

Fitness & Health Analysis

Individual assessment of your health and fitness levels

Initial analysis for Jane Doe of 26.01.2008

Sex: female | Date of birth: 13.04.1982 | Height: 165 cm

General advice

Your body composition can have a direct impact on your health, your athletic performance and the successful outcome of a weight reduction. The National Institute of Health (NIH) notes: "There is ample evidence that obesity has (excessive storage of fat) adverse effects on health and life expectancy." Obesity is associated in the clear context of heart disease, stroke, hypertension, excessive cholesterol levels, diabetes and certain types of cancer.

In addition to health effects, the body composition can have a direct impact on athletic performance. In many sports, the amount of body fat is the power limiter factor. The body fat content must be low enough to enhance athletic performance, but not too low, to avoid health risks.

Your values

Bodyweight, BMI

84,0 kg | 30,9 kg/m²

According to this body analysis weight consist of the following :

Body fat

Body fat serves as stored energy in the body. A minimum of body fat also simultaneously protects the internal organs. Excess adipose tissue can be reduced through proper diet and regular exercise.

Your body fat percentage: 29,7 % | 24,9 kg

Values for your age group

very low	excellent	good	slightly increased	high	very high
< 9,0 %	9,0 - 18,9 %	19,0 - 22,0 %	22,1 - 25,4 %	25,5 - 29,8 %	> 29,8 %

Your Ratings: high

Muscle (dry weight)

Your muscles are metabolically the most energy-consuming organ in your body. Ideally, programs for body shaping and optimal reduction of body fat value should remain at a very high level.

But, first the increase in muscle brings the important advantage, because - muscles makes your figure!

Your muscle mass: 9,5 % | 8,0 kg

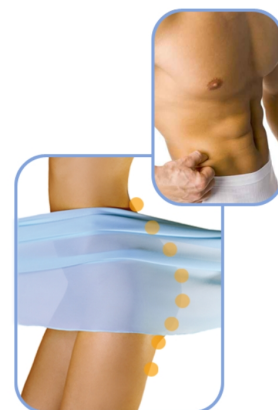
Body water

Water is used a solvent and a mode of transport for the exchange of complex biological processes in the body. Especially during weight loss programs, it is important that you supply your body with plenty of water.

The ideal value of body water content for women is 55% -60%, for men at 60% - 65%.

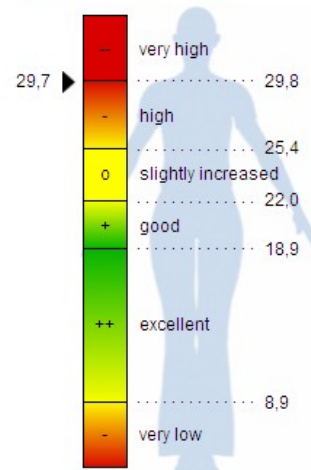
Your body water: 53,7 % | 45,1 l

Place for
your logo



99 Muskulatur macht Ihre Figur! 66

Body fat proportion [%] Categorisation and risc rating



Body Mass Index (BMI) Risc rating

