



Body Composition Report

ID: 199****5678 Gender: Female

Height: 170cm Age: 26 Test Date/Time: Mar 25, 2023, 16:34

Score 82

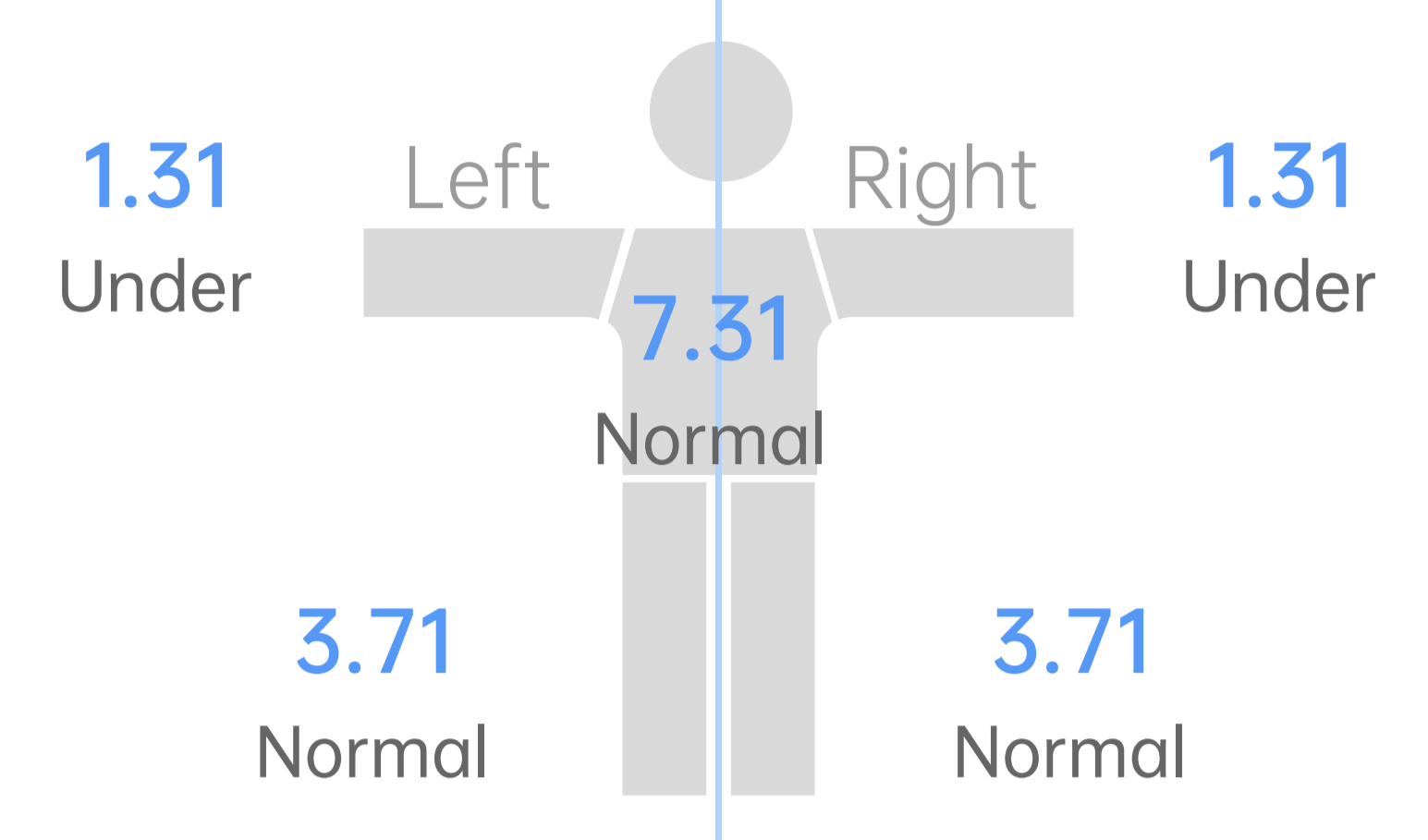
Compared To The Last Score -2

Body Composition Overview

| | Values | Body Fat Mass | Inorganic Salts | Protein |
|--------------------|------------------|----------------|------------------|-----------------|
| Weight lbs | 72.7 [55.3~74.9] | 5.8 [7.8~15.6] | | |
| Lean Body Mass lbs | 66.9 [49.8~60.9] | | 4.21 [3.38~4.14] | |
| Muscle Mass lbs | 63.6 [47.0~57.4] | | | 13.4 [9.8~12.0] |
| Body Water lbs | 49.3 [36.9~44.8] | | | |

* Body composition score standard has been updated on X/5/2022.

