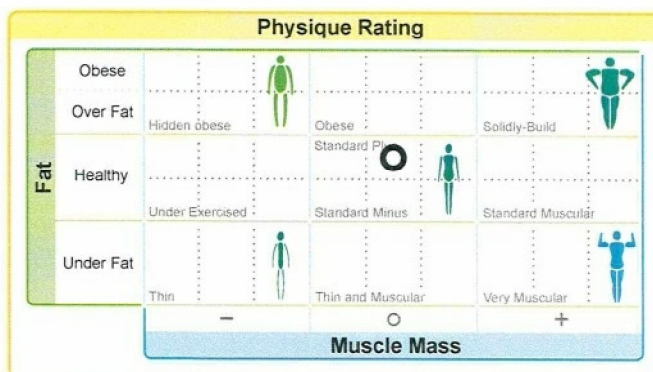


Date 11/9/2017 14:00

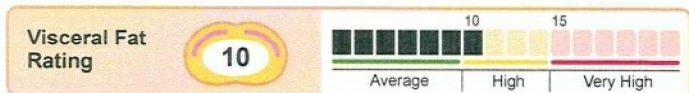
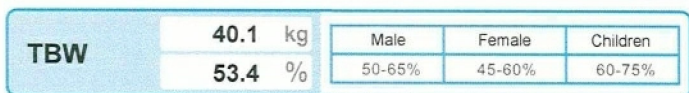
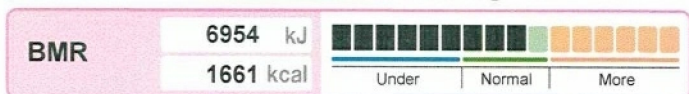
ID	123			
Name	David Y		Height	177 cm
Age	35	male	Type	Normal
PT	0.0 kg			

■ Details

DC-360	Result	Desirable	Target	Diff
Weight	75.1 kg	58.0-75.2 kg	kg	kg
Fat	21.3 %	11.0-22.0 %	%	%
Fat Mass	16.0 kg	7.3-16.7 kg	kg	kg
FFM	59.1 kg			
Muscle Mass	56.0 kg	50.9-59.7		
BMI	24.0	18.5-24.0		
SMM	33.5 kg			
Bone Mass	3.1 kg			
Metabolic Age	32			



■ BMR / TBW / Protein / Visceral Fat Rating

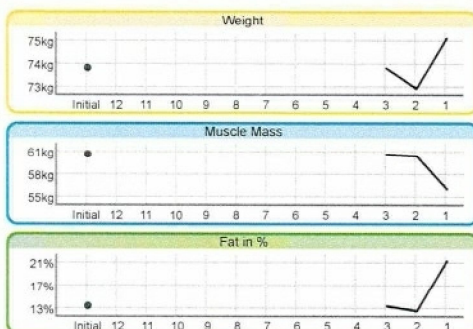


**Visceral Fat Rating 10: Fat area approximately 100cm<sup>2</sup>**

	Standard	High	Very High
Rating	Below 9	10 ~ 14	Above 15
Judgement	Continue monitoring your rating within healthy range through appropriate exercise and balanced diet.	Consider changing diet and/or increasing exercise to reduce the fat to standard level.	Should engage in more intensive exercise and make changes to current diet. Consult your physician for medical diagnosis.

■ History

	Weight	Muscle Mass	Fat in %
Current	75.1	56.0	21.3
2/9/2017	72.9	60.4	12.6
2/9/2017	73.8	60.6	13.4
Initial	73.8	60.6	13.4



**BIA Information**

	6.25kHz	50kHz
Resistance	564.3	488.2
Reactance	29.6	55.3
Phase angle	3.0°	6.5°

		Under Fat	Standard Minus	Standard Plus	Over Fat	Obese
Male	Age 18 ~ 39	10-11	16-17	21-22	26-27	
	40 ~ 59	11-12	17-18	22-23	27-28	
	60~	13-14	19-20	24-25	29-30	
Female	Age 18 ~ 39		20-21	27-28	34-35	39-40
	40 ~ 59		21-22	28-29	35-36	40-41
	60~		22-23	29-30	36-37	41-42

※ Based on WHO BMI Guidelines and research done by Japan Society for the Study of Obesity, correlated to DXA.  
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**Recommendations**

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**Remarks**

Please note that people with an electronic medical implant, such as a pacemaker, should not use a Body Composition Monitor as it passes a low-level electrical signal throughout the body, which may interfere with its operation. Readings are for reference only for dialysis patients and menstruating female.