

# InBody 270 Results Interpretation

## Personal Information

The examinee's ID can be inputted with the keypad. The ID can be up to 14 alpha-numeric characters.

## Body Composition Analysis

Body weight is the sum of Total Body Water, Protein, Minerals, and Body Fat Mass. Maintain a balanced body composition to stay healthy.

## Muscle-Fat Analysis

Compare the bar lengths of Skeletal Muscle Mass and Body Fat Mass. The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is. Skeletal Muscle Mass is the amount of muscle attached to the bones. Body Fat Mass is the sum of subcutaneous fat, visceral fat, and fat surrounding muscles. Subcutaneous fat is found beneath the skin, while visceral fat is found surrounding internal organs in the abdomen.

## Obesity Analysis

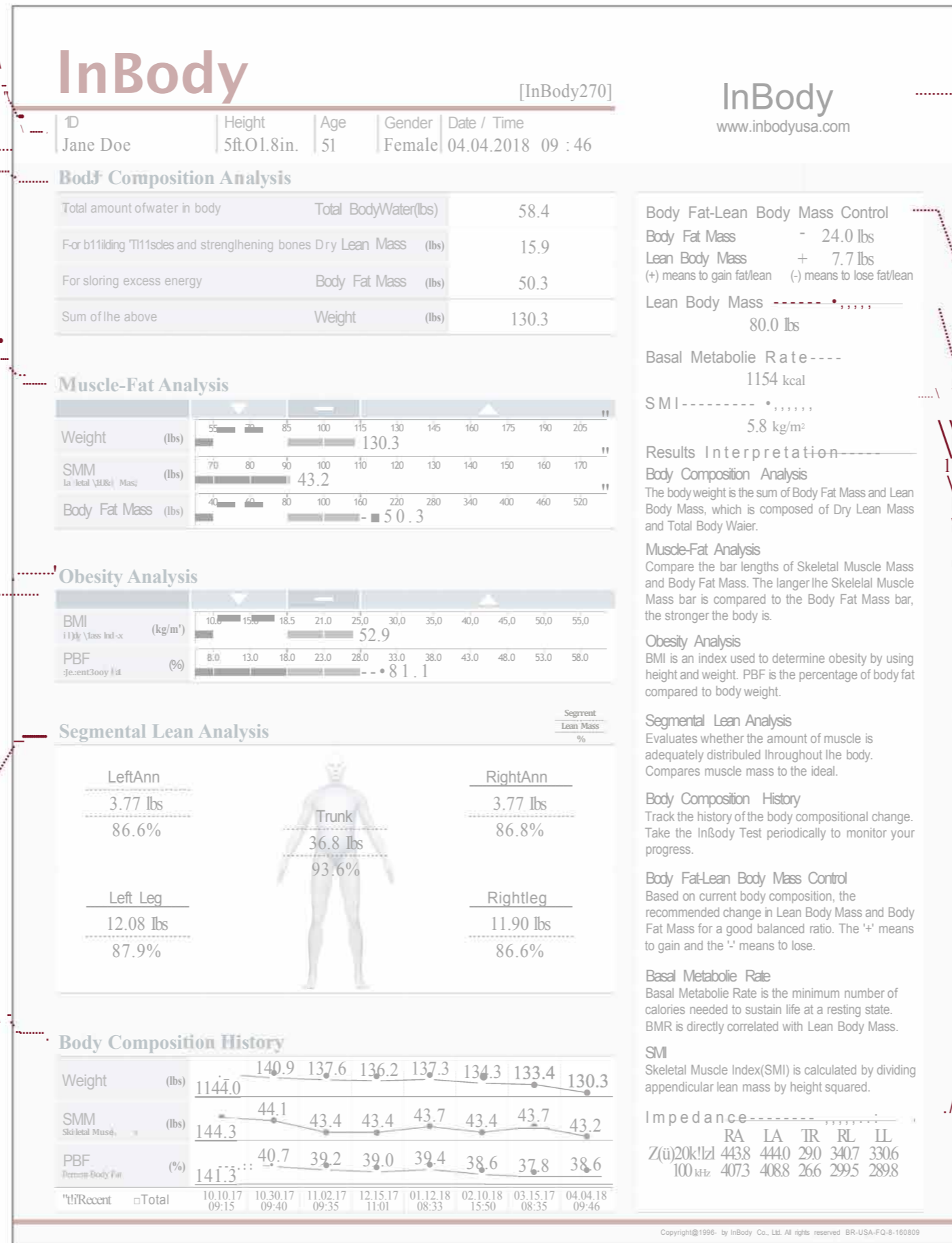
Body Mass Index (BMI) is an index used to determine obesity by using height and weight.  $BMI = \frac{Weight}{Height^2} (kg/m^2)$   
Percent Body Fat (PBF) is the percentage of body fat compared to body weight. The normal PBF range for males is 10-20% and 18-28% for females. Ideal PBF for males is 15% and 23% for females.

## Segmental Lean Analysis

Evaluates whether the amount of muscles is adequately distributed in all parts of the body. Compares muscle mass to the current weight.

## Body Composition History

Track the history of body compositional changes. Take the InBody Test periodically to monitor your progress. Continuously measuring under the same ID allows the InBody to save each test for future comparison. The Body Composition History allows an individual to track the changes in body composition over his/her most recent eight results (if selecting 'Recent') or a cumulative graph that shows the progress from the first test results to the most recent results (if selecting 'Total').



## Custom Logo

You can enter the name, address, or telephone number through the Administrator Menu by selecting "Results Sheet Custom Logo" under Setup.

The InBody Results Sheet can be customized through the Administrator Menu by selecting "Outputs / Interpretations for Results Sheet" under Setup

## Body Fat-Lean Body Mass Control

Body Fat-Lean Body Mass Control refers to the recommended changes in body fat and muscle to obtain the ideal Percent Body Fat. The '+' means to gain and '-' means to lose.

## Lean Body Mass

Lean Body Mass refers to the sum of the weight of bones, muscles, organs, etc., which when taken together, is the sum of the nonfat components of the body. Lean Body Mass can be used by physicians to determine nutritional status and assign medication doses, while also playing a significant role in various assessments.

## Basal Metabolic Rate

Basal Metabolic Rate (BMR) is the minimum number of calories needed to sustain life at a resting state. BMR is directly correlated with Lean Body Mass.

## SMI

Skeletal Muscle Index (SMI) is calculated by dividing appendicular lean mass by height squared.

## Impedance

Impedance is the resistance value measured when electrical currents are applied throughout the body. Based on the measured data, key body composition outputs can be analyzed. Impedance is also used for many research purposes.