STEVE GRANT HEALTH

HEALTH - NUTRITION - FUNCTIONAL MEDICINE

Your

BODY COMPOSITION RESULTS

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Results

Example Report

STEVE GRANT HEALTH
HEALTH · NUTRITION · FUNCTIONAL MEDICINE

Patient data

ID:

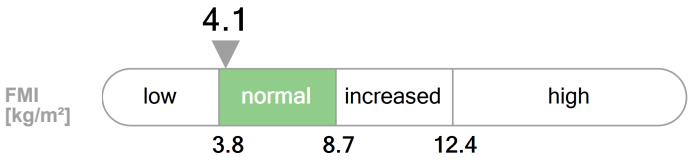
Name:

Female

Fat Mass

Fat Mass (FM):
12.49 kg (19.5 %)*

Fat Mass Index (FMI):
4.1 kg/m²

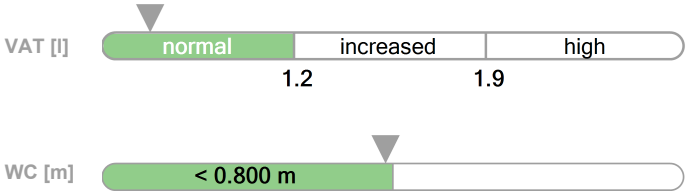


The Fat Mass (FM) is the total amount of fat in the body. In addition to storage or depot fat, it also includes structural fat. The depot fat stores energy and heat for the body. The structural fat is vital for life and plays a role in various locations in the body. For example, it helps in the development of somatic cells and protects the organs. But the risk of diabetes and cardiovascular disease increases when there is a sustained increase in the FM. The individual FM is interpreted in the graphical representation with the help of the BMI. Unlike the classic BMI graph, the FM is used instead of the weight.

Visceral Adipose Tissue & Waist Circumference

Visceral Adipose Tissue (VAT):
0.3 l

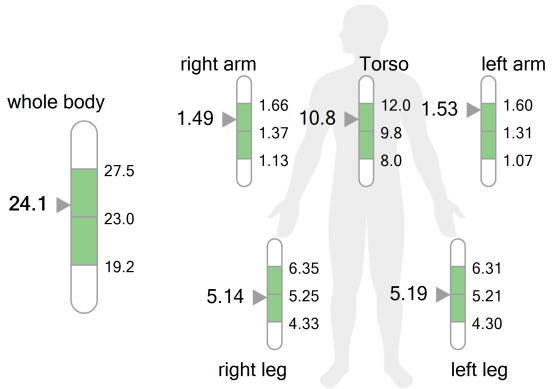
Waist Circumference (WC):
0.78 m



Waist Circumference (WC) allows conclusions to be drawn about the amount of body fat in the abdominal cavity. This abdominal fat, also known as Visceral Adipose Tissue, is a risk factor for vascular disease (arteriosclerosis) and diabetes mellitus type 2, both of which can result in heart attacks and strokes. Women with a Waist Circumference of 80 cm or more and men with a Waist Circumference of 94 cm or more have an increased risk. Women with a Waist Circumference of 88 cm or more and men with a Waist Circumference of 102 cm or more have a greatly increased risk.

Skeletal Muscle Mass

Skeletal Muscle Mass (SMM):
24.11 kg



Skeletal Muscle Mass (SMM) comprises the mass of all the muscles which move the body and are responsible for posture. Skeletal Muscle Mass is also involved in thermogenesis (heat production). Skeletal muscles account for a significant proportion of the body's energy expenditure. If skeletal muscle mass is increased, this also increases Resting Energy Expenditure. Normal muscle mass can help avoid problems with the locomotor system.Skeletal Muscle Mass can also affect the immune system, the metabolism and the development of diabetes mellitus by means of messenger substances.

* percentage of body weight

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Patient data

ID:

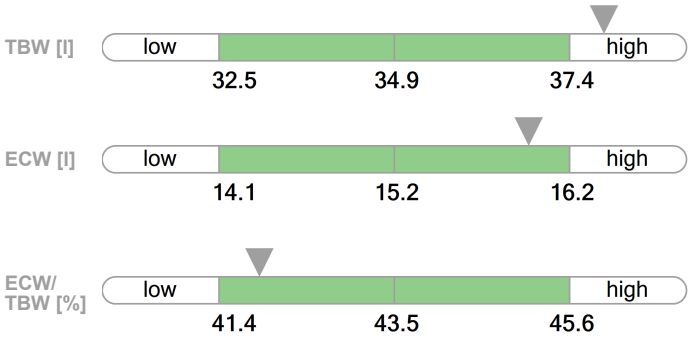
Name: Female

Water

Total Body Water (TBW):
38.1 l (59.1 %)*

Extracellular Water (ECW):
16.0 l (24.8 %)*

ECW/TBW:
41.9 %

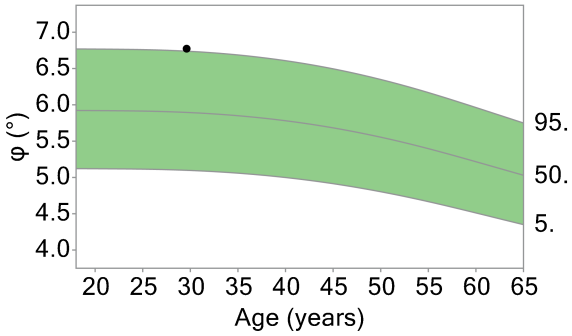


Total Body Water (TBW) constitutes around 60 % of a healthy adult's body. The proportion of body water decreases from birth to old age. In a healthy person, two-thirds of Total Body Water is found within the somatic cells (technical term: Intracellular Water (ICW)), while a third of Total Body Water is found outside the cells (technical term: Extracellular Water (ECW)).The distribution of Total Body Water in percent is indicated by the ratio of ECW to TBW.

