

BOD POD[®] Body Composition Tracking System Analysis

Technician

ATC

SUBJECT INFORMATION	
NAME	
AGE	18
GENDER	Male
HEIGHT	181.0 cm
ID_1	
ID_2	
ETHNICITY	General Population
OPERATOR	vbasl
TEST DATE	February 18, 2022
TEST NUMBER	1736

BODY COMPOSITION RESULT	
% FAT	11.4 %
% FAT FREE MASS	88.6 %
FAT MASS	8.333 kg
FAT FREE MASS	64.470 kg
BODY MASS	72.802 kg
BODY VOLUME	67.867 L
BODY DENSITY	1.0727 kg/L
THORACIC GAS VOLUME	4.017 L

TEST PROFILE	
DENSITY MODEL	Siri
THORACIC GAS VOLUME MODEL	Predicted

OPERATOR COMMENTS

Body Fat: A certain amount of fat is absolutely necessary for good health. Fat plays an important role in protecting internal organs, providing energy, and regulating hormones. The minimal amount of "essential fat" is approximately 3-5% for men, and 12-15% for women. If too much fat accumulates over time, health may be compromised (see table below).

Fat Free Mass: Fat free mass is everything except fat. It includes muscle, water, bone, and internal organs. Muscle is the "metabolic engine" of the body that burns calories (fat) and plays an important role in maintaining strength and energy. Healthy levels of fat-free mass contribute to physical fitness and may prevent conditions such as osteoporosis.

BOD POD Body Fat Rating Table*

*Applies to adults ages 18 and older. Based on information from the American College of Sports Medicine, the American Council on Exercise, Exercise Physiology (4th Ed.) by McArdle, Katch, and Katch, and various scientific and epidemiological studies.

BODY FAT RATING	MALE	EXPLANATION
<input type="checkbox"/> Risky (high body fat)	> 30%	Ask your health care professional about how to safely modify your body composition.
<input type="checkbox"/> Excess Fat	20.1 - 30%	Indicates an excess accumulation of fat over time.
<input type="checkbox"/> Moderately Lean	12.1 - 20%	Fat level is generally acceptable for good health.
<input checked="" type="checkbox"/> Lean	8.1 - 12%	Lower body fat levels than many people. This range is generally excellent for health and longevity.
<input type="checkbox"/> Ultra Lean	5 - 8%	Fat levels often found in elite athletes.
<input type="checkbox"/> Risky (low body fat)	< 5%	Ask your health care professional about how to safely modify your body composition.

ENERGY EXPENDITURE RESULTS

Est. Resting Metabolic Rate (RMR) kcal/day	*Est. Total Energy Expenditure (TEE) kcal/day	Daily Activity Level
1697 (See RMR Info Sheet for additional info)	2172	Sedentary
	2562	Low Active
	2953	Active
	3530	Very Active
	*Est. TEE = Est. RMR x Daily Activity Level	

Applies to adults ages 18 and older. Based on information from the Institute of Medicine (2002), Dietary Reference Intakes For Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, And Amino Acids, Part I, pp93-206. Washington, D.C., National Academy of Sciences.