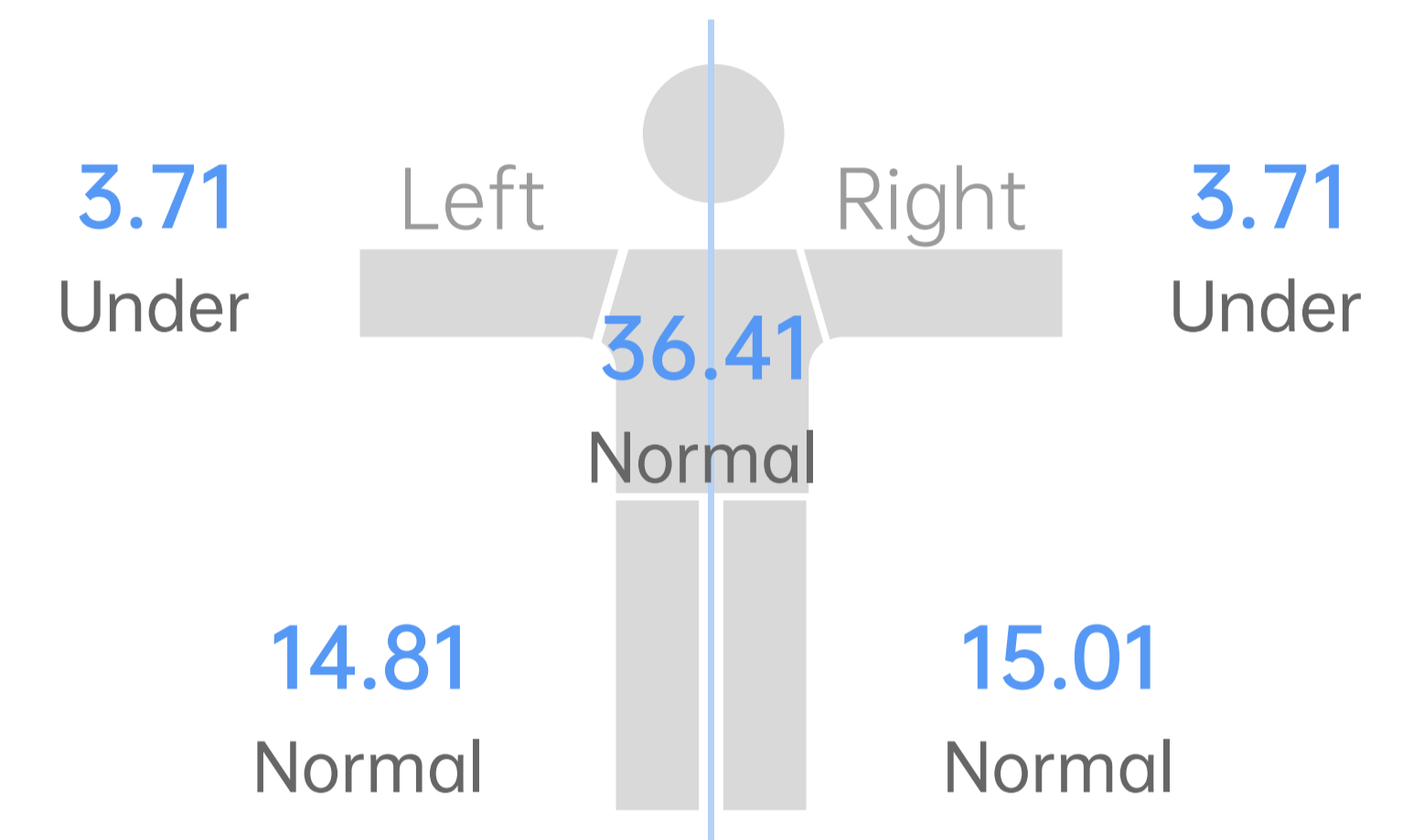
Segmental Fat Analysis lbs



Muscle-Fat Analysis

| | Under | Normal | Over | Standard Range | Net |
|-------------------|-------|--------|------|----------------|-------|
| Weight lbs | 72.7 | | | [55.3~74.9] | ↓ 0.4 |
| SMM lbs | 48.4 | | | [31.4~38.9] | ↑ 0.2 |
| Body Fat Mass lbs | -5.8 | | | [8.7~17.4] | ↑ 0.1 |

Segmental Lean Analysis lbs



Obesity Analysis

| | Under | Normal | Over | Standard Range | Net |
|-----------|-------|--------|------|----------------|-------|
| BFP % | 19.7 | | | [10.0~20.0] | ↑ 1.2 |
| BMI kg/m² | 24.6 | | | [18.5~24.0] | ↑ 0.2 |
| WHR | 0.84 | | | [0.8~0.9] | ↑ 0.1 |

Weight: Weight is the sum of body water, protein, inorganic salt and body weight.

Lean Body Mass: Lean Body Mass is the total body weight without fat.

Muscle Mass: Soft lean mass is the lean body mass, which includes skeletal muscle, smooth muscle, and cardiac muscle.

Body Water: Most of the human body is water with an amount of 50%-70% of body weight. And body water is mainly in human cells and body fluids, most of which is in muscle cells.

Body Fat Mass: Body Fat mass is the sum of subcutaneous fat, visceral fat and muscle fat.

