InBody770 Results Interpretation

InBody Co.,Ltd. **TEL** +82-2-501-3939 **FAX** +82-2-578-2716 **Website** www.inbody.com

Personal Information/Logo

Personal Information: The examinee's ID can be inputted with the keypad. The ID can be up to 14 alpha-numeric characters.
Logo: You can enter the name, address, or telephone number under '14. Results Sheet Custom Logo' in Settings of the Administrator Menu.

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 = Weight/Height^2(kg/m^2).
Percent Body Fat (PBF) is the percentage of body fat compared to body weight.

Segmental Lean Analysis

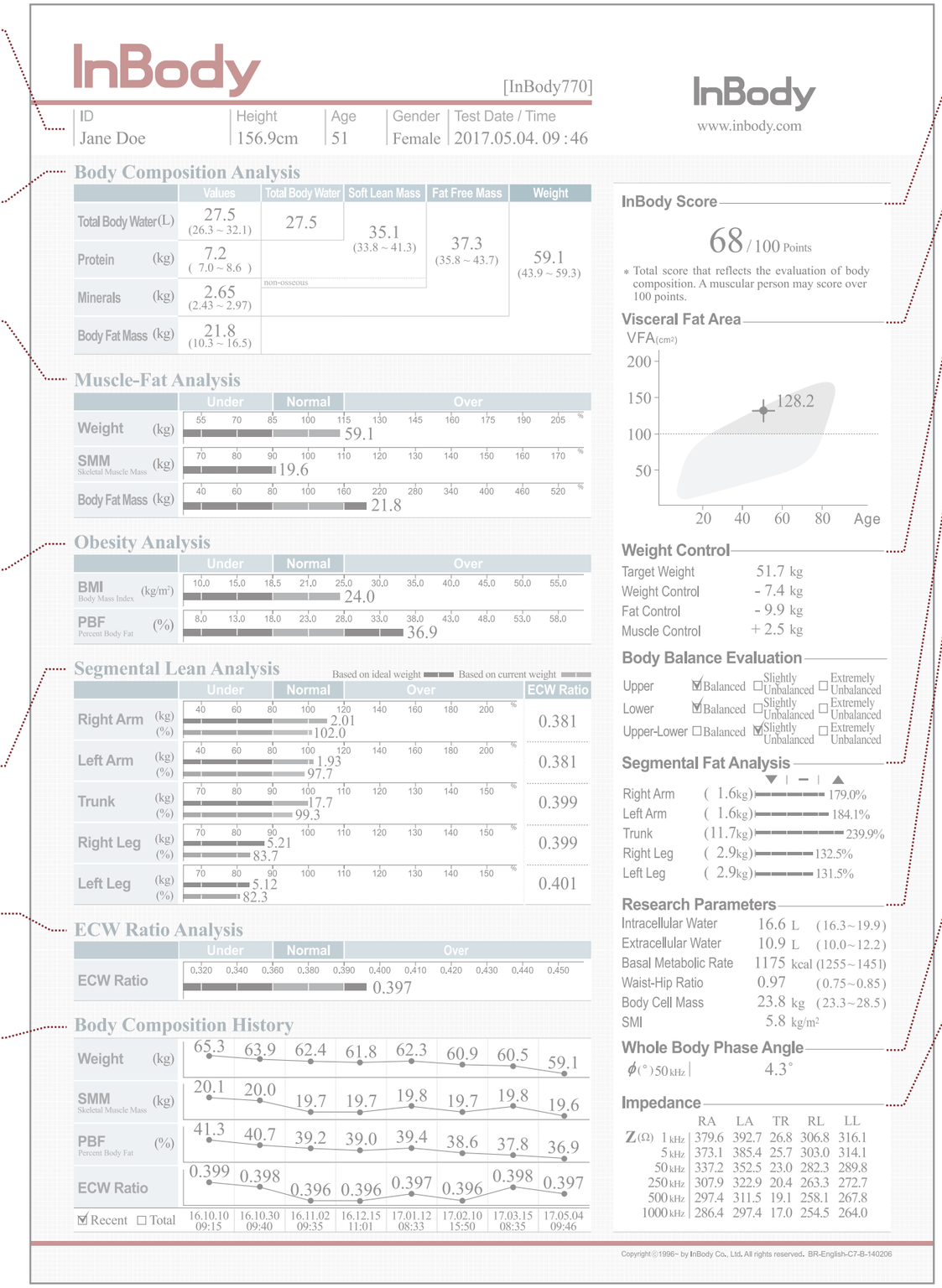
Evaluates whether the muscles are adequately developed in the body. The top bar shows the comparison of muscle mass to ideal weight while the bottom bar shows that to the current weight.

ECW Ratio Analysis

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

Body Composition History

Track the history of the body compositional change. Take the InBody Test periodically to monitor your progress.



InBody Score

This score shows the evaluation of your body composition, which includes muscle, fat, and water in the body.

Visceral Fat Area

Visceral Fat Area is the estimated area of fat surrounding internal organs in the abdomen. Maintain a Visceral Fat Area under 100cm^2 to stay healthy.

Weight Control

See how your body measures up to the recommended Weight, Muscle Mass, and Body Fat Mass for a good balance. The '+' means to gain and the '-' means to lose.

Segmental Fat Analysis

Evaluates whether the amount of fat is adequately distributed throughout the body. Each bar shows fat mass in comparison to the ideal.

Research Parameters

Intracellular Water is the total amount of water within the body cells.

Extracellular Water is the total amount of water outside of the body cells.

Basal Metabolic Rate is the minimum number of calories needed to sustain life at a resting state. BMR is directly correlated to Fat Free Mass.

Waist-Hip Ratio (WHR) is the ratio of waist circumference to hip circumference.

Body Cell Mass is the total mass of all cellular elements in the body, which constitutes all metabolically active tissues of the body.

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

Whole Body Phase Angle

Whole Body Phase Angle is the resistance value measured in the cellular membrane when electrical currents are applied throughout the body.

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.

* The InBody Results Sheet can be customized by selecting Results Interpretation under '13. Result Sheet Outputs/Interpretations Options' in Setup of the Administrator Menu.