

INBODY® TECHNOLOGY

Two people of the same gender and body weight may look completely different from each other because they have a different body composition. Your body composition can provide insight into your personal health risk. A healthy balance of fat and muscle is vital for health and wellness. The InBody® analyzer can provide a closer look at your body composition and areas for improvement.

What is Body Composition?

Body composition breaks down your body into its core components: fat, muscle, and water. Because it divides your weight into these components body composition is a more accurate measure of your weight and health than the traditional measurement of body mass index (BMI). It tells you precisely what you are losing, gaining, and maintaining. It gives you a more in-depth understanding of your weight and health, helps you track diet and exercise progress, and make changes needed to meet your health goals.

What is InBody®?

InBody® is an advanced body composition analyzer trusted by top hospitals, universities, and professional sports teams. The InBody® test is accurate, fast, and non-invasive. You remained clothed, remove your shoes and socks, step on the device and in 60 seconds, your results are available on the InBody® app.

InBody® App

Download the InBody® app to instantly access your InBody® results, review your personal progress and health trends, compare results from your last seven InBody® tests, and discover food and exercise plans.



Search for InBody® in your app store.



The information provided from your InBody® analysis is to be used for educational/informational purposes only and does not constitute medical advice. Only certified medical & health professionals may diagnose patients and provide such advice.

InBody® Preparation

To ensure consistent testing conditions and effective tracking of body composition changes, follow these guidelines before each InBody® test.

DO

- ✓ Maintain normal fluid intake the day before and hydrate 1 hour prior to testing.
- ✓ Test at the same time of day every time.
- ✓ Use the restroom prior to testing.
- ✓ Stand upright for 5-10 minutes before testing.
- ✓ Allow 20 minutes for body temperature to stabilize after exposure to cold/hot environments.

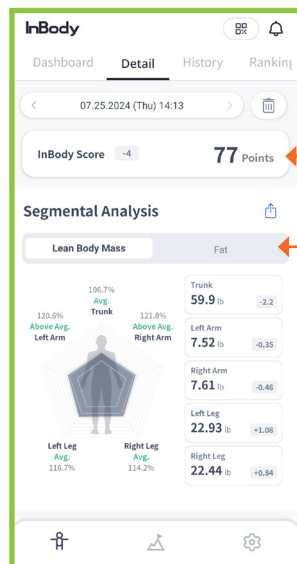
DO NOT

- ✗ Exercise prior to testing.
Test only after fully recovered (1-3 days)
- ✗ Eat prior to testing.
Must wait at least 3 hours after last meal.
- ✗ Wear heavy clothing, accessories, or jewelry while testing.
- ✗ Consume alcohol or excess caffeine 24 hours prior to testing.
- ✗ Have lotion/ointment on hands or feet.
- ✗ Wear socks or pantyhose while testing.

TESTING CONSIDERATIONS

- Cosmetic implants may skew fat mass/PBF result.
- Low-Carb/Keto diet may skew fat mass/PBF result.
- Metal implants may skew fat free mass result.

RESULTS INTERPRETATION



INBODY SCORE

A score between 70-79 is considered average, while a higher score indicates fitness and activity. A lower score could mean lack of muscle or being underweight or overweight.

SEGMENTAL ANALYSIS

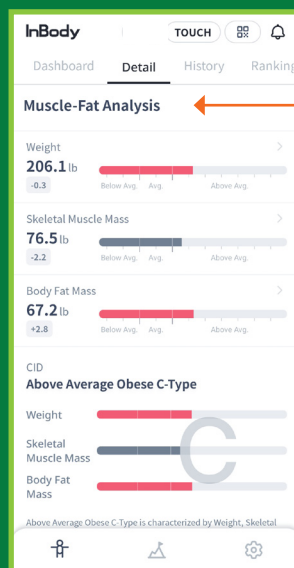
This analysis compares the amount of lean body mass and fat in each body segment to your height and gender.



MUSCLE FAT ANALYSIS

Compares skeletal muscle mass (SMM) to body fat mass.

- » **SMM** = amount of skeletal muscle attached to bones
- » **Body Fat Mass** = sum of all fat in body



You will fall into 1 of 3 body types based on your results.

“C”-type should reduce body fat mass and improve SMM.

“I”-type are balanced and are often a healthy weight. Too much body fat can still have health risks.

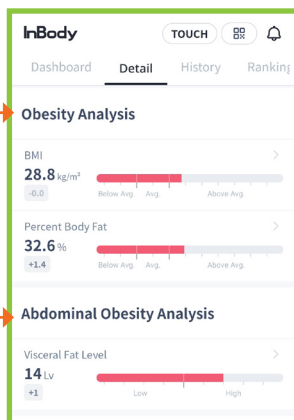
“D”-type is indicative of an “athletic” body type and considered as the ideal body composition.

OBESITY ANALYSIS

Healthy Body Mass Index (BMI) range is 18.5 - 25 for men and women.

Healthy percent body fat range:

- » Females = 18-28%
- » Males = 10-20%



ABDOMINAL OBESITY ANALYSIS

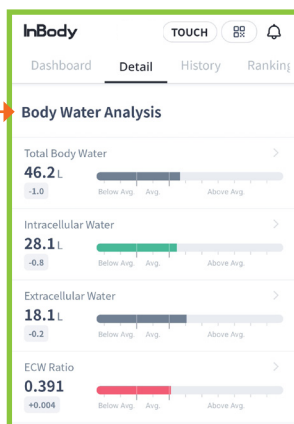
The fat located in your abdominal region between your organs

- » Stay below 10 to decrease your risk of chronic disease.

BODY WATER ANALYSIS

Ratio of Extracellular Water (outside of the cell) to Total Body Water

- » High values can be an indication of inflammation and/or swelling.



BASAL METABOLIC RATE (BMR)

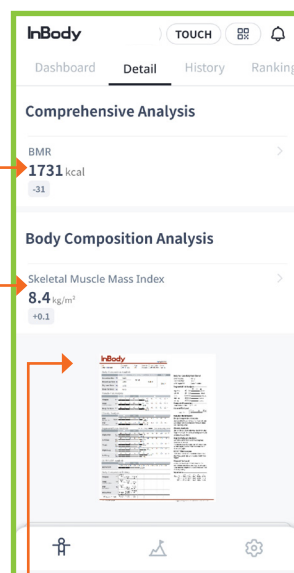
Minimum number of calories needed daily for life-sustaining bodily function at a resting state.

SKELETAL MUSCLE MASS INDEX

The sum of SMM divided by your height square. Monitors muscle mass and strength changes with age.

Healthy SMM index range:

- » Females - > 5.67 kg/m²
- » Males - > 7.5 kg/m²



INBODY RESULTS SHEET

View and download a printable results sheet.