Inorganic Salts: The human body is composed of organic matter, inorganic matter and water. The inorganic matter here is inorganic salts which amounts to 5% of the body weight.

Protein: Protein is a solid substance with ammonia, which exists in all cells of the human body. It is the main component of muscle mass.

SMM (Skeletal Muscle Mass): Skeletal muscle mass, also known as striated muscle, is a type of muscle attached to bones. This data contains the amount of Skeletal Muscle.

BFP (Body Fat Percentage): BFP is a measurement of body composition telling how much of the body weight is fat.

BMI: BMI is mainly used to assess the appearance of obesity, and it is a common standard for measuring body fatness.

WHR (Waist-Hip Ratio): The ratio of waist to hip circumference, it is an important indicator for determining central obesity.

Basal Metabolism Rate: Basal Metabolism rate is the total energy consumed in a day when the body is at rest, not affected by exercise, physical objects, nervousness, external temperature changes, etc.

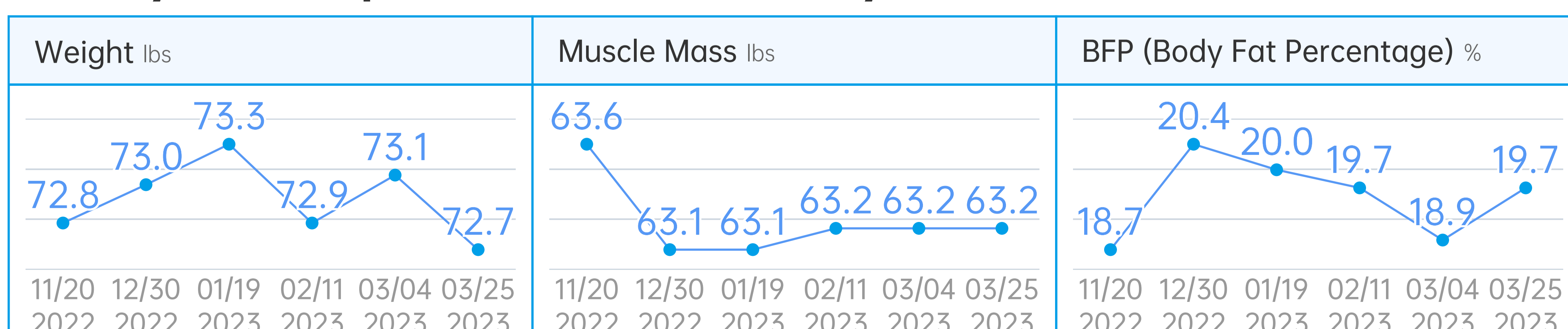
| | Under | Normal | Over | Standard Range | Net |
|------------------------------|--------|--------|------|-----------------|--------|
| Basal Metabolism Rate kcal/d | 2686.9 | | | [1537.1~1878.7] | ↑ 29.8 |

