

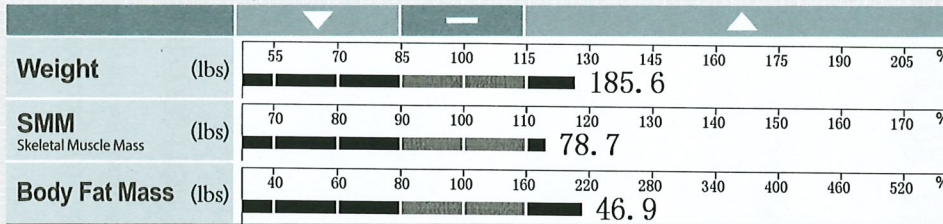
Sam 7/28/20

ID	Height	Age	Gender	Test Date / Time
15374	5ft. 08.5in.	56	Male	2020.07.01. 10:21

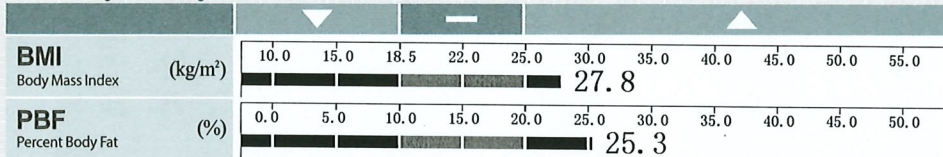
Body Composition Analysis

	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lbs)	63.7	101.6	138.7	185.6
Extracellular Water(lbs)	37.9			
Dry Lean Mass (lbs)	37.0			
Body Fat Mass (lbs)	46.9			

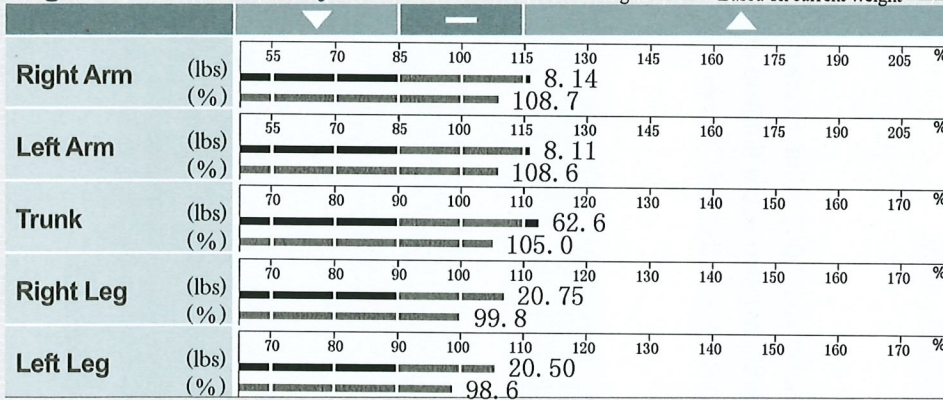
Muscle-Fat Analysis



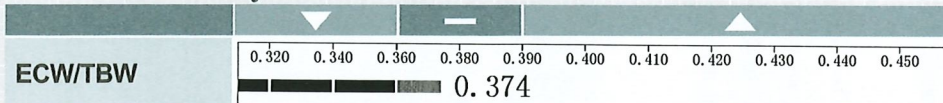
Obesity Analysis



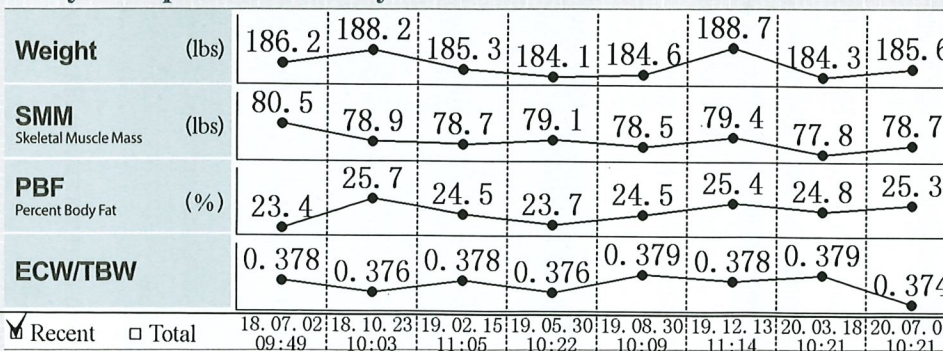
Segmental Lean Analysis



ECW/TBW Analysis



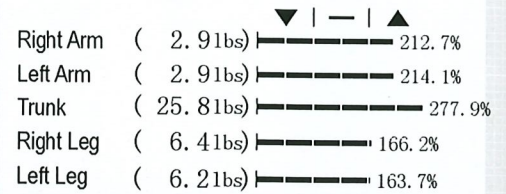
Body Composition History



Body Fat - Lean Body Mass Control

Body Fat Mass -22.5 lbs
Lean Body Mass 0.0 lbs
(+) means to gain fat/lean (-) means to lose fat/lean

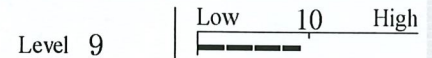
Segmental Fat Analysis



Basal Metabolic Rate

1729 kcal

Visceral Fat Level



Results Interpretation

Body Composition Analysis

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

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 muscles are adequately developed in the body. The top bar shows the comparison of muscle mass to ideal weight while the bottom bar shows that to the current weight.

ECW/TBW Analysis

ECW/TBW, the ratio of Extracellular Water to Total Body Water, is an important indicator of body water balance.

Visceral Fat Level

Visceral Fat Level is an indicator based on the estimated amount of fat surrounding internal organs in the abdomen. Maintain a Visceral Fat Level under 10 to stay healthy.

Results Interpretation QR Code

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



Impedance

	RA	LA	TR	RL	LL
Z(Ω) 5 kHz	294.0	295.8	23.7	260.8	264.2
50 kHz	258.1	258.2	20.7	223.7	227.7
500 kHz	218.8	220.8	16.5	191.4	196.0

LONGEVITY



MEDICAL CLINIC

Feel Younger · Live Better

9/28/20

PREPARING FOR YOUR INBODY TEST

Name: THOMAS GRATE

Please check if any of the following apply:

- ☐ Are you pregnant?
- ☐ Are you menstruating?
- ☐ Do you have medical implants such as a pacemaker and/or other life sustaining medical implants?
- ☐ Have you exercised within the last 6-12 hours?
- ☐ Have you consumed alcohol within the last 24 hours?
- ☐ Have you drank any caffeine today?
- ☐ Have you eaten within the last 3-4 hours?
- ☒ Did you hydrate well the day before?

To prepare:

Please use the restroom prior to your appointment to ensure LMC can obtain accurate measurements.