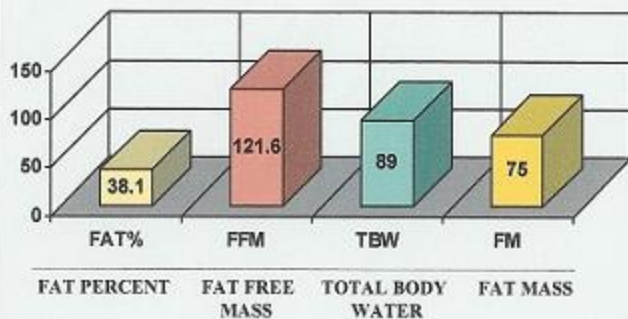


BAR CHART



ANALYSIS

YOUR AGE

36

FAT PERCENTAGE

38.1%

ANALYSIS FOR YOUR
AGE/GENDER

DESIRABLE RANGE

21 %

TO

32.9 %

DATE	TIME
8/20/2007	16:03
ID:	52
NAME	[REDACTED]
SEX	F
HEIGHT	70
WEIGHT	196.6
IMPEDANCE	450
BMI	28.2
BMR	1672
FAT FREE MASS	121.6
FAT MASS	75
TOTAL WATER	89
FAT %	38.1%

IMPEDANCE The impedance is the opposition to the flow of electrical current through the body; composed of two vectors: resistance and reactance.

TOTAL BODY WATER This measurement is of the intracellular and extracellular fluid compartments of the body.

LEAN BODY MASS Your lean body mass (LBM) is the fat-free mass plus essential lipids.

FAT-FREE MASS All residual, lipid-free chemicals and tissues including water, muscle, bone, connective tissue, and internal organs.

FAT MASS All extractable lipids from adipose or other tissues in the body.

BODY FAT PERCENTAGE The fat mass expressed as a percentage of total body mass.

BIA Bioelectrical Impedance Analysis (BIA): A body composition method used to estimate the total body water or fat-free mass by measuring the conductance of low-level electrical current through the body.

BMR BMR or Basal Metabolic Rate is the rate your body burns energy (in calories) during a normal resting state. The "BMR" is based on your lean weight... the greater your lean weight, the more calories you burn.

BMI BMI or Body Mass Index is a crude index of obesity; the ratio of body weight-to-height squared.