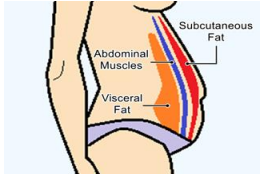


# InBody270s

INBODY HAS THE ABILITY TO TELL YOU WHAT YOUR BODY CAN'T TELL IN 30 SECONDS!

## ESSENTIAL PARAMETERS MEASURED

### 1. VISCERAL FAT LEVEL



**Healthy:** < 10 levels  
**Unhealthy:** > 10 levels  
**Extremely Unhealthy:** > 15 levels

Body fat within the abdominal cavity  
 Causes: Heart diseases and Type 2 diabetes

### 2. PERCENTAGE BODY FAT



Body fat mass relative to total body weight  
**Ideal range:**  
**Females – less than 23%**  
**Males – less than 18%**

### 3. OBESITY DEGREE



Obesity evaluation using BMI & deviation from ideal weight  
**Ideal percentage is 100%**  
**Above 110% is considered unhealthy**

### 4. WAIST HIP RATIO (WHR)



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

Waist circumference relative to hip circumference

### 5. WEIGHT CONTROL



How much muscles and fats to be gained or lost

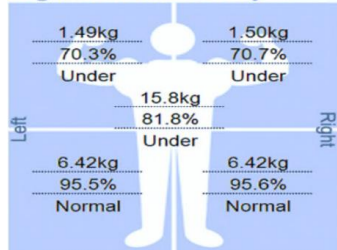
Weight control varies among individuals

### 11. SEGMENTAL LEAN ANALYSIS & SEGMENTAL FAT ANALYSIS

Amount of lean mass in the body by segments.

**Refer to the scale given under SMM(kg) in % for Segmental lean analysis**  
**Ideal lean value: 100% or more**

#### Segmental Lean Analysis



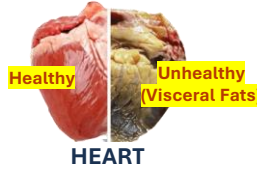
#### Segmental Fat Analysis



\* Segmental fat is estimated.

Amount of fat mass in the body by segments.

**Refer to the scale given under Body Fat Mass (kg) in % for Segmental fat analysis**  
**Ideal lean value: 100% or less**

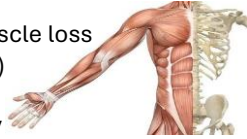


HEART

### 6. SKELETAL MUSCLE MASS

Mass of the muscles attached to your bones

-Sarcopenia caused by muscle loss  
 Skeletal Muscle Index (SMI) indicates  
 SMI of > 7.5 kg/m<sup>2</sup> - healthy  
 < 7.5 kg/m<sup>2</sup> - unhealthy



### 7. BONE MINERAL CONTENT

Richness of bones in terms of mineral mass



Bone mineral content can indicate osteoporosis

### 8. WHOLE BODY CELL PHASE ANGLE @ 50KHz

How well protected your cells are

> 4° : normal  
 < 4° : unhealthy  
 < 3° : critically unhealthy



### 9. INBODY SCORE

Total score that reflects your body's physical health **91/100 Points**

**The more muscle you have, The higher your Inbody score!**

### 10. BASAL METABOLIC RATE (BMR)

**Average Daily BMR:**  
 Females – 1200kcal  
 Males – 1500kcal



Amount of calories burnt by the body at rest

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



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**Your Partner for Healthy Lifestyle**