

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.

