INTERPRETATION GUIDE

InBody® 570

Find out what lies beneath...

InBody®

Body Composition Analysers

We have a saying at InBody

If you're not ASSESSING

you're simply GUESSING!

InBody® 570

Guideline and Interpretation

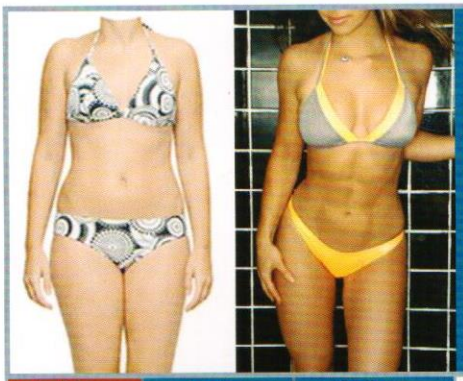
The information provided within this interpretation guide is to ensure a precise analysis and understanding of your individual body composition scan.

About InBody 570

The InBody 570 measures and analyses an individual's body composition in terms of water, fat, protein, muscle, bone mineral and much more. The device can determine the weight of lean muscle tissue in each limb, the amount and percentage of body fat, bone mineral content, as well as a host of other valuable information.

Why InBody 570?

Total body weight alone is not a clear indication of a person's overall health as it does not distinguish the amount of fat or lean mass the body is fundamentally comprised of.



TBW:	60kg	60kg
PBF:	28%	17%

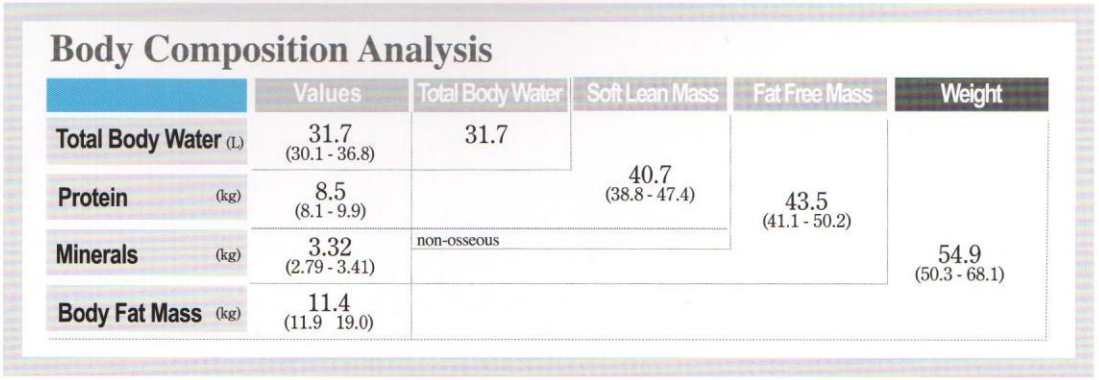
Standard bathroom scales can only provide a reading of your total body weight.

In the example shown on the left, both women have a scale weight of 60kg, but the ratio of their lean tissue mass compared to their Percentage Body Fat (PBF) is comparatively different.

With the InBody 570, testing and results are obtained in less than one minute.

The InBody 570 allows you or your trainer/health professional to regularly monitor your level of body fat and in particular your visceral fat and skeletal muscle mass so you can understand how your diet, lifestyle and training regime are influencing your overall body composition.

Body Composition Analysis



Total Body Water (TBW)

TBW is all the water in the body and is approximately 60% of your total weight. Ideally your TBW should be in the normal range set out below the reading, however in individuals that have a higher amount of skeletal muscle mass this may be above the normal range.

