That which is measured improves. That which is measured and reported improves exponentially.

- Karl Pearson (Statistician)

What is Body Knowledge?

Body Knowledge provides a fast (45 seconds), accurate (98% to gold standards) and non-invasive (remove shoes/socks) way to track and educate on water, muscle and fat within the body. Understanding our bodies is the first step towards changing them.

Why get a body composition test?

The scale is misleading!! Weight can fluctuate due to countless reasons and it means nothing! Weight gain is a good thing if it's fat-free mass. Weight *loss* is a great thing if it's fat. Body composition helps you make sure you're losing/gaining the right kind of weight and Body Knowledge provides a full-page (back of flyer) report on data the scale simply can't.

Why Body Knowledge?

We leverage InBody570 technology which allows for 99% reproducibility, 98% correlation to gold standard methods without being dunked in a tank, exposed to radiation, getting into a bathing suit or taking 30-45 minutes of your day. We simply ask for 10 minutes and that you follow a few simple protocol.
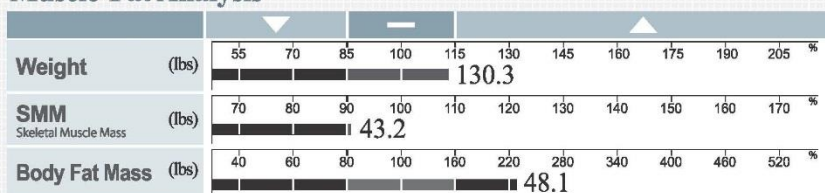
Click here to register and see the available schedule for June 8th!

www.bodyknowledge.life   612-220-0945   info@bodyknowledge.life

InBody

SEE WHAT YOU'RE MADE OF

ID	Height	Age	Gender	Test Date / Time
Jane Doe	5ft.01.8in.	51	Female	05.04.2012 09 : 46

Body Composition Analysis

	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lbs)	36.6	60.6	82.2	130.3
Extracellular Water (lbs)	24.0			
Dry Lean Mass (lbs)	21.6			
Body Fat Mass (lbs)	48.1			

Muscle-Fat Analysis

		%
Weight (lbs)	55 70 85 100 115 130 145 160 175 190 205	130.3
SMM Skeletal Muscle Mass (lbs)	70 80 90 100 110 120 130 140 150 160 170	43.2
Body Fat Mass (lbs)	40 60 80 100 160 220 280 340 400 460 520	48.1

Obesity Analysis

BMI Body Mass Index (kg/m²)	10.0 15.0 18.5 21.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0	24.0
PBF Percent Body Fat (%)	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0	36.9

Segmental Lean Analysis

Based on ideal weight ▬▬ Based on current weight ▬▬

Right Arm (lbs) (%)	40 60 80 100 120 140 160 180 200 220 240	4.43 / 102.0
Left Arm (lbs) (%)	40 60 80 100 120 140 160 180 200 220 240	4.26 / 97.7
Trunk (lbs) (%)	70 80 90 100 110 120 130 140 150 160 170	39.0 / 99.3
Right Leg (lbs) (%)	70 80 90 100 110 120 130 140 150 160 170	11.49 / 83.7
Left Leg (lbs) (%)	70 80 90 100 110 120 130 140 150 160 170	11.29 / 82.3

ECW/TBW Analysis

ECW/TBW	0.320 0.340 0.360 0.380 0.390 0.400 0.410 0.420 0.430 0.440 0.450	0.396

Body Composition History

	10.10.11 09:15	10.30.11 09:40	11.02.11 09:35	12.15.11 11:01	01.12.12 08:33	02.10.12 15:50	03.15.12 08:35	05.04.12 09:46
Weight (lbs)	143.9	139.9	137.6	136.2	137.3	134.3	133.4	130.3
SMM Skeletal Muscle Mass (lbs)	44.3	44.1	43.4	43.4	43.6	43.4	43.6	43.2
PBF Percent Body Fat (%)	41.3	40.7	39.2	39.0	39.4	38.6	37.8	36.9
ECW/TBW	0.399	0.398	0.396	0.396	0.397	0.396	0.398	0.396
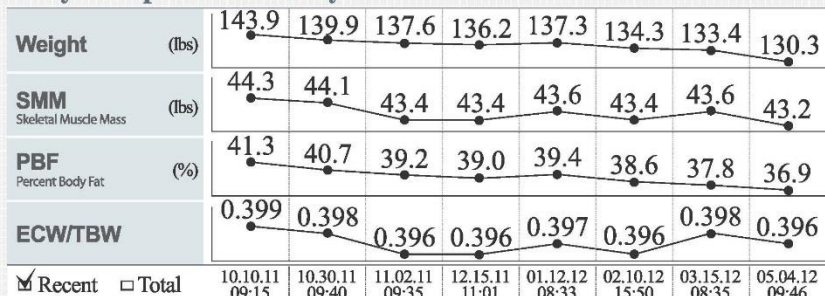
☑ Recent ☐ Total

Body Fat - Lean Body Mass Control

Body Fat Mass	-	21.8 lbs
Lean Body Mass	+	5.5 lbs

(+) means to gain fat/lean   (-) means to lose fat/lean

Segmental Fat Analysis

▼ — | ▲

Right Arm	(3.5 lbs)	179.0%
Left Arm	(3.5 lbs)	184.1%
Trunk	(25.8 lbs)	239.9%
Right Leg	(6.4 lbs)	132.5%
Left Leg	(6.4 lbs)	131.5%
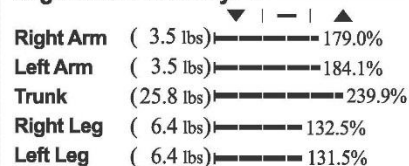
Basal Metabolic Rate

1175 kcal

Visceral Fat Level

Level 12 | Low   10   High
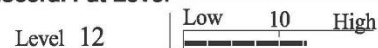
Results Interpretation

Obesity Analysis
BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

Segmental Lean Analysis
Evaluates whether the muscles are adequately developed in the body. In each segment, the top bar shows the comparison of muscle mass to ideal weight and the bottom bar shows that of the current weight.

Body Water Analysis
ECW/TBW is the ratio of Extracellular Water to Total Body Water, which is an important indicator whether the body water is balanced.

Visceral Fat Level
Visceral Fat Level is an indicator based on the estimated amount of fat surrounding internal organs in the abdomen. Maintain a Visceral Fat Level under 10 to stay healthy.

Results Interpretation QR Code
Scan the QR Code to see results interpretation in more detail.

Impedance

Z(Ω)		RA	LA	TR	RL	LL
	5kHz	373.1	385.4	25.7	303.0	314.1
	50kHz	337.2	352.5	23.0	282.3	289.8
	500kHz	297.4	311.5	19.1	258.1	267.8