


 Test User Male (AGE: 40)

Assessment of:
 02/02/2022 10:01 AM

Gender: Male	Weight: 82.0 kg	Hydration: 73.3% (TBW/FFM)	RZ: 555 Ω	BMI: 25.3 kg/m ²
Date of Birth: 01/01/1982	Height: 180.0 cm	Nutrition: 872.1 (mg 24h/htm)	XC: 55 Ω	

Anthropometric evaluation, body structure and cardio-metabolic risk

The body circumferences are indicators of the cross-sectional sizes of certain body segments. Alone or in combination, the anthropometric measurements may be used to evaluate the metabolic and cardiovascular risk: as nutritional indicators, as markers of body fat distribution, as growth indicators and as definition constitutional biotype. In example, the circumference of waist primarily indicates the amount of subcutaneous and visceral adipose tissue, while the circumference of the wrist is used as an indicator of bodytype. To lower the risk of cardiovascular diseases, the proportions of the body should be kept within physiological ranges: the waistline, for example, should be less than half of your height.

Parameter	Results	Suggestion	Reference
Body Mass Index (BMI)	25.3	Normal weight (Between 18.5–25)	From 18.5 to 24.9
Body Cell Mass (BCM)	52.3%		From 43.0 to 70.0
Phase angle	5.7°		From 6.3 to 8.1
Chest	98 cm		
Hip	97 cm		From 93.0 to 111.0
Waist / Hip ratio	0.87		Less than 0.90
Waist	84 cm		Less than 94.0
Waist / Height ratio	0.47		Less than 0.50
Abdominal fat	3.5%, Weight 2.9 kg		
Biotype	Gynoid		
Morphotype	10	medium	
Abdominal	96 cm		
Arm	29 cm		
Thigh	57 cm		
Wrist	18 cm		
Calf	40 cm		