| | Normal | Over | Standard Range | Net |
|--------------------|--------|------|----------------|-------|
| Visceral Fat Level | 7.0 | | [1.0~10.0] | ↑ 0.1 |

| | Under | Normal | Over | Standard Range | Net |
|-------------------------|-------|--------|------|----------------|-------|
| Intracellular Water lbs | 31.0 | | | [22.7~27.7] | ↑ 0.6 |
| Extracellular Water lbs | 18.3 | | | [13.9~17.0] | ↑ 0.3 |

| | Values | Obesity Assessment | Gold Standard | Net |
|-------------------|--------|--------------------|---------------|------|
| Weight lbs | 72.7 | Normal | 72.7 | -4.4 |
| Body Fat Mass lbs | 5.8 | Over | 5.8 | -5.3 |
| Muscle Mass lbs | 63.6 | Less | 63.6 | +1.0 |

Body Composition History



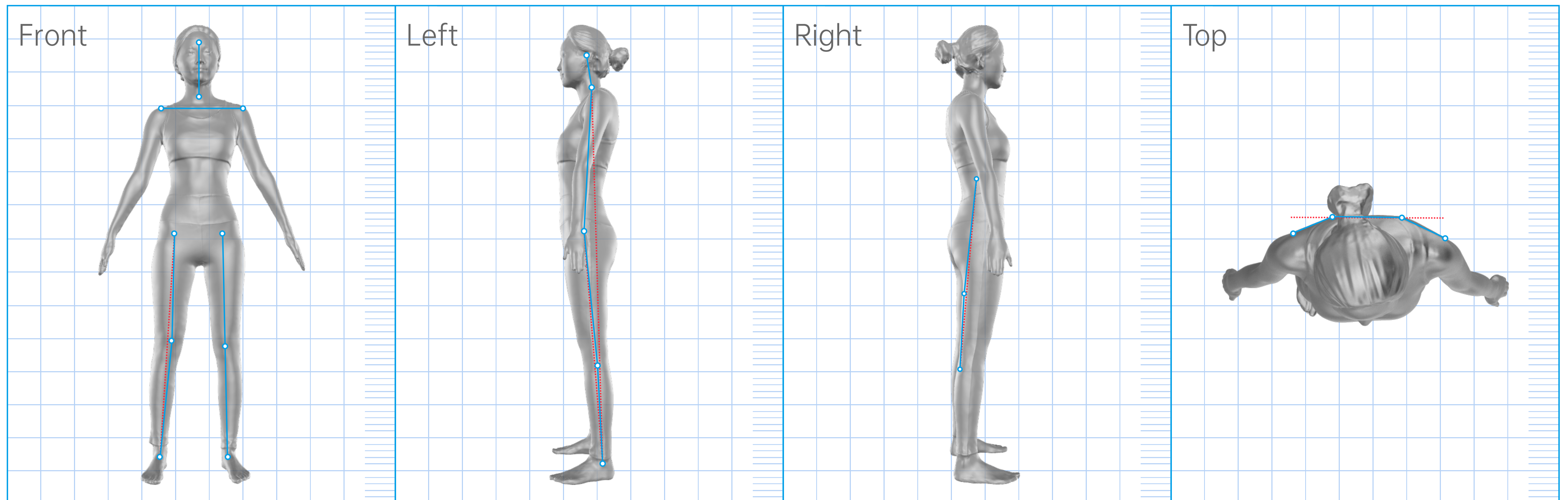


Posture Analysis Report

Score 67

ID: 199****5678 Gender: Female

Height: 170cm Age: 26 Test Date/Time: Mar 25, 2023, 16:34

Compared To The Last Score **-5**

Posture Evaluation Overview

* To ensure the data's accuracy, please wear tight clothes

| | Values | Evaluation Conclusion | Risk Warning |
|--|---------------------------------------|---|---|
| Forward Head Posture | 20.0° | Possible Forward Head posture | Forward head may lead to pain and discomfort of neck and shoulders, even cervical degeneration and physiological curvature change if the symptom lasts for a long time. |
| Head Tilt | 2.3° | Possible Head tilt (Left Side) | Head tilt may lead to unilateral neck discomfort, migraine and the numbness and weakness of the arms. |
| Rounded Shoulders Posture(left side) | 20.0° | Possible Rounded Shoulders (Left Side) | Rounded shoulders posture may reduce the chest volume, restrict the diaphragm movement, affect the respiratory, cardiovascular systems and the absorption. It may lead to symptoms such as chest distress, dizziness and shortness of breath. |
| Rounded Shoulders Posture(right side) | 20.0° | Possible Rounded Shoulders (Right Side) | |
| Uneven Shoulders | 3.0cm | Possible Uneven Shoulders (Left High) | Uneven shoulders may lead to chronic pain of neck and shoulders, accompanied by the symptoms such as scoliosis, pelvic displacement and leg length discrepancy. |
| Anterior Pelvic Tilt/Posterior Pelvic Tilt | 174.5° | Possible Anterior Pelvic Tilt | Anterior pelvic tilt/posterior pelvic tilt may lead to lumbar muscle strain, organ ptosis and pelvic floor muscle weakness. |
| Left Knee Evaluation | 187.0° | Normal | -- |
| Right Knee Evaluation | 184.8° | Normal | |
| Leg Type | Left leg: 183.6° Right leg: 183.0° | Normal | -- |

