



Jane Doe

Age	Height	Gender	Date	Consultant	More information
30	165 cm	female	12.12.2008	Joe FatBurner	www.futrex.de

Body weight

Body weight alone doesn't give enough information for assessing your fitness, health and physical performance. Obesity in conjunction with a high percentage of body fat may increase the health risk and may lead to loss of quality of life.

BODY WEIGHT	71,5 kg
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Body Mass Index

The Body Mass Index (BMI) is a measurement of the relative percentages of fat and muscle mass in the human body, in which mass in kilograms is divided by height in meters squared and the result used as an index of obesity. It is an index used to indicate whether a person is over- or underweight. The significance of the BMI is becoming less important, if your body mass consists of a high percentage of muscle mass.

BMI	26,3 kg/m ²
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Body fat

Body fat is considered a storage of energy for the body. A minimum of body fat (levels of about 6% for men and 9% for women) protects internal organs and should not be exceeded for a long period of time.

There is considerable evidence that excessive storage of fat has adverse effects on health, life expectancy, and athletic performance. It depends primarily on the position of the stored fat. Critical is having a high percentage of body fat in the abdomen (visceral fat), since it significantly increases the risk for cardiovascular disease and diabetes mellitus type 2.

Excess fat can be reduced by the right diet, conscious drinking habits and regular exercise.

FAT MASS	20,6 % 14,7 kg
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Fat-free mass

All parts of the body, with the exception of body fat - i.e. bones, organs, muscles, connective tissue and fluid - represent the fat-free mass. The higher the percentage of fat-free mass, the more there will be muscle mass and bone density in your body.

Pay particular attention to the changes in your muscle mass since this involves a metabolically active body mass on fat loss.

FAT-FREE MASS	79,4 % 56,8 kg
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Fat-free mass index (FFMI)

The FFMI is, similar to the body mass index, used for the observation of lean mass which allows an objective assessment of the overall protein reserves. The smaller the FFMI value becomes, the more a reduction in lean body mass will occur.

FFMI	21,8
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Body water

Water is vital for solving complex biological and transport processes in your body. In everyday life - particularly in periods of sporting activities and on the implementation of measures to reduce weight - it is important that your water consumption is frequent and sufficient.

BODY WATER	59,6 % 42,6 l
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Basal metabolic rate (BMR)

Your daily energy requirements (total metabolic rate) results from the basal metabolic rate (the amount of energy to maintain vital functions), the metabolic rate (physical activity, muscle activity) and the specific dynamic effects of nutrients (energy expenditure by food intake).

An increased metabolic rate can be achieved through performance increases of the skeletal muscles.

BMR	1455 kcal/d
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Assessment