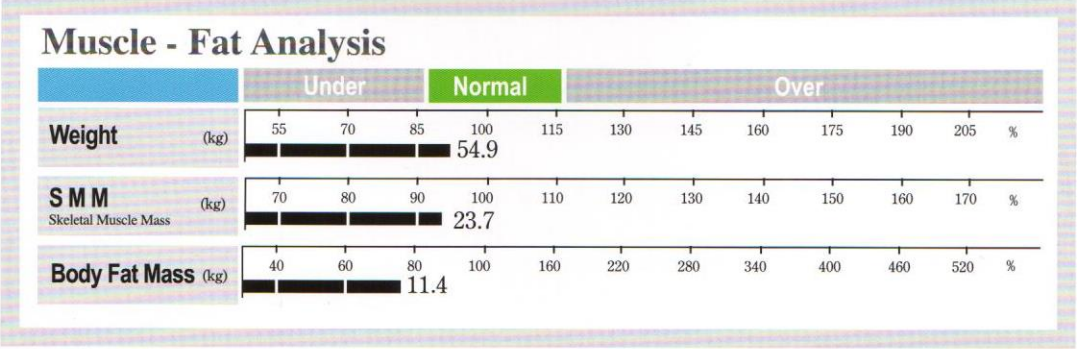
Protein

Protein consists of nitrogen and high nitrogen levels within the cells indicate good levels of muscle mass and health. A lack of protein implies a lack of muscle mass possibly indicating poor nutrition and malnourishment. Protein is directly related to intracellular water therefore a lack of protein indicates a lack of intracellular water, which in turn suggests poor nutrition. Ideally your protein content should be within or exceed the normal range set out below the reading.

Mineral

The InBody 570 analyses two groups of minerals: osseous mineral and non-osseous minerals. Osseous mineral is bone mineral where non-osseous minerals are those found in all other parts of the body. Mineral mass is closely related to soft lean mass. If you have more lean mass, the weight of bones strengthen, which in turn increases the bone mineral.

Muscle-Fat Analysis



Weight (kg)

Your weight in kilograms (kg) is displayed.

Skeletal Muscle Mass (SMM)

Skeletal Muscle Mass (kg) displays how much muscle is attached to your bones. The body consists of cardiac muscle, visceral muscle and skeletal muscle. However, skeletal muscle can be most transformed through exercise and diet, and as such is displayed separately.

Body Fat Mass (kg)

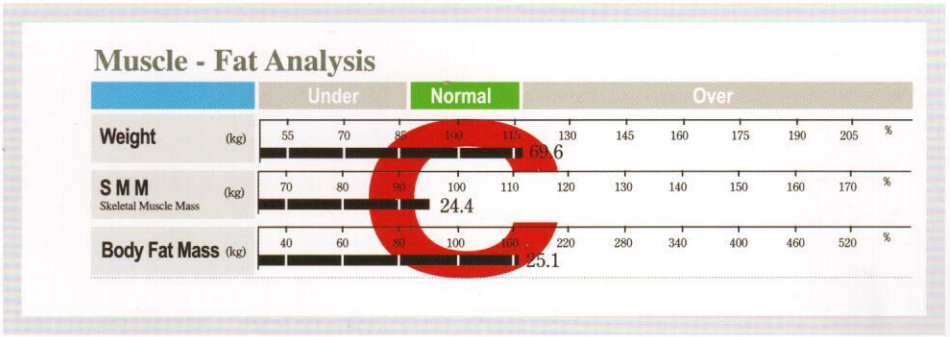
Body Fat Mass shows how many kilograms of fat your body has.

Results made simplistic

The InBody 570 demonstrates over 40 parameters that relate directly to body composition and therefore becomes extremely comprehensive, however a unique feature is the scan can become as simplistic as you would like. This is achieved by the muscle fat analysis table whereby it creates three predominant shapes, those being C, I or D. We have aligned these shapes with a traffic light which is uniformly accepted worldwide to acknowledge three predominant reactions.

The C-Shape

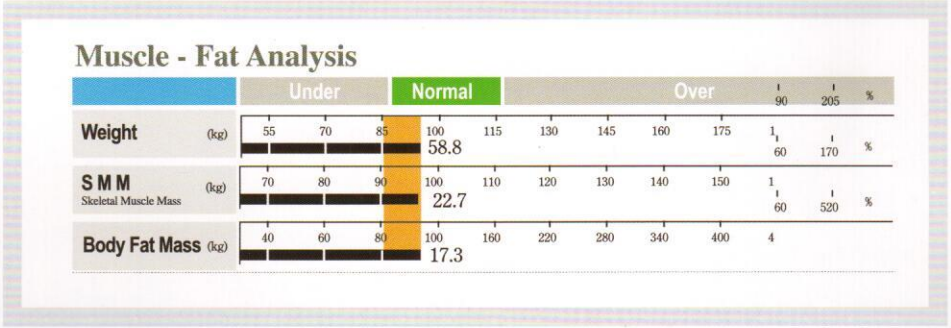
In the below example, the body composition graph forms a 'C' shape. Although the weight can be in the normal weight range, this shape can be indicative of lower skeletal muscle mass and higher body fat mass, which can represent an unbalanced body.



