# InBody770s

INBODY HAS THE ABILITY TO TELL YOU WHAT YOUR BODY CANNOT TELL, **IN 30 SECONDS!**

ESSENTIAL PARAMETERS MEASURED

1. VISCERAL FAT AREA/LEVEL
- Body fat within the abdominal cavity
- Main cause of diabetes & heart attack
- Normal: $< 100 \ cm^2$ – Healthy
- Over: $100 \sim 150 \ cm^2$ – Moderate risk for Type 2 Diabetes & Heart Disease
- Extremely over: $> 150 \ cm^2$ – High risk for Type 2 Diabetes & Heart Disease

HEART

Subcutaneous Fat
Abdominal Muscles
Visceral Fat

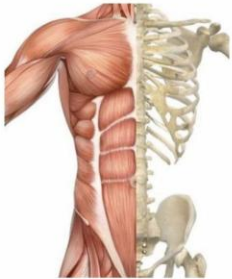Healthy | Unhealthy (Visceral Fats)
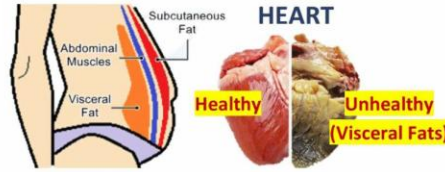
2. PERCENTAGE BODY FAT
- Body fat mass relative to total body weight

- Unhealthy zone:
Females: **23%** and above
Males: **18%** and above

3. WAIST HIP RATIO (WHR)
- Waist circumference relative to hip circumference

- Ideal WHR:
Females: **0.8**
Males: **0.9**

4. WHOLE BODY CELL PHASE ANGLE @ 50 kHz
- How well protected are your cells
$> 4°$: normal
$< 4°$: unhealthy individual body immunity level
$< 3°$: critically unhealthy

Severely Malnourished	In-risk/Aging	Healthy	Athletic
$2°$	$4°$	$7°+$	

5. SKELETAL MUSCLE MASS
- Weight of muscles attached to your skeleton

- Skeletal muscle health and mass varies in individuals
Should be in the normal or over range

6. WEIGHT CONTROL
- How much muscles and fats to be gained or lost
- Weight control varies in individuals

7. ECW RATIO ANALYSIS
- Indicates whether body water is balanced
- **0.36 ~ 0.39** – healthy
- **< 0.36** – dehydrated
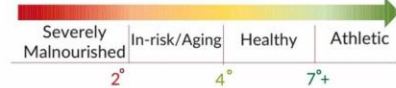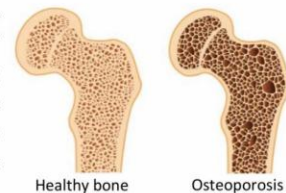- **> 0.39** – edema (water retention)

8. BONE MINERAL CONTENT
- How rich your bones are in minerals
- Bone mineral content can indicate **osteoporosis**

Healthy bone   Osteoporosis

9. BASAL METABOLIC RATE (BMR)
- Amount of calories burnt by the body at rest
- Females: **1200kcal**
- Males: **1500kcal**

10. INBODY SCORE
- Total score that reflects your body's physical health
- The **more muscles** you have, the **higher** your InBody score!

POOR   GOOD

11. SEGMENTAL LEAN ANALYSIS & SEGMENTAL FAT ANALYSIS
- Show distribution of **muscle mass** & **fat** between arms, legs and trunk
- Imbalance of arms and legs lean and fat mass is not ideal
- The result varies among individuals
- Refer to the scale given under SMM(kg) & Body Fat Mass (kg) in % for the normal range

Segmental Lean Analysis

		Under	Normal	Over	
Right Arm	(kg)(%)	55 70 85 100 115 130 145 160 175 190 205	2.96 93.3		%
Left Arm	(kg)(%)	55 70 85 100 115 130 145 160 175 190 205	2.90 91.6		%
Trunk	(kg)(%)	70 80 90 100 110 120 130 140 150 160 170	23.9 94.5		%
Right Leg	(kg)(%)	70 80 90 100 110 120 130 140 150 160 170	8.79 99.8		%
Left Leg	(kg)(%)	70 80 90 100 110 120 130 140 150 160 170	8.62 97.8		%

Ideal lean value: 100% or more

Segmental Fat Analysis

Right Arm	(0.5kg)	77.1%
Left Arm	(0.4kg)	70.9%
Trunk	(6.2kg)	149.8%
Right Leg	(1.8kg)	107.0%
Left Leg	(1.8kg)	106.9%

Ideal fat value: 100% or less

TO KNOW MORE ABOUT YOUR BODY, TAKE THE INBODY TEST NOW!