InBody770 Results Interpretation

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Personal Information
The examinee's ID can be inputted with the keypad. The ID can be up to 14 alpha-numeric characters.

Body Composition Analysis
The body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water. Intracellular Water is the total amount of water inside the body's cells and Extracellular Water is the total amount of water outside the body's cells. Maintain a balanced body composition to stay healthy.

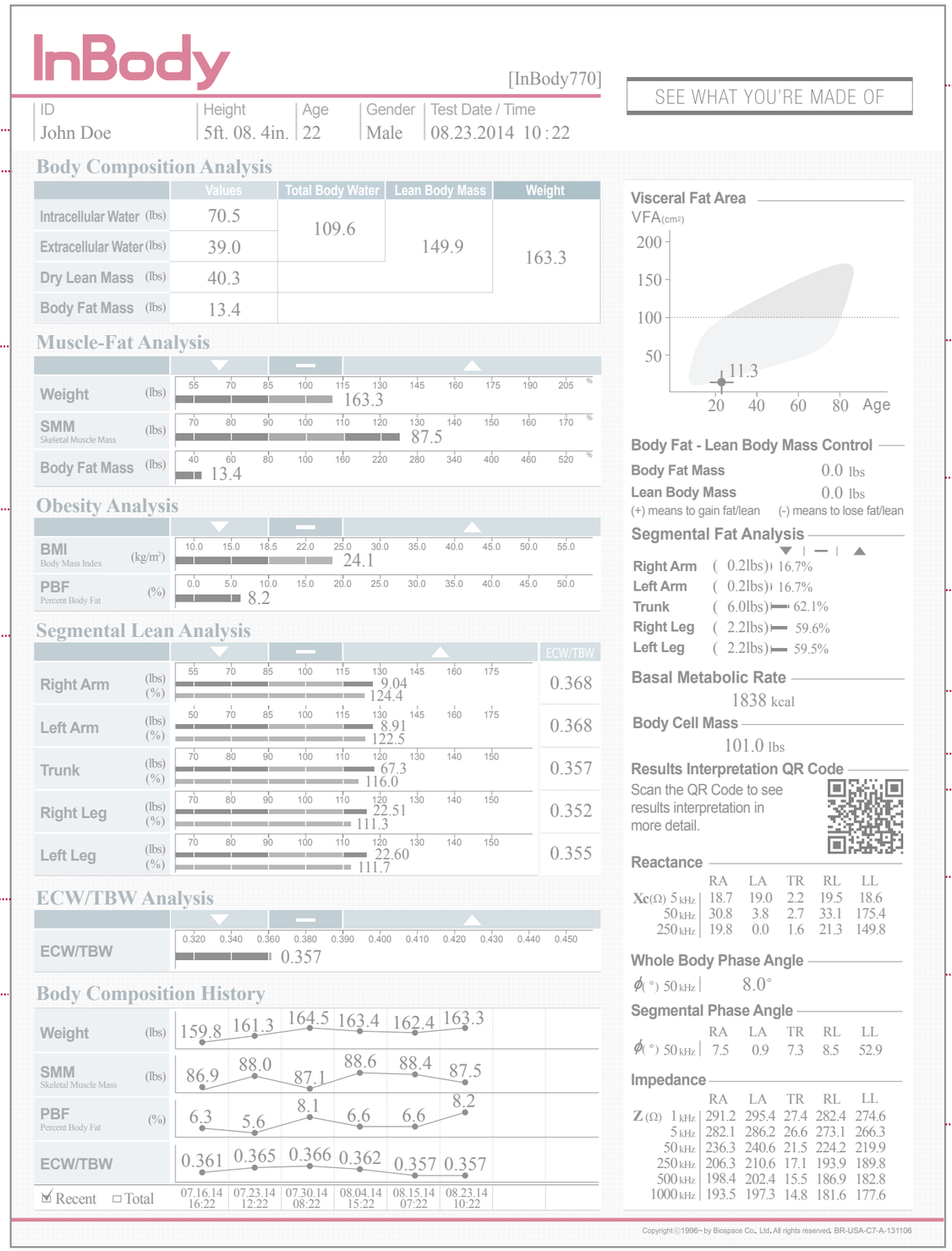
Muscle-Fat Analysis
Compare the bar lengths of Skeletal Muscle Mass and Body Fat Mass. The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is. Skeletal Muscle Mass is the amount of muscle attached to the bones. Body Fat Mass is the sum of subcutaneous fat, visceral fat, and fat surrounding muscles. Subcutaneous fat is found beneath the skin, while visceral fat is found surrounding internal organs in the abdomen.

Obesity Analysis
Body Mass Index (BMI) is an index used to determine obesity by using height and weight. BMI=Weight/Height^2(kg/m^2)
Percent Body Fat (PBF) is the percentage of body fat compared to body weight. The normal PBF range for males is 10-20% and 18-28% for females. Ideal PBF for males is 15% and 23% for females.

Segmental Lean Analysis
Segmental Lean Analysis evaluates whether the muscles are adequately developed in the body. The top bar shows the comparison of muscle mass to ideal weight while the bottom bar shows that of the current weight.

ECW /TBW Analysis
ECW/TBW, the ratio of Extracellular Water to Total Body Water, is an important indicator whether your body water is balanced. If your ECW/TBW is higher than 0.390, please consult your physician.

Body Composition History
Track the history of body compositional changes. Take the InBody Test periodically to monitor your progress. Continuously measuring under the same ID allows the InBody to save each test for future comparison. The Body Composition History allows an individual to track the changes in body composition over his/her most recent eight results (if selecting 'Recent') or a cumulative graph that shows the progress from the first test results to the most recent results (if selecting 'Total').



Custom Logo
You can enter the name, address, or telephone number through the Administrator Menu by selecting "14. Results Sheet Custom Logo" under Setup.

The InBody Results Sheet can be customized through the Administrator Menu by selecting "13. Outputs / Interpretations for Results Sheet" under Setup.

Visceral Fat Area
Visceral Fat, also known as organ fat, is located in the abdominal region between the organs. The Visceral Fat Area graph depicts how many cm² of visceral fat is measured at the cross section of the abdominal region.

Body Fat-Lean Body Mass Control
Body Fat-Lean Body Mass Control refers to the recommended changes in body fat and muscle to obtain the ideal Percent Body Fat. The '+' means to gain and the '-' means to lose.

Segmental Fat Analysis
This evaluates whether the amount of fat is adequately distributed in all parts of the body. Each bar shows fat mass in comparison to the ideal.

Basal Metabolic Rate
Basal Metabolic Rate (BMR) is the minimum number of calories needed to sustain life at a resting state. BMR is directly correlated with Lean Body Mass.

Body Cell Mass
Body Cell Mass constitutes all cellular, metabolically active tissue (muscle, organ, blood, immune cells), in the body.This value is mainly tracked for the purposes of intracellular potassium (K).

Results Interpretation QR Code
This QR code provides explanations of each result on the InBody Results Sheet.

Reactance
Reactance is the opposition to a change in current or voltage.
In BIA, reactance is a common measurement associated with how cells react to the electrical current. This value is measured in BIA mainly for the purpose in obtaining the phase angle.

Phase Angle
Phase Angle is known to be an indicator of cellular integrity.
The InBody provides Whole Body Phase Angle and Segmental Phase Angle at 50 kHz. The higher the PA, the healthier cellular integrity is.

Impedance
Impedance is the resistance value measured when electrical currents are applied throughout the body. Based on the measured data, key body composition outputs can be analyzed. Impedance is also used for many research purposes.