STOP!

The I-Shape

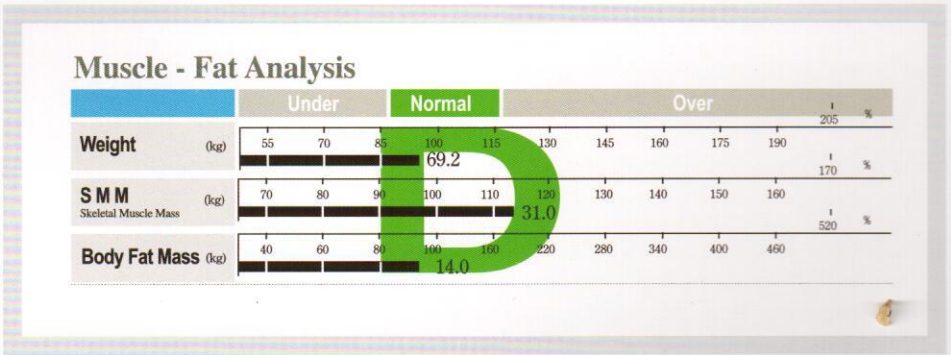
The 'I' shape predominantly provides a uniform measure of body weight, skeletal muscle mass and body fat mass with no one area being more dominant than the other.



DECISION TIME

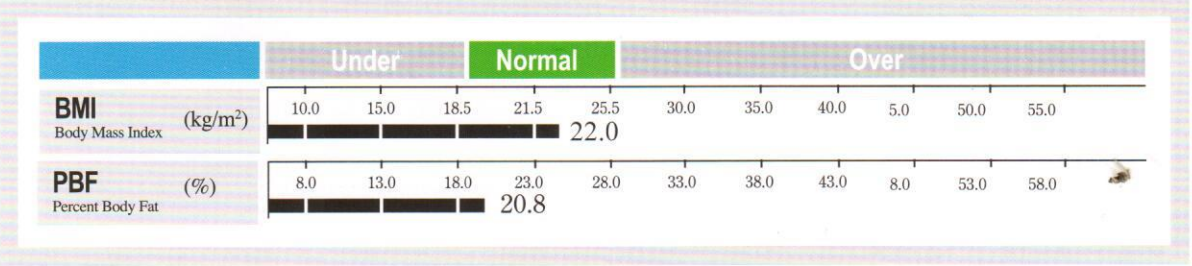
The D-Shape

In the below example, the body composition graph forms a 'D' shape. This normally indicates higher skeletal muscle mass with a more balanced ratio of body fat mass, which is generally representative of a well-trained and balanced body.



KEEP GOING

Calculated Analysis



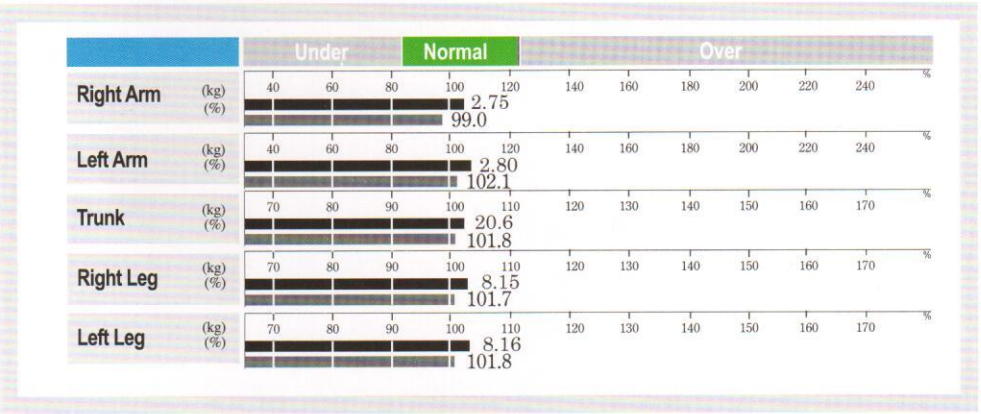
Body Mass Index (BMI)

