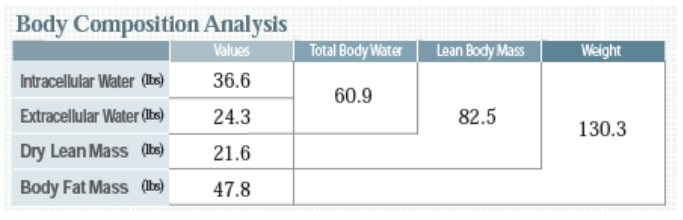
Ellison Institute

Reimagining medicine, transforming lives.

Interpreting your InBody Results

The InBody scale allows us to get a snapshot of your overall fitness in a way that's not possible with a traditional scale. The measurements from the InBody are most effective when tracked over time to monitor changes, as opposed to putting too much emphasis on any one individual reading. Fluctuations in your weight, muscle and body water between measurements aren't always related to weight loss or gain - factors such as dehydration or varying time of day can have an effect, so keep that in mind when reviewing your results. While the InBody test is just one part of your health picture, the results can be very informative for setting goals and tracking progress.

A. Body Composition:

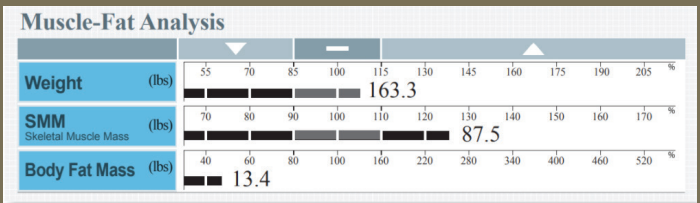


Lean Body Mass =

Anything that isn't Body Fat (muscles, bones, organs, etc.) + Body Water

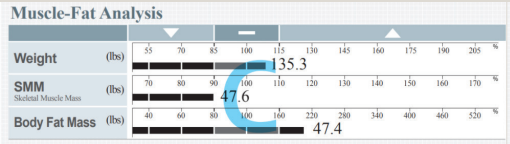
Total Weight = Lean Body Mass + Body Fat

B. Muscle-Fat Analysis:

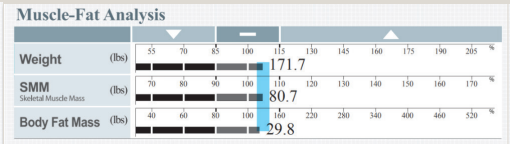


- Assesses whether you have healthy balance of fat vs. muscle
- **SMM** = Muscle that's developed through exercise
- Goal is to have a longer SMM than Body Fat Mass bar & to stay within "healthy"

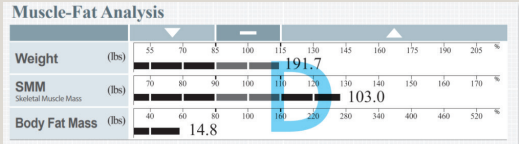
Look at the examples to understand how your "shape" relates to your health:



"C" Shape = Higher ratio of fat to muscle increases health risks associated with being overweight. Goal: Increase SMM and reduce Body Fat through exercise and healthy diet.

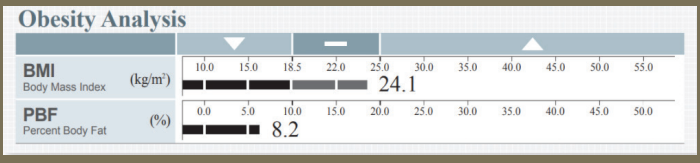


"I" Shape = More balanced body type. Consider increasing resistance exercise to prevent age-related muscle loss.



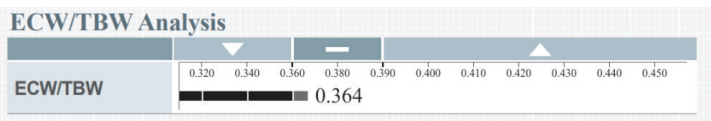
"D" Shape = Usually found in athletic body types, this is a healthier balance of fat and muscle. Goal: Keep your Weight & Body Fat mass within healthy ranges.

C. Obesity Analysis:



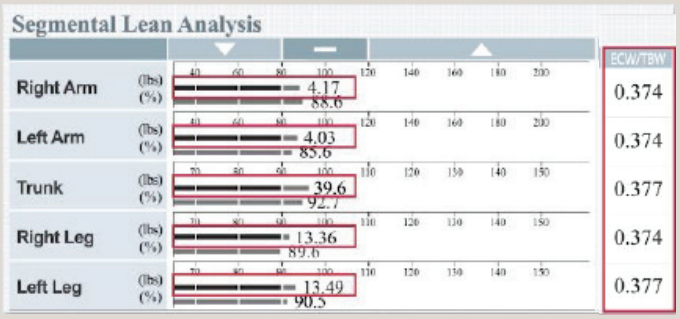
- BMI is based solely on height and weight while PBF is better at tracking muscle-to-fat changes
- Healthy PBW range: Women 22 - 31% and Men 14 - 24%
- A healthy range for you might be affected by your age, health conditions, medications or any current medical treatments.

