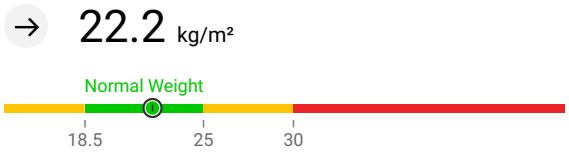
Name: **Customer, Test**
IDP: **000000000000000000** Gender, Age: **Male, 24**
Measurement date: **31 Oct 2024, 07:27**

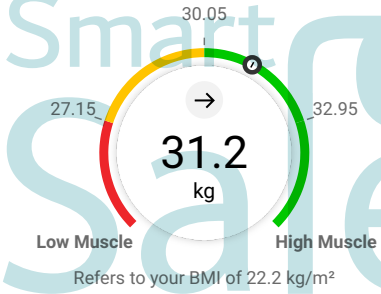
Body Mass Index - BMI



Weight: **72.7 kg**
Height: **181 cm**

A person's state of nutrition is initially assessed by measuring and weighing the subject. Body Mass Index (BMI) indicates the ratio between a person's weight and height. The more accurately weight and height are measured, the more accurate BMI will be. BMI does not allow any conclusions to be drawn about body composition or the distribution of muscle, fat and water in the body.

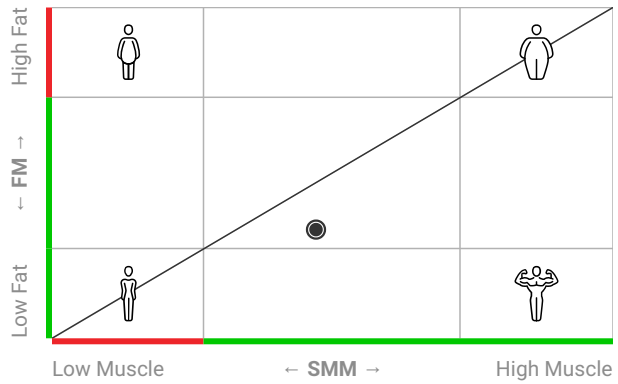
Skeletal Muscle Mass - SMM



Skeletal Muscle Mass Percentage:
42.9 %

The skeletal muscles are the muscles which are used actively to move the body. Skeletal Muscle Mass is the weight of all the skeletal muscles in the arms, legs and torso. This value allows a statement to be made about the ratio of fat to muscle. All the skeletal muscles of the person measured are compared to those of people of the same ethnicity, gender, age, and BMI. Measured values on the left-hand side mean an unfavorable ratio of fat to muscle. Measured values on the right-hand side mean a favorable ratio of fat to muscle.

Body Composition Chart - BCC



The Body Composition Chart combines fat mass and skeletal muscle mass in a coordinate system. A distinction is made here between the 4 types of body composition:
Bottom left: Slender, lean people
Bottom right: Muscular athletes and people who practice a lot of sport
Top right: Active people with obesity
Top left: Passive people with obesity, known as "sarcopenic obesity"
The sector in the exact center is the average range.

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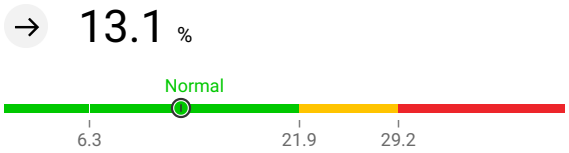
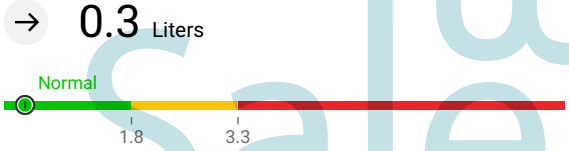
Fat Mass Percentage - FM %



Fat Mass: **9.55 kg**
Fat Mass Index (FMI): **2.9 kg/m²**

Percentage-based fat mass indicates the proportion of fat mass making up body weight.
To compensate for the inadequacy of BMI, fat mass needs to be considered in addition to muscle mass. The normal values of percentage-based fat mass are based on BMI, as fat mass, not weight, is the risk factor for diabetes or cardiovascular disease. Combining this with the figure for visceral adipose tissue thus allows a risk assessment to be performed, with values in the green area representing the lowest risk.

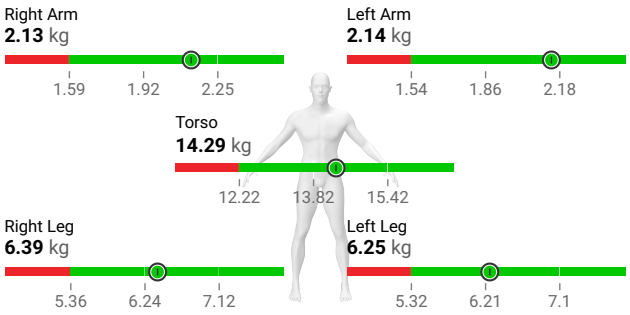
Visceral Adipose Tissue - VAT



Waist Circumference: **75 cm**

It is not just fat mass alone, but also the distribution of adipose tissue which plays an important role in assessing the risk of diabetes or cardiovascular disease. The visceral adipose tissue surrounding the abdominal organs, in particular, has a major influence on the body's resistance to insulin and thus on the development of diabetes. A high level of visceral adipose tissue is therefore a risk factor and should be as low as possible, i.e. in the green area.

Segmental Skeletal Muscle Mass



Total Skeletal Muscle Mass: **31.2 kg**

Segmental Skeletal Muscle Mass indicates muscle mass in the arms, legs and torso. These values allow symmetrical or poor muscle distribution to be identified, enabling personalized training programs, as well as individual targets, to be used in such cases.
The red area on the diagram shows a severe lack of muscle in the relevant part of the body.