BMI is an individual's body mass divided by the square of their height. Although a widely used method to measure body mass, the BMI does not take into consideration overall body composition and is inherently flawed with errors. For example, a person with large amounts of muscle mass would be classed as overweight or highly unbalanced when using the BMI measurement.

Percent Body Fat (PBF)

The InBody 570 can determine your Percent Body Fat. The American College of Sports Medicine suggests a PBF of 10-20% for men and 18-28% for women is recommended for good health. It is important to comprehend that the percentage of body fat is the ratio of body fat relevant to total weight not just muscle. Therefore if total weight increases (e.g. water or muscle mass, exclusively) then the percentage of body fat can and will change, however your actual body fat amount has not changed. This is why it falls under the calculated analysis. To be more precise we suggest you should always refer to the amount of body fat in kilograms as this is the true indicator of total body fat and is much more important to monitor for changes.

Segmental Lean Analysis



The graph shows segmental muscle mass by double bar graphs. The double bar graphs can identify the amount of muscle mass in each segment (4 limbs and trunk) as well as show the ideal ratio of each. By measuring segmental muscle distribution, you can review body balance and development level. InBody 570 provides information essential to check the possibility of the effectiveness of rehabilitation treatment or establish a direction for exercise.

The Upper Bar:

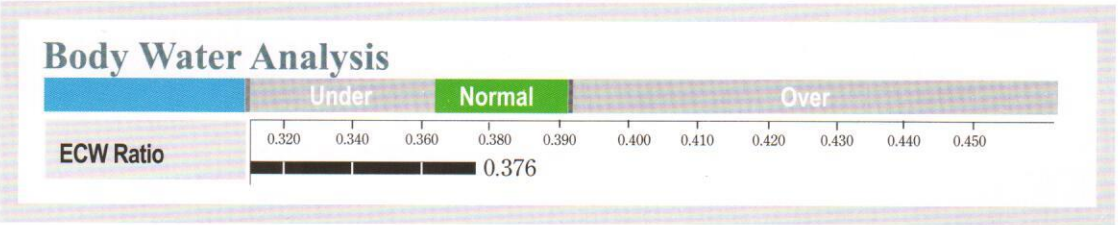
The number at the end of the upper bar graph is the amount of soft lean mass in kilograms.

The Lower Bar:

The lower bar shows your soft lean mass in percentage, in relation to your actual weight. If the lower bar graph reaches 100%, it means that you have ideal soft lean mass for your weight.

This can be an effective tool to determine imbalances between each correlating body part. Ideally you want to be within 6% of the correlating left or right limb, with any reading above 6% suggesting a reflection of muscular imbalances, which may need addressing with exercise. Bear in mind that edema issues (swelling of the cell) can effect this which may be reflective of things such as injury and therefore should be taken into consideration as part of the overall evaluation.

Body Water Analysis



The ratio of Extracellular Water to Total Body Water is an important indicator as to whether the body water is balanced. If in a healthy state, ECW ratio should be in a range of 0.36 - 0.39. If the ECW ratio is higher than the range it may be suggestive of having edema (swelling of a cell), therefore it may require further health care professional intervention.

InBody Score

The InBody score is a reflection of the overall evaluation of a person's body composition. The more muscle mass a person has the higher the score reflection and as such a muscular person may score over 100 points.

See the legend below for comparison of your score.