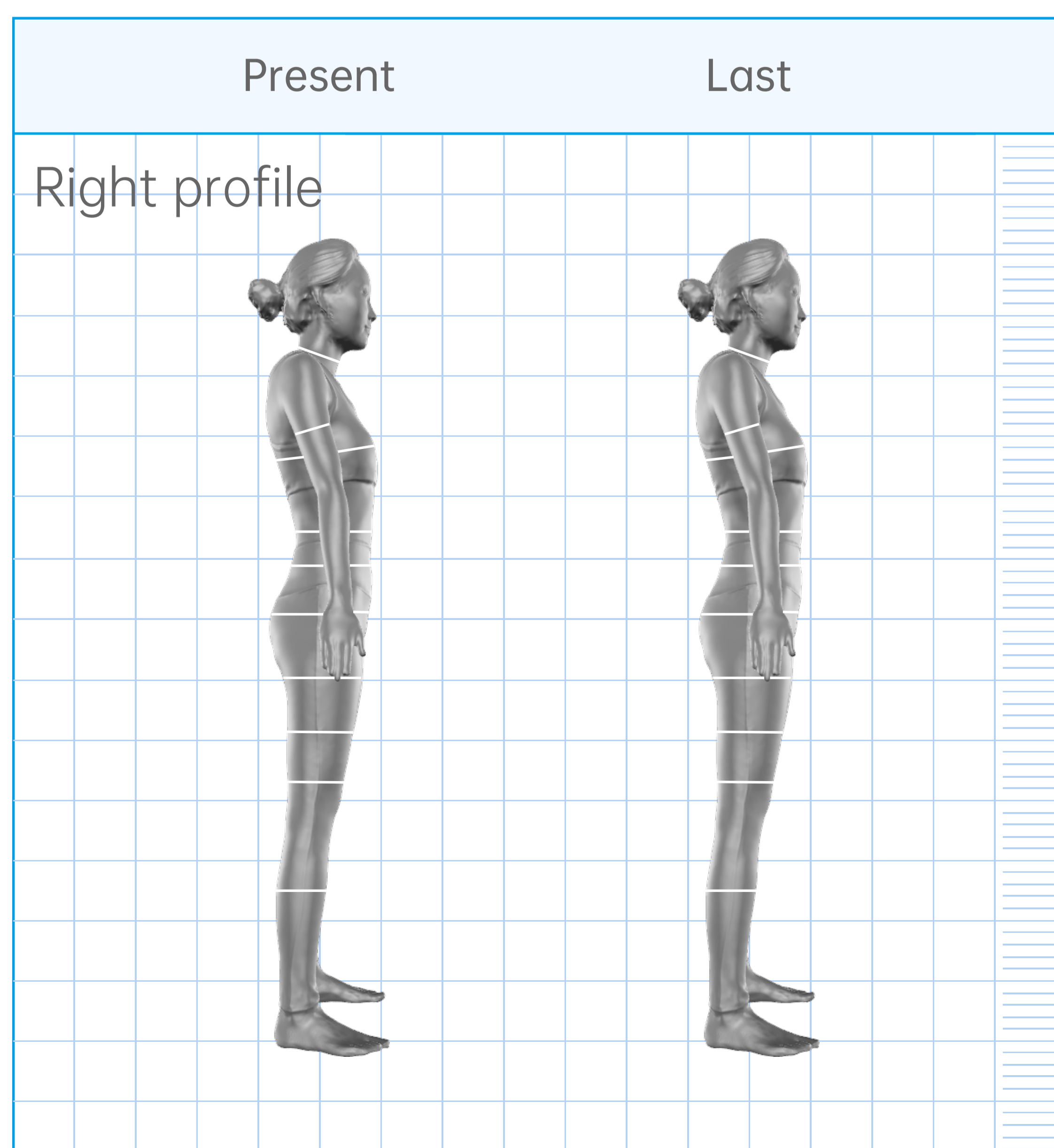
