YOUR EVOLT 360 BODY SCAN

DATE	NAME		
07-02-2023 07:26	Maddison	EVOLTACTIVE	DOWNLOAD THE EVOLT ACTIVE APP

HEIGHT	WEIGHT	AGE	GENDER
174 cm	59.8 kg	24	Female

YOUR BODY COMPOSITION

1. LEAN BODY MASS KG/LBS: 46.7 / Optimal [44.9 - 54.9]	6. BODY FAT MASS KG/LBS: 13.1 / Under [13.4 - 20.0]	11. VISCERAL FAT LEVEL: 3 / Optimal
2. SKELETAL MUSCLE MASS KG/LBS: 25.9 / Optimal [25.0 - 30.6]	7. SUBCUTANEOUS FAT MASS KG/LBS/%: 12.0 [20.1%]	12. INTRACELLULAR FLUID (ICF) KG/LBS: 22.9 [68%]
3. PROTEIN KG/LBS: 9.6 / Optimal [8.8 - 10.8]	8. VISCERAL FAT MASS KG/LBS/%: 1.1 [1.8%]	13. EXTRACELLULAR FLUID (ECF) KG/LBS: 10.7 [32%]
4. MINERAL KG/LBS: 3.5 / Optimal [3.3 - 4.1]	9. VISCERAL FAT AREA cm2: 27 / Under [40 - 80]	14. BMR *[BASAL METABOLIC RATE]*: 1378 kCal
5. TOTAL BODY WATER KG/LBS: 33.6 / Optimal [32.8 - 40.1]	10. TOTAL BODY FAT PERCENTAGE: 21.9% / Optimal [20 - 30]	15. TEE *(Total Energy Expenditure)*: 2122 kCal

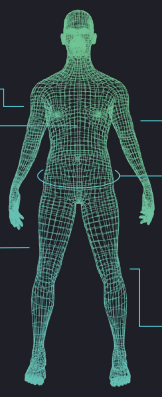
16. BIO AGE: 24

17. BWI® SCORE: 8.0/10

18. SEGMENTAL ANALYSIS

UPPER - LOWER BODY BALANCE		LEFT - RIGHT BODY BALANCE	
X	BALANCED	BALANCED	X
	UNBALANCED	UNBALANCED	

	LEAN MASS KG/LBS	FAT MASS KG/LBS
LEFT ARM	2.29 / Under [2.44 - 2.98]	0.76 / Optimal [0.63 - 0.95]
TORSO	20.61 / Optimal [18.32 - 22.39]	7.12 / Optimal [5.72 - 8.58]
LEFT LEG	6.84 / Optimal [6.72 - 8.22]	2.37 / Optimal [1.93 - 2.90]
RIGHT ARM	2.33 / Under [2.44 - 2.98]	0.63 / Optimal [0.63 - 0.95]
RIGHT LEG	6.99 / Optimal [6.72 - 8.22]	2.23 / Optimal [1.93 - 2.90]



19. ABDOMINAL CIRCUMFERENCE	20. WAIST TO HIP RATIO
71.3 cm (Less than 88 cm)	0.72 / Optimal [0.7 - 0.85]

YOUR NUTRITION

YOUR CALORIE RECOMMENDATIONS AND MACRONUTRIENT PROFILE BASED ON YOUR BODY SCAN AND GOALS. VISIT THE EVOLT ACTIVE APP TO LEARN MORE ABOUT MACROS AND TAKE OUR LIFESTYLE QUESTIONNAIRE.

21. CALORIES	22. PROTEIN	23. CARBOHYDRATES	24. FAT
1578 - 1678	118g - 126g (30%)	138g - 147g (35%)	61g - 65g (35%)

YOUR SUPPLEMENT RECOMMENDATIONS

YOUR SUGGESTED STACK IS

X		
FAT LOSS	MUSCLE GAIN	OPTIMAL HEALTH

VISIT THE EVOLT ACTIVE APP FOR MORE INFORMATION.

- Acetyl L-Carnitine
- Protein Isolate (Whey or Plant)
- Fat Burning Thermogenic Powders
- Branch Chain Amino Acids (BCAA's)
- L-Glutamine
- Lean protein bar snacks
- Greens Powder
- Multi-Vitamin

Note: These suggestions are designed for general guidance only and are not designed to treat or diagnose any condition. They are not to be taken as medical advice and we strongly recommend you seek professional assistance from your Medical or Healthcare Professional.

YOUR EVOLT 360 STATS EXPLAINED

THE REASON WE INPUT YOUR AGE, HEIGHT AND GENDER, IS TO PROVIDE YOU WITH A MEDICALLY BASED REFERENCE RANGE TO SHOW YOU WHERE YOUR RESULTS COMPARE TO THOSE GUIDELINES. YOU WILL SEE THESE REFERENCE RANGES IN BRACKETS NEXT TO YOUR RESULTS ALONG WITH AN INDICATION OF WHETHER YOU ARE "OPTIMAL.", "UNDER" OR "HIGH" COMPARED TO THOSE RANGES. IT IS IMPORTANT TO REMEMBER THAT YOUR GOALS MAY BE VERY DIFFERENT TO MEDICAL STANDARDS, PARTICULARLY IF YOUR GOALS ARE ATHLETIC. WE ALWAYS RECOMMEND YOU SEEK GUIDANCE FROM YOUR TRAINER OR HEALTH CARE PROFESSIONAL.

1. LEAN BODY MASS: Consists of muscle, protein, and mineral (everything excluding body fat). A higher LBM relative to total body weight will assist with improving your metabolism to burn more fuel and utilize body fat to sustain a healthier overall body.

2. SKELETAL MUSCLE MASS: Refers to the muscles attached to all the bones that you utilize for training and cardiovascular activity. In basic terms, high skeletal muscle mass produces more heat to burn fuel, i.e. giving you a higher BMR (basal metabolic rate - the rate at which your body burns calories at complete rest). A high metabolism is driven by increased amounts of skeletal muscle mass, together with sufficient protein intake which repairs and nourishes muscle cells as they break down (as