

BOD POD[®] Body Composition Tracking System Analysis

Human Performance Specialists

SUBJECT INFORMATION

| | |
|-------------|--------------------|
| NAME | |
| AGE | 22 |
| GENDER | Male |
| HEIGHT | 74.0 in |
| ID_1 | |
| ID_2 | |
| ETHNICITY | General Population |
| OPERATOR | admin |
| TEST DATE | January 7, 2010 |
| TEST NUMBER | 408 |

BODY COMPOSITION RESULT

| | |
|---------------------|------------|
| % FAT | 14.8 % |
| % FAT FREE MASS | 85.2 % |
| FAT MASS | 36.037 lb |
| FAT FREE MASS | 207.383 lb |
| BODY MASS | 243.420 lb |
| BODY VOLUME | 103.678 L |
| BODY DENSITY | 1.065 kg/L |
| THORACIC GAS VOLUME | 4.380 L |

TEST PROFILE

| | |
|---------------------------|-----------|
| DENSITY MODEL | Siri |
| THORACIC GAS VOLUME MODEL | Predicted |

OPERATOR COMMENTS

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.

LMI Body Fat Rating Table*

**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.*

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

ENERGY EXPENDITURE RESULTS

| Est. Resting Metabolic Rate (RMR) kcal/day | *Est. Total Energy Expenditure (TEE) kcal/day | Daily Activity Level |
|--|---|----------------------|
| 2493 (See RMR Info Sheet for additional info) | 3191 | Sedentary |
| | 3764 | Low Active |
| | 4338 | Active |
| | 5185 | 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.