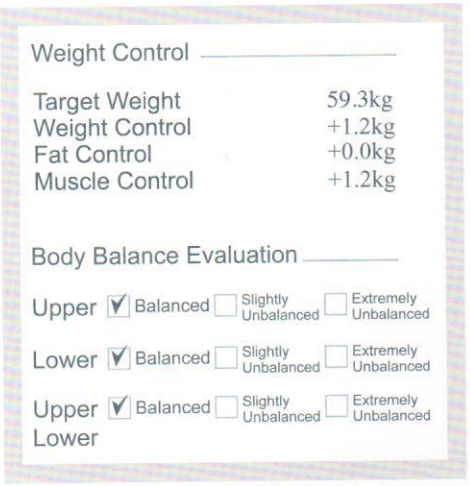
InBody Score

75/100 points

69 or less	Indicates the possibility of being out of balance (Muscle-Fat ratio) generally requiring nutrition and exercise intervention
70 - 79	Generally considered an average person, reasonably balanced
80 - 84	Generally those who actively look after their diet and exercise regimes
85 +	Predominantly found in well-trained individuals and is usually indicative of a well-balanced body

Weight Control

In this section the InBody 570 gives suggestions on muscle and fat mass control.



Target Weight offers a suggestion on what your target weight should be.

Weight Control suggests how many kilograms to increase or decrease by.

Fat Control suggests how much fat to decrease or increase for optimal balance.

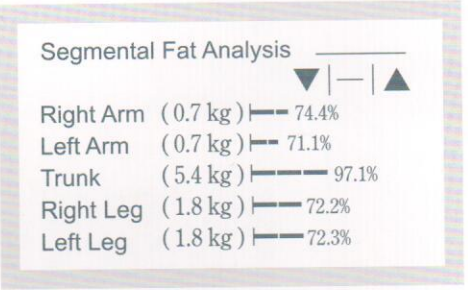
Muscle Control suggests how much muscle to increase for optimal balance.

Body Balance looks at the balance between the upper limbs, the lower limbs and the upper and lower part of the body.

Segmental Fat Analysis

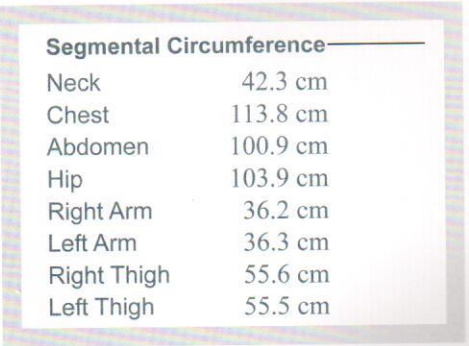
Segmental Fat Analysis is a means of assessing an individual's distribution of fat around the body. This provides a way of determining predominant areas of fat located on the body.

The percentages indicate an individual's fat mass in relation to their ideal percentage for their weight (100%). Less than 100% indicates a leaner fat mass in that area. Higher than 100% indicates a higher fat mass in that area.



Segmental Circumference

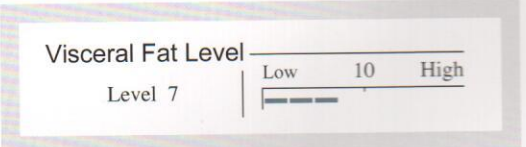
Segmental Circumference is the individual measurement of separate body parts. This is a useful measurement for those who are accustomed to traditional girth measurements and provides another means of assessing body part change.



Visceral Fat Level (VFL)

VFL is an indicator based on the amount of fat surrounding internal organs in the abdomen. This is of particular importance, because if visceral fat is high then there is a greater possible risk to your overall health.

Ideally it would be suggested to maintain a visceral fat level under 10 to stay in the more balanced range.



Research Parameters

Intracellular Water (ICW): ICW is water in the cells (NB. Muscles are cells, so high muscle mass = high cells = high intracellular water). Ideally your ICW should be in the normal range set out to the right of your results, however if a person has higher muscle mass than average they maybe outside this range.

Extracellular Water (ECW): ECW is water outside the cells (e.g. under the skin). Ideally your ECW should be in the normal range set out to the right of your results, however if a person has higher muscle mass than average they maybe outside this range. (NB. ECW is normally high if intracellular water is high)

Basal Metabolic Rate (BMR): BMR is the minimum amount of energy required to sustain vital functions whilst at rest. An effective way to raise BMR is to increase muscle mass.

