date (mm/dd/yy)	Fat Weight (lb)	Fat Free Weight (lb)	Body Weight (lb)	Est RMR (kcal/day)	Est TEE (kcal/day)
09/01/06	18.3	200.4	218.7	2379	3592
09/15/06	17.1	201.2	218.4	2387	4153
10/10/06	15.8	201.5	217.4	2388	4155
10/15/06	15.5	201.8	217.4	2391	4160
11/20/06	15.4	201.6	217.0	2388	4155
11/27/06	15.2	201.7	216.9	2389	4157
12/23/06	24.2	195.7	219.9	2335	2989
12/29/06	26.4	196.2	222.7	2346	3003
01/06/07	26.6	196.2	222.8	2345	3541
01/28/07	26.1	196.6	222.8	2349	3547
02/02/07	25.8	196.8	222.7	2351	3550
02/17/07	25.3	196.7	222.0	2349	3547
02/27/07	23.9	197.5	221.4	2355	3556
03/14/07	22.3	198.8	221.1	2368	3576
03/28/07	21.8	198.6	220.4	2365	3571
04/01/07	20.5	199.2	219.7	2369	3577
04/18/07	19.1	200.3	219.4	2379	3592
05/02/07	18.8	199.8	218.7	2374	3585
05/15/07	18.1	200.1	218.3	2376	3588
05/23/07	17.6	200.5	218.2	2379	4139
Change	-0.6	0.1	-0.5	0	547

(See Body Composition and RMR Info Sheets for additional info)



OPERATOR COMMENTS