D. ECW/TBW:



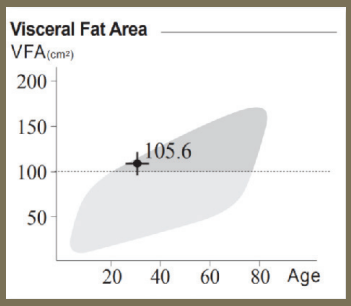
Also known as the "Edema Index", a healthy range is 0.360 - 0.390. These numbers are relatively stable over many years, but significant increases can indicate chronic or acute inflammation, swelling or fluid retention.

E. SEGMENTAL LEAN ANALYSIS:



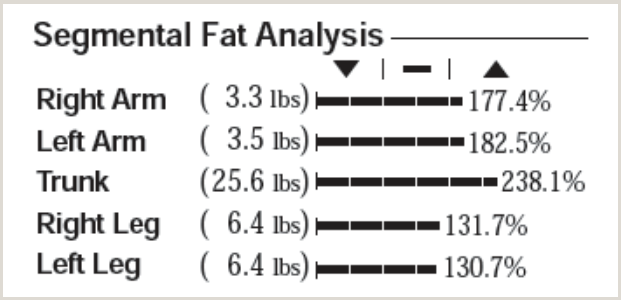
- Results show the amount of Lean Body Mass in each body segment - not just muscle.
- Shows imbalances between Upper/Lower & Left/Right side
- Goal is >100% for each segment to support your own body weight, preserve mobility & prevent injuries.
- ECW/TBW identifies the location of any swelling, injury or inflammation.
- Goal for L/R balance to avoid injury is <6% difference in arms and <3% difference in legs (in lbs.)

F. VISCERAL FAT AREA:



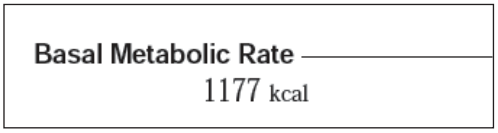
- Visceral fat is stored deep within the abdominal cavity and surrounds the organs.
- Excess visceral fat has been linked to increased risk of chronic diseases, including metabolic syndrome, diabetes, and heart disease.
- Goal is to be <100 and ideally close to the center of the grey shape, which is the average Visceral Fat based on your age.

G. SEGMENTAL FAT ANALYSIS:



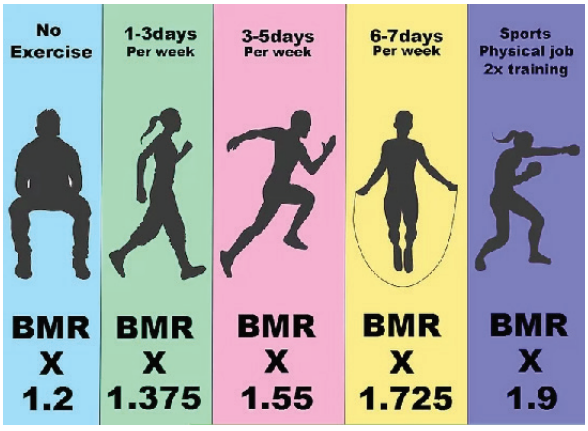
- Percentages show how your body fat compares with individuals of the same height and gender based on body segments.
- For example: 238.1% in Trunk = 138.1% above average for same height & gender

H. BASAL METABOLIC RATE:



- Basal Metabolic Rate is the number of calories burned in a 24-hour period when the body is at rest. (i.e. without including any calories burned from activity)
- The body's metabolic rate gradually slows down over time, but increasing your muscle mass through exercise can increase your metabolic rate by making your body more efficient at burning calories.

USE YOUR ACTIVITY FACTOR TO CALCULATE YOUR DAILY CALORIE NEEDS:



Basal Metabolic Rate x Activity Factor = Total Calorie Need

Example: 1177 calories x 1.375 = 1618 calories

So in this example:

To lose weight: Eat less than 1618 calories/day

To gain weight: Eat more than 1618 calories/day

Want to know more? Make an appointment with our Registered Dietitian Kate Cohen (310) 272 - 7640