Phase Angle

Phase Angle (φ):
6.8°

Percentile:
95.



The Phase Angle (φ) is a measure of the quantity and quality of the somatic cells. φ allows conclusions to be drawn about a person's nutritional condition and state of health. A high Phase Angle indicates a person is in good physical condition. Generally speaking, the Phase Angle decreases from birth to old age. Women have a lower Phase Angle than men.

Energy

Total Energy Expenditure:
2301 kcal/day

Recommended Energy Intake:

Physical Activity Level:
1.6

Duration:

Resting Energy Expenditure:
1438 kcal/day

Therapy Goal:

Resting Energy Expenditure (REE) is the amount of energy a body needs to maintain normal vital functions such as respiration, digestion and the cardiovascular system, etc. REE depends on a person's age, height, weight and gender and accounts for around 60-70% of Total Energy Expenditure. Total Energy Expenditure (TEE) is the amount of energy a person requires every day, taking into account physical activity, in addition to Resting Energy Expenditure (REE). This level of activity varies widely from person to person. TEE can be boosted by increasing physical activity.

* percentage of body weight

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Results

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Patient data

ID:

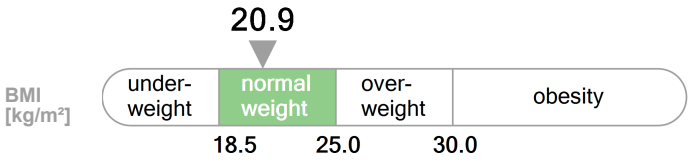
Name: Female

BMI

Weight:
64.10 kg

BMI:
20.93 kg/m²

Height:
1.750 m

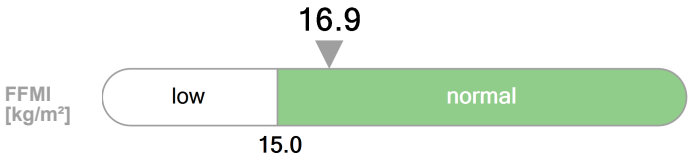


A person's state of nutrition is initially assessed by measuring and weighing the subject. The ratio between weight and height is indicated by the **Body Mass Index (BMI)**. The more accurately weight and height are measured, the more accurate the BMI will be. According to the World Health Organization (WHO) an adult is considered to be overweight from a BMI of 25 kg/m², and obese from 30 kg/m². A person with a BMI of below *18.5 kg/m²* is considered to be underweight. The BMI does not allow any conclusions to be drawn about body composition or the proportions of body weight accounted for by muscle, fat and water.
Athletes, in particular, are often categorized as overweight due to high muscle mass, which increases their weight.

Fat-Free Mass

Fat-Free Mass (FFM):
51.61 kg (80.5 %)*

Fat-Free Mass Index (FFMI):
16.9 kg/m²



The Fat-Free Mass (FFM) is produced from the difference between the weight and the fat mass. Water accounts for the largest proportion of FFM at 73.2% on average. Muscles, bones, organs, cartilage, tendons and ligaments are also part of FFM. FFM can be increased by developing muscle mass. The Fat-Free Mass Index (FFMI) shows the relationship between FFM and height. An FFMI less than 15 for women and less than 17 for men is considered a criterion for malnutrition.

* percentage of body weight

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Example Comparison Report

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Patient data

ID:

Name: Female

Measurements

	Unit	06/05/2024	25/10/2022	24/01/2022	13/02/2021	15/01/2021
Fat Mass	kg (%)*	18.44 (26.15)	16.01 (23.78)	19.32 (28.24)	15.53 (23.49)	17.18 (25.68)
Fat Mass Index	kg/m²	6.61	5.74	6.93	5.57	6.16
Fat-Free Mass	kg (%)*	52.06 (73.85)	51.29 (76.22)	49.08 (71.76)	50.57 (76.51)	49.72 (74.32)
Fat-Free Mass Index	kg/m²	18.67	18.39	17.60	18.13	17.83
Skeletal Muscle Mass	kg	25.52	25.03	23.69	24.21	23.58
right arm	kg	1.48	1.39	1.38	1.42	1.31
left arm	kg	1.45	1.37	1.35	1.40	1.29
right leg	kg	5.23	5.34	4.98	5.15	5.29
left leg	kg	5.65	5.78	5.34	5.32	5.44
Torso	kg	11.70	11.16	10.64	10.92	10.25
Visceral Adipose Tissue	l	0.53	0.39	0.66	0.21	0.24
Body Mass Index	kg/m²	25.28	24.13	24.53	23.70	23.99
Height	m	1.67	1.67	1.67	1.67	1.67
Weight	kg	70.50	67.30	68.40	66.10	66.90
Total Body Water	l (%)*	38.52 (54.30)	37.94 (56.01)	36.37 (52.84)	37.45 (56.29)	36.92 (54.84)
Extracellular Water	l (%)*	15.93 (22.45)	15.79 (23.31)	15.20 (22.09)	15.79 (23.74)	15.82 (23.50)
ECW/TBW	%	41.34	41.62	41.80	42.17	42.85
Resting Energy Expenditure	kcal/day	1428.96	1388.83	1397.51	1388.16	1392.40
Energy consumption	kcal/day	2286.33	2222.13	1956.52	2221.06	2227.84
Phase Angle	° (Percentile):	7.6 [99.]	7.4 [99.]	7.0 [98.]	7.1 [98.]	6.8 [93.]

* percentage of body weight