

LIFESTYLE NUTRITION 800-699-8106  
ELG Data Report

Client Data:

Impedance: 554  
Age: 37

Height: 67.00  
Weight: 196.00

Sex: Female

Estimate lean body mass & fat. Calculates caloric requirements based on muscle mass.

Lean Body Mass:

Weight of Lean Body Mass: 122.43 lbs  
Percentage of Lean Body Mass: 62.5%  
Lean Body Mass to Fat Ratio: 1.7 to 1  
Total Body Water: 37.0 litres

Fat Free Mass is composed of muscles, body fluid, connective tissue and bones. The optimal Lean to Fat ratio for you is at least 3.2 to 1

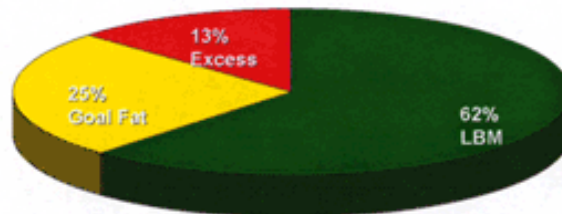
Percent of body fat is an important risk factor and can be used to determine your goal weight.

Body Fat:

Weight of Body Fat: 73.57 lbs  
Percentage of Body Fat: 37.5%

Fat is calories stored as energy reserve for your body. The desired range of percent Body Fat for you is 18-26% (or 26-43 lbs). If you consume more calories than your body burns, the excess calories are stored as Body Fat. Excess Body Fat frequently results in a significant impairment of health."

Current Status & Goals:



The graph above shows your current body composition. "LBM" represents your Lean Body Mass and includes all body components except fat. "Norm Fat" represents Normal Body Fat which is necessary for proper physical health. "Excess" is Fat which is in excess of normal limits, and is unhealthy.

Your Goal: 165 lbs (25.8% Fat)

Estimates your goal weight based on your lean muscle mass.

Your goal on the LIFESTYLE NUTRITION 800-699-8106 will be to lose Excess Body Fat. Optimizing your body composition will help you lose those extra pounds, make you feel better and will promote a healthier style of living. The National Institute of Health (N.I.H.) estimates that more than 60% of the adult population is overweight. More than 30% are obese, a disease which can dramatically increase risk of cardiovascular disease, cancer, diabetes, and hypertension.

Through proper eating and exercise habits, you will lose approximately 1.4 lbs per week.