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Inbody 570 results

Your Body Composition Analysis (BCA) provides you with a detailed report with over 40 data outputs relating to your body. Below is a guide to understanding your results. Please note that with every personal appointment booked you will receive a detailed explanation of your results. You will also receive a comprehensive interpretation guide with your first analysis. The following information has been derived from the 'InBody 570 Interpretation Guide'. BODY COMPOSITION ANALYSIS Understanding your InBody 570 Report Total Body Water (TBW) TBW is all the water in your body. Note that TBW will likely be higher in individuals with higher than average muscle mass. Protein Protein consists of nitrogen. High nitrogen levels within your body's cells indicate good levels of muscle mass and general health. Low levels of protein implies a low level of muscle mass and may be indicative of poor nutrition and malnourishment. Minerals The mineral analysis comprises two groups of minerals Osseous (Bone Minerals) and Non-Osseous (Minerals in cells). Calculations used for Body Composition Analysis Table Total Body Water is displayed in Litres (L). 1L = 1kg Soft Lean Mass is the sum of Your Total Body Water, Protein and Non-Osseous Minerals (Non-Osseous Minerals are calculated by deducting your Bone Mineral Content from the total Minerals) Note: Bone Mineral Content is found on bottom right of report under Research Parameters. Fat Free Mass is your Weight less your Body Fat Mass Weight is the sum of Total Body Water, Protein, Minerals and Body Fat Mass. MUSCLE-FAT ANALYSIS Weight in kilograms (kg) SMM (Skeletal Muscle Mass) is the muscle mass attached to the bones and is the muscle that can be most transformed by exercise and diet. SMM does not include cardiac muscle or visceral muscle. Body Fat Mass is shown in kilograms (kg) and is the amount of fat in your body. CALCULATED ANALYSIS Body Mass Index (BMI). This is calculated by use of a formula that divides your weight by the square of your height and does not take into account your overall body composition. A highly muscled individual may be classified as overweight when using the BMI formula which can be misleading. Percent Body Fat (PBF) This is the percentage of your body fat calculated by total mass of body fat divided by total body mass. SEGMENTAL LEAN ANALYSIS Soft lean mass (muscle mass) in each key body segment is shown in kilograms (kg) and as a percentage (%) in relation to your actual weight. The number at the end of the upper bar is the amount of soft lean mass for that body segment in kg. The number at the end of the lower bar is the percentage in relation to your actual weight. If the lower bar reaches 100% it indicates that you have ideal soft lean mass for your weight. BODY WATER ANALYSIS The ratio of Extracellular Water to Total Body water is an important indicator as to whether the body water is balanced. If in a healthy state, ECW ratio should be in the range of 0.36 - 0.39. If the ECW ratio is higher than that range, it may be suggestive of having edema*, which may require the review by a health care professional. *Definition of EDEMA (Merriam-Webster Dictionary) 1:an abnormal infiltration and excess accumulation of serous fluid in connective tissue or in a serous cavity BODY COMPOSITION HISTORY Our database allows us to track your results and plot your Weight, SMM, PBF and ECW Ratio from your last 8 tests on a graph. InBody SCORE The InBody Score is a reflection of the overall evaluation of your body composition. The more muscle mass the body has the higher the score will be. It is possible, to score over 100 points if you have very high muscle mass. Note that very low fat mass (below healthy ranges) will cause your score to drop. As a guideline an average person who is reasonably balanced will generally score between 70-79 points. WEIGHT CONTROL In this section the InBody 570 gives recommendations on muscle and fat control. These are suggestions only and are dependent on your goals. BODY BALANCE EVALUATION This section reviews the balance of your Upper Body (between left and right arms), Lower Body (between left and right legs) and the balance between the Upper and Lower body. SEGMENTAL FAT ANALYSIS This shows the distribution of fat around the body. SEGMENTAL CIRCUMFERENCE This is the individual circumference (girth) measurement of separate body parts. VISCERAL FAT LEVEL (VFL) VFL is an indicator based on the amount of fat surrounding the internal organs in the abdomen. InBody suggest that it is ideal to maintain a visceral fat level under 9 to stay in the more balanced range. RESEARCH PARAMETERS Intracellular Water (ICW): ICW is the water in the cells. Note that as muscles are cells, high muscle mass = high cells = high ICW. Extracellular Water (ECW): ICW is the water outside the cells. Note that ECW is usually high if ICW is high. Basal Metabolic Rate (BMR): BMR is the minimum amount of energy required (calories) to sustain vital functions whilst at rest. The higher your muscle mass the higher your BMR will be. Waist - Hip Ratio (WHR): WHR is considered a good indicator of internal fat distribution on a person. Bone Mineral Content (BMC): BMC is used in clinical medicine as an indirect indicator of Osteoporosis. A high mineral content generally indicates a higher bone density. Body Cell Mass (BCM): BCM is the sum of the cells containing intracellular water and protein found in the organs. The main role of this index is to help evaluate your nutritional state. Arm Circumference (AC): AC is the measurement of the left arm. Arm Muscle Circumference (AMC): AMC is the measurement of the arm minus the fat. Excessive fat in this area may be suggestive of hormonal imbalances. BLOOD PRESSURE (optional test) Systolic Blood Pressure (SBP): SBP measures the amount of pressure that blood exerts on arteries and vessels while