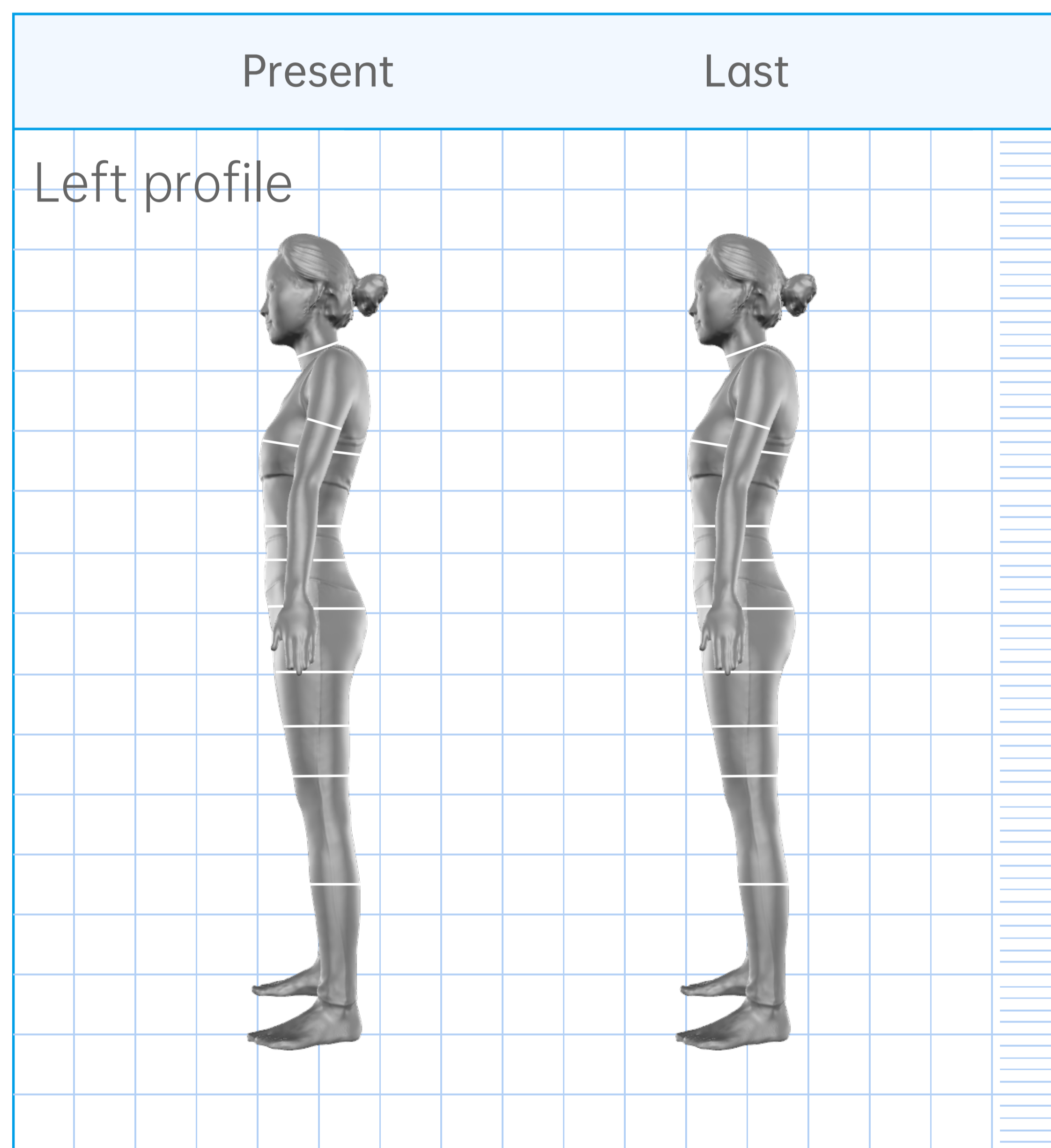