Waist-Hip Ratio (WHR): WHR is a good indicator of internal fat distribution on a person. The higher the number the more uneven the distribution can become between the waist and the hip.

Bone Mineral Content (BMC): BMC is used in clinical medicine as an indirect indicator of osteoporosis. A high mineral content generally indicates a higher bone density and strength.

Intracellular Water	19.7 L	(18.7 - 22.9)
Extracellular Water	12.0 L	(11.4 - 14.0)
Basal Metabolic Rate	1309 kcal	
Waist-Hip Ratio	0.84	(0.75 - 0.85)
Visceral Fat Level	7	(1 - 9)
Bone Mineral Content	2.75 kg	(2.3 - 2.8)
Body Cell Mass	28.3 kg	(26.8 - 32.8)
Arm Circumference	26.8 cm	
Arm Muscle Circumference	23.7 cm	

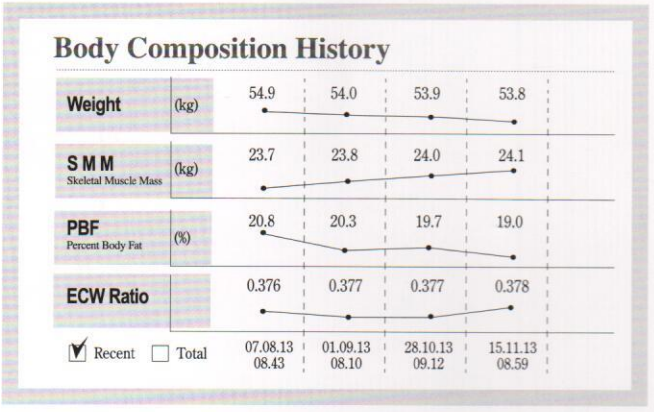
Body Cell Mass (BCM): BCM is the sum of the cells containing intracellular water and protein found in the organs. The main role of this index is to help evaluate your nutritional state.

Arm Circumference (AC): AC is the measurement of the left arm. The left arm is measured as the majority of the population is right handed.

Arm Muscle Circumference (AMC): AMC is the measurement of the arm minus the fat. Excessive fat in this area is suggestive of possible hormonal imbalances and therefore would be worthwhile to be monitored.

Body Composition History

The key information from of up to 8 previous measurements is shown. Previous measurement data is an important indicator to measure your body composition change.



Optional Information

Blood Pressure

Systolic Blood Pressure (SBP): SBP measures the amount of pressure that blood exerts on arteries and vessels while the heart is beating. Normal range 90 -120mmHG (American Heart Association)

Diastolic Blood Pressure (DBP): DBP is the pressure that is exerted on the walls of the various arteries around the body in between heart beats when the heart is relaxed. Normal range 60-80mmHG (American Heart Association)

Blood Pressure

Sys.: 136 mmHg Dia.: 77 mmHg Pulse.: 62 bpm

Heart Rate (HR): The rate at which your heart beats – expressed as beats per minute. The average resting heart rate is 60 – 80 bpm. (American Heart Association)

GUIDELINES FOR A PRECISE MEASUREMENT WITH InBody® 570

1. The analysis should ideally be carried out before exercise and on an empty stomach and bladder. Never scan immediately after exercise.

2. The analysis should not be carried out after a shower or the use of a sauna as sweat and heat causes a temporary change in conductivity within the body.

3. Wear comfortable clothing, ideally removing any items with metal zippers, snaps, fasteners, belts and underwire bras. Please also remove all jewelery where possible.

4. To effectively track and monitor results, subsequent testing should be carried out under similar conditions. (i.e. similar clothing, testing time, before eating or exercising etc.)

5. Thoroughly wipe the palms and soles with the InBody tissue before testing.

6. It is important to note that body composition results will be affected in the case of pregnancy, breast augmentation, irremovable piercing, metal plates, pins, screws, metal prosthetic joints or where a pacemaker, defibrillator or nerve stimulator are present. It is not advised to scan if you are pregnant or have a pacemaker.

7. Avoid contact and talking during the analysis, this may lead to interference affecting test results. At InBody we always suggest a qualified health care professional should be consulted to effectively evaluate your overall scan, particularly if any abnormalities are noted.

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