

# BOD POD® Body Composition Tracking System Analysis

## Healthy Lifestyles Wellness Center

7255 Central Parkway  
Concord, CA USA 94520

### SUBJECT INFORMATION

NAME	Adam Gibbons
AGE	28
GENDER	Male
HEIGHT	74.8 in
ID_1	3000
ID_2	4444
ETHNICITY	General Population
OPERATOR	S. Harris
TEST DATE	January 28, 2005
TEST NUMBER	880

### BODY COMPOSITION RESULTS

% FAT	15.2	%
% FAT FREE MASS	84.8	%
FAT MASS	34.846	lb
FAT-FREE MASS	194.483	lb
BODY MASS	229.329	lb
BODY VOLUME	90.000	L
BODY DENSITY	1.111	kg/L
THORACIC GAS VOLUME	4.500	L

### TEST PROFILE

DENSITY MODEL	Siri
THORACIC GAS VOLUME MODEL	Measured

### OPERATOR COMMENTS

Recommend follow-up body comp analysis in 6 weeks.

### ENERGY EXPENDITURE RESULTS

Est. Resting Metabolic Rate (RMR) kcal/day	*Est. Total Energy Expenditure (TEE) kcal/day	Daily Activity Level
1500  <i>(See RMR Info Sheet for additional info)</i>	1900	Sedentary
	2300	Low Active
	2500	Active
	2900	Very Active
	*Est. TEE = Est. RMR x Daily Activity Level	

*Applies to adults ages 18 and older. Based on information from the Institute of Medicine (2002), Dietary Reference Intakes For Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, And Amino Acids, Part I, pp93-206. Washington, D.C., National Academy of Sciences.*

**Body Fat:** A certain amount of fat is absolutely necessary for good health. Fat plays an important role in protecting internal organs, providing energy, and regulating hormones. The minimal amount of "essential fat" is approximately 3-5% for men, and 12-15% for women. If too much fat accumulates over time, health may be compromised (see table below).

**Fat Free Mass:** Fat free mass is everything except fat. It includes muscle, water, bone, and internal organs. Muscle is the "metabolic engine" of the body that burns calories (fat) and plays an important role in maintaining strength and energy. Healthy levels of fat-free mass contribute to physical fitness and may prevent conditions such as osteoporosis.

	BODY FAT RATING	MEN	WOMEN	EXPLANATION
<input type="checkbox"/>	Risky (high body fat)	>30%	>40%	Ask your health care professional about how to safely modify your body composition.
<input type="checkbox"/>	Excess Fat	21 – 30%	31 – 40%	Indicates an excess accumulation of fat over time.
<input checked="" type="checkbox"/>	<b>Moderately Lean</b>	<b>13 – 20%</b>	23 – 30%	<b>Fat level is generally acceptable for good health.</b>
<input type="checkbox"/>	Lean	9 – 12%	19 – 22%	Lower body fat levels than many people. This range is generally excellent for health and longevity.
<input type="checkbox"/>	Ultra Lean	5 – 8%	15 – 18%	Fat levels often found in elite athletes.
<input type="checkbox"/>	Risky (low body fat)	<5%	<15%	Ask your health care professional about how to safely modify your body composition.

*Applies to adults ages 18 and older. Based on information from the American College of Sports Medicine, the American Council on Exercise, Exercise Physiology (4th Ed.) by McArdle, Katch, and Katch, and various scientific and epidemiological studies.*