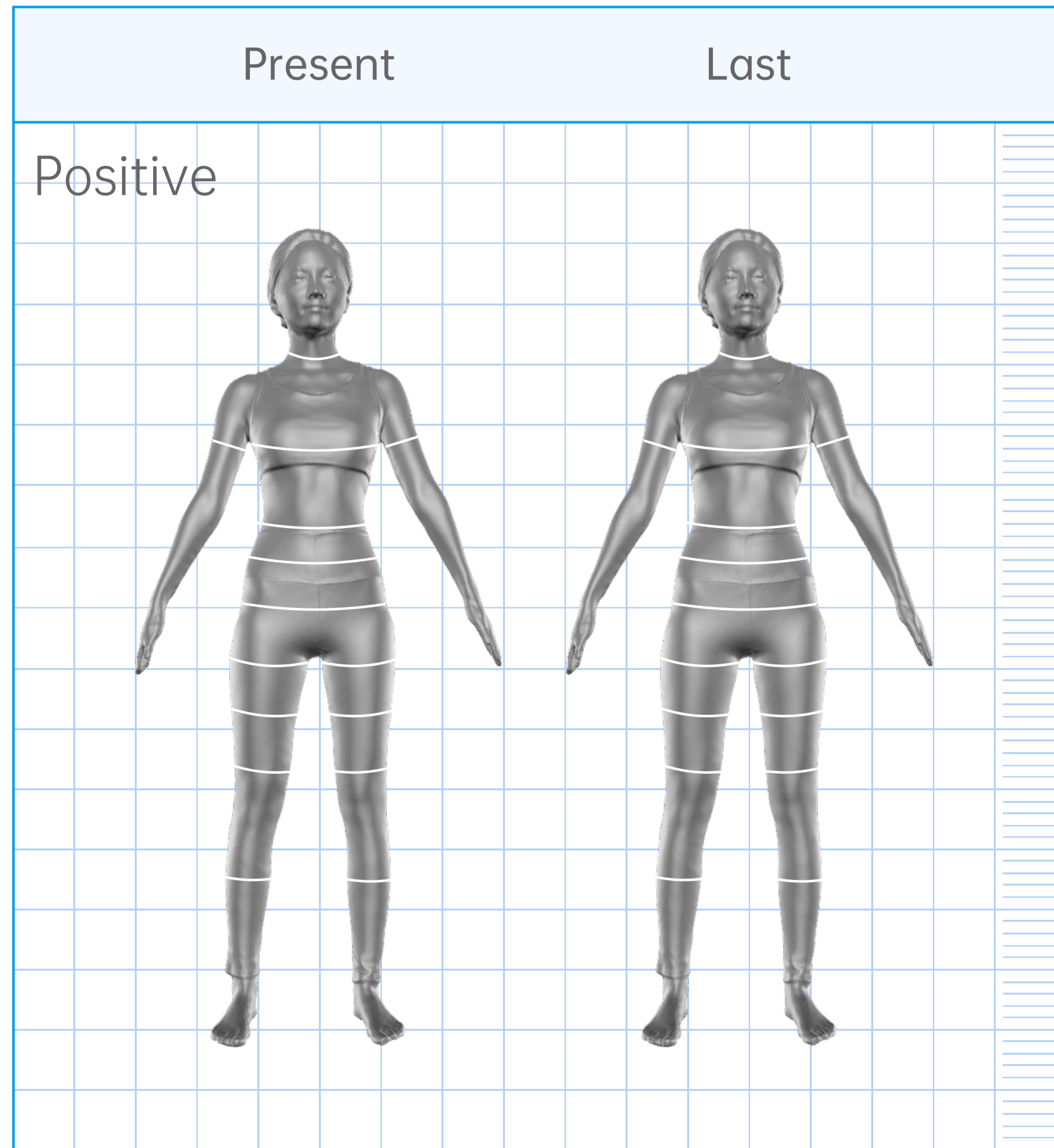


