



BIA (Bio Electrical Impedance) involves running a light electrical current through your body. Fat-free mass contains mostly water, while fat contains very little water. Thus, fat-free mass will have less resistance to an electrical current. By determining the resistance of a current running through your body, theoretically we could get an estimate of how much fat-free and fat mass you have.

BODY COMPOSITION ANALYSIS

Weight: individual's current total weight

Muscle: how much of the total weight is muscle

Fat: how much of the total weight is fat

TBW (Total Body Water): how much of the total weight is water

FFM (Fat Free Mass): mass of everything the body contains except fat.

OBESITY ANALYSIS

BMI (Body Mass Index) is a screening tool used to measure weight relative to height. BMI is used to determine if the individual is of ideal weight.

BMI Score Chart

<18.5	=	Underweight
18.5-24.9	=	Normal Weight
25-29.9	=	Overweight
>30	=	Obese

PBF (Percent Body Fat): The percentage of total body weight that equates to fat. This number includes essential body fat and storage body fat. Essential body fat is necessary to maintain life and reproductive functions. The percentage of essential body fat for women is greater than that for men, due to the demands of childbearing and other hormonal functions. Storage body fat consists of fat accumulation in adipose tissue, part of which protects internal organs in the chest and abdomen.

WHR (Waist-to-Hip Ratio): The ratio of the circumference of the waist to that of the hips. The value gives us a snapshot of a person risk of cardiovascular disease. The higher the value; the higher the risk.

Visceral Fat: Visceral fat is internal fat. It is found in the abdominal cavity and surrounds our organs. Visceral fat is biologically active. Many in the medical community actually refer to it as its own separate endocrine organ/system. It releases harmful hormones and substances that have adverse effects on our health. It therefore goes without saying that the more we have; the unhealthier we become. Risks of excess visceral fat include cardiovascular disease, negative blood lipid profiles, insulin resistance, cancer, dementia, etc. Visceral fat responds well to diet, exercise, and stress reduction.

BMR (Basal Metabolic Rate) is the energy you expend in the form of calories burned, keeping your body functioning while at a restful state. It is the bare minimum calories needed to keep your body functioning. It does NOT include daily activity or exercise.

Factors that influence BMR: Body composition, age, weight, height, gender, endocrine system (hormones), and genetics.

InBody UNDERSTANDING *your* RESULTS

SEGMENTAL LEAN/ SEGMENTAL FAT

Breakdown of body composition for each extremity.

MUSCLE-FAT CONTROL

Offers suggestions to maintain a balanced body composition for the individual.

FITNESS SCORE

< 70 = weak or overweight type that may need to increase exercise and/or implement diet control

70~90 = Normal, Healthy Type

> 90 = Robust type with well-developed muscle

IMPEDANCE

Impedance is the vector sum of resistance and reactance, in other words the body's resistance to the current being sent through the body. It simply acts as a checks-and-balance for the functioning of the machine. It does not effect the users' results.



CONDITIONS TO INCREASE TEST ACCURACY

- Wait 4 hours from last meal to test. Test should be taken on empty stomach.
- Measure after urination & excretion
- Remove heavy clothes or accessories
- Refrain from taking a shower for 2 hours prior to test
- Refrain from exercise 8 hours prior to taking test
- Avoid caffeine or alcohol 12 hours prior to test
- Measure after standing up for at least 5 minutes
- Do not measure while taking a diuretic
- Women should refrain from taking test during their menstrual cycle
- Keep room temperature at 68-77 degree Fahrenheit.
- Remove jewelry from hands/wrist and feet/ankles.
- Be sure to hydrate properly. Make a concerted effort to increase fluid intake 24 hours in advance.
- Make sure to retest during the same time each time.

CONTRAINDICATIONS FOR BIOELECTRICAL IMPEDANCE

- Pregnancy
 - Persons with implanted cardio-verter-defibrillator (ICD) or Pacemakers
 - Persons with high fever
-

InBody UNDERSTANDING *your* RESULTS

VISCERAL FAT: WHY DO WE CARE?

VISCERAL FAT VS. SUBCUTANEOUS FAT.

Subcutaneous fat is “sub” (*below*);

“cutaneous” (*skin*): Fat below the skin.

This is the fat that is accessible to grasp. Although unsightly and contributes to overall obesity; subcutaneous fat is relatively benign. Visceral fat however is a completely different story. Visceral fat is internal fat. It is found in the abdominal cavity and surrounds our organs. Visceral fat is biologically active. Many in the medical community actually refer to it as its own separate endocrine organ/system. It spews harmful hormones and substances that have adverse effects on our health. It therefore goes without saying that the more we have; the unhealthier we become. Risks include cardiovascular disease, negative blood lipid profiles, insulin resistance, cancer, dementia, etc.

WHAT FACTORS CONTRIBUTE TO AN INCREASE IN VISCERAL FAT ACCUMULATION?

- Diet & exercise.
- Stress! The dreaded stress hormone, cortisol, causes the body to store fat as visceral fat.
- Menopause-decrease in estrogen contributes to abdominal fat distribution.
- Heredity.

Visceral fat is actually very responsive to lifestyle changes, such as diet, exercise, and stress reduction.

Questions?

ASK YOUR TRAINER *or*
CONTACT MARIA CRENNAN

mcrennan@hachealthclub.com

(302) 239-6688 x 121