the heart is beating. Normal rage 90-120mmHG (American Heart Association) Diastolic Blood Pressure (DBP): DBP is the pressure that is exerted on the walls of the various arteries around the body in between heart beats when the heart is relaxed. Normal range 60-80mmHG (American Heart Association) Heart Rate (HR): The rate at which your heart beats in beats per minute. The average resting heart rate is 60-80 bpm. (American Heart Association) PERSONAL DATA ID This is you unique identifier that allows us to store your analysis results in our data base so that we can assist with tracking your results. Note that we do not share your information with anyone without your permission. Height We use a digital stadiometer (height measuring device) to accurately measure your height. Your height is automatically imported into the body composition analyser. Age and Gender Our technology measures you and only you. Your age and gender do not in any way contribute to your results - no statistical or population data (empirical data) influences your results. Test Date/Time Records exact date and time of your test. The above information has been derived from the InBody 570 Interpretation Guide. The InBody Result Sheet, if used properly, can be one of the most powerful tools at your disposal to guide, train, and care for your clients in ways that were never before possible. However, to unlock the power of the InBody Result Sheet, you need to become familiar with how it reports information, and even more importantly, what you can do with it. Packed into the InBody Result Sheet is the health and fitness information that anyone who deals with the health and wellness of their clients absolutely needs if they want to be the best professional they can be. You'll learn what the terms on the Result Sheet mean, why they're valuable, and the strategies you can use to implement this invaluable data into your business and with your clients. If you have any questions at all, visit our contact page and an InBody Specialist will be happy to assist you with anything you'd like to know. Skip to content The Fastest, Upgraded Solution For Monitoring Your Health User friendly interface with voice guidance lets you easily take the InBody Test and collect results. In addition, the InBody570 provides both Self Mode and Professional Mode. The user can easily take the test with the Self Mode, by only inputting their own height. When the Professional Mode is on, a more detailed consultation information is provided on the screen. User friendly interface for professional use User friendly interface with voice guidance lets anyone can easily take the InBody Test. Monitor progressive change of your body composition. Customize InBody Results Sheet with your favorable outputs. Provides diverse analysis useful for medical and fitness purpose Visceral Fat Level (VFL) which indicates intestinal obesity causing many lifestyle diseases. ECW Ratio showing an water balance and helps to determine nutritional status of individual. Segmental Lean Analysis show muscle adequacy of each segments of the body separately. Two different test modes Self Mode require to input only height to provide simplicity for individual users. Professional Mode provide more detailed consultation information on the screen. Wireless Connection Connect Lookin'Body (data management software) via Wi-Fi or Bluetooth. Remotely control the InBody570 with Lookin'Body. Wireless Connection with the InBody570 Connect your PC with the InBody570 via Wi-Fi or Bluetooth. User data will be listed up in your PC and by using it, you can remotely control the InBody570, save details of the user, and manage appointments with email service. Strategic Consultation The Body Composition History graph of each category helps you see your body composition change at a glance. Additionally, the comment functionality of each consultation allows for a more personalized healthcare. Body composition assessment and nutritional information at a glance Body Composition Analysis: Body weight is the sum of Total Body Water, Protein, Minerals, and Body Fat Mass. Muscle-Fat Analysis: The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is. Obesity Analysis: BMI is an index used to determine obesity by using height and weight. Segmental Lean Analysis: Evaluates whether the muscles are adequately developed in the body. 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. Weight Control: See how your body measures up to the recommended Weight, Muscle Mass, and Body Fat Mass for a good balance. Body Balance Evaluation: Evaluates the balance of the body based on Segmental Lean Analysis. Segmental Fat Analysis: Evaluates whether the amount of fat is adequately distributed throughout the body. Specially designed results sheet with Growth Graph is available for Children Growth Graphs See how much the height and weight of your child have increased or decreased in comparison with other children at the same age. Growth Score Taller children or healthier children with better body compositions are more likely to have higher scores. Weight alone does not correctly reflect the effects of exercise and improved diet. The graph above shows a man whose weight, throughout a month of exercise, had minimal change; however, his muscle mass and fat mass dramatically increased and decreased respectively. Changes in muscle and fat mass are vital to understanding the body's true composition. Upon this, the InBody Test utilizes its patented technologies to reveal segmental body fat and muscle distribution percentages as well as the body water balance. The InBody Test shows a true assessment of the body. inbody 570 results sheet pdf. blank inbody 570 results sheet. inbody 570 results interpretation australia. inbody 570 results sheet. how to read inbody 570 results. is the inbody 570 accurate. how to interpret inbody 570 results

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