Body Circumference Report

ID: 199****5678 Gender: Female

Height: 170cm Age: 26 Test Date/Time: Mar 25, 2023, 16:34

Body circumference data cm



| Item | Present | Last | Net |
|--------------------------------------|---------|-------|-------|
| Neck circumference | 35.2 | 35.1 | ↑ 0.1 |
| Left upper arm | 36.2 | 36.1 | ↑ 0.1 |
| Right upper arm | 107.6 | 107.5 | ↑ 0.1 |
| Bust | 102.4 | 102.3 | ↑ 0.1 |
| High waist | 110.2 | 110.1 | ↑ 0.1 |
| Mid waist | 50.2 | 50.1 | ↑ 0.1 |
| Hipline | 102.4 | 102.3 | ↑ 0.1 |
| Left thigh | 110.2 | 110.1 | ↑ 0.1 |
| Minimum circumference of left thigh | 51.2 | 51.1 | ↑ 0.1 |
| Right thigh circumference | 51.2 | 51.1 | ↑ 0.1 |
| Minimum circumference of right thigh | 38.4 | 38.3 | ↑ 0.1 |
| Left calf circumference | 38.9 | 38.8 | ↑ 0.1 |
| Right calf circumference | 38.9 | 38.8 | ↑ 0.1 |



Shoulder Function Report

ID: 199****5678 Gender: Female

Height: 170cm Age: 26 Test Date/Time: Mar 25, 2023, 16:34

Shoulder Function Assessment

| | Item | Values | Standard Range | Evaluation Conclusion | Net |
|--|--------------------------------------|----------|-----------------|-------------------------|---------|
| | Abduction and upthrow - left hand | 143.0° | [150.0°~180.0°] | Limited range of motion | ↑ 0° |
| | Abduction and upthrow - right hand | 177.0° | [150.0°~180.0°] | Normal | ↑ 5.0° |
| | Anteflexion and upthrow - left hand | 117.0° | [120.0°~180.0°] | Limited range of motion | ↑ 0° |
| | Anteflexion and upthrow - right hand | 117.6.0° | [120.0°~180.0°] | Limited range of motion | ↓ 10.0° |

Shoulder Function Assessment Result

Abduction and upthrow - left hand, Anteflexion and upthrow - left hand, Anteflexion and upthrow - right hand Range of motion of the shoulder joint is restricted.

Analysis: The motion of the shoulder joint is restricted is mostly caused by nervous muscles, insufficient range of motion of clavicle and scapula, and neck scapula not in the neutral position. It may influence the normal motion mode (leading to sports injury) and related pathological problems (Such as scapulohumeral periarthritis, hunchback, aching cervical vertebra). Long-term neglect may lead to various shoulder joint diseases .

Suggestion: Please invite professionals to further seek for concrete reasons.