

# BODY COMPOSITION ANALYSIS

# GAIA 359 PLUS

Name / ID [REDACTED]  
 Date **19.05.2009. 14:13:34**  
 Height **168.0** cm Age **23** yrs  
 Weight **49.7** kg Gender **Female**

## Body Type Tjelesni tip osobe

Thin fat	Over fat %	Obese	P.B.F.
Low weight	Standard	Over weight muscular	
Low fat Low weight	Low fat muscular	Athletic	
			B.M.I.

## Body Composition

(kg)

Weight /Under	Std.wt.		
<b>49.7</b> (55.8 - 68.3)	<b>62.1</b>		
L.B.M. /Under		Body Fat	
<b>41.0</b> (43.5 - 49.7)		<b>8.7</b>	
S.L.M. /Under		Mineral	Body Fat
<b>38.1</b> (40.0 - 45.9)		<b>2.9</b>	<b>8.7</b>
T.B.W. /Under	Protein /Optimal	Mineral /Under	Body Fat /Under
<b>29.5</b> (31.3 - 35.7)	<b>8.6</b> (8.6 - 9.9)	<b>2.9</b> (3.4 - 3.7)	<b>8.7</b> (12.4 - 18.6)

Std.wt. : Standard weight L.B.M. : Lean Body Mass S.L.M. : Soft Lean Mass T.B.W. : Total Body Water  
 Age Matched of Body is reference value. Mineral is conservative estimate.  
 Accuracy of abdominal analysis may be decreased in case of idiosyncrasy.  
 The assessment of Under, Optimal and Over is decided by standard weight on Body Composition table.

## Assessment of Weight Control

Item	Under ispod			Optimal			Over preko		
	70	80	90	100	110	120	130	140	150(†)
Weight težina (kg)	<b>49.7</b>								
B.M.I. indeks tjelesne mase <sup>1)</sup>	14.5	16.5	18.5	21.75	25.0	27.5	30.0	32.5	35.0 [kg/m <sup>2</sup> ]
P.B.F. -procenat masti (%)	10.0	15.0	20.0	25.0	30.0	35.0	40.0	45.0	50.0(†)
S.L.M. ukupna težina mišića (kg)	70	80	90	100	110	120	130	140	150(†)
	<b>38.1</b>								

B.M.I. : Body Mass Index P.B.F. : Percent Body Fat

## Energy Expenditure

Item	Under	Optimal	Over	A.M.B.
W.H.R.	0.70	0.85		21 yrs
B.M.R. Vaš bazalni metabolizam	<b>1248</b> kcal	T.E.E. Ukupna dnevna energetska potrošnja	<b>1922</b> kcal	Impedance otpor tijela(hidriranost) <b>582</b> Ω

W.H.R. : Waist to Hip Ratio B.M.R. : Basal Metabolic Rate T.E.E. : Total Energy Expenditure A.M.B. : Age Matched of Body

## [ Synthetic Analysis ]

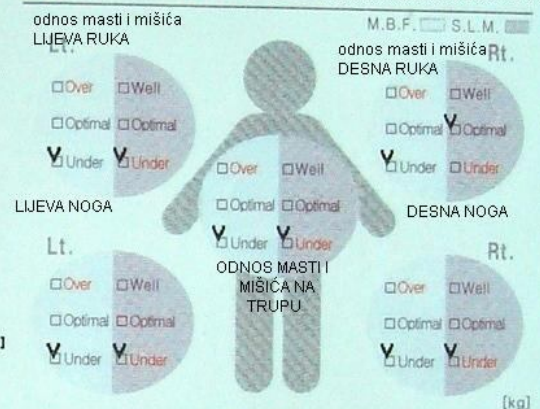
You belong to thin type on a basis of BMI and Percent Body Fat, in which you are lower than optimal range. Compared to standard body weight, you may feel fatigue easily due to less body weight, less body fat, and less muscle mass. So, please intake high quality protein and high nutritious foods, and try exercise steadily. Especially, anaerobic exercise is recommended.

Opis Vašeg tjelesnog stanja na osnovi indeksa tjelesne mase i procenta tjelesne masti te savjet o ishrani i daljnoj aktivnosti.

• Please consult the result with your doctor.

## Segmental Assessment

ODNOS MASTI I MIŠIČA (PO SEGMENTIMA)-RUKE, NOGE I TRUPU.



Item	Lt. Arm	Rt. Arm	Trunk	Lt. Leg	Rt. Leg
M.B.F.	<b>0.53</b>	<b>0.51</b>	<b>4.50</b>	<b>1.58</b>	<b>1.57</b>
S.L.M.	<b>2.55</b>	<b>2.60</b>	<b>19.35</b>	<b>6.74</b>	<b>6.86</b>

M.B.F. : Mass of Body Fat Lt. : Left Rt. : Right  
 Segmental Assessment is reference value. ODNOS MASTI I MIŠIČA-IZRAŽENO BROJČANO PO SEGMENTIMA

## Blood Pressure

Systolic mmHg	Diastolic mmHg
Pulse bpm	P.R.P.

P.R.P. : Pressure Rate Product

## [ Target to Control ]

ITEM	Under	Optimal	Over	Control
	1st	2nd	1st	
Body Fat	12.4	15.5	18.6	8.7 (- 3.2)
S.L.M.	40.0	43.0	45.9	38.1 (- 1.9)
WEIGHT	62.1(STD)			49.7 (- 12.4)

※Target to control value recommend in which(+) value is reduction and (-) value is increment by difference between present and standard weight. Although soft lean mass is over than normal range, need not to reduce. The above graduation of graph is optimal value based on the standard weight.

[Practical Body Composition] weight: **49.7(kg)**

■ T.B.W. : ■ Protein: □ Mineral: ■ Body fat:  
 29.5 8.6 2.9 8.7  
 (25.0 - 28.6) (6.9 - 7.9) (2.7 - 2.9) (9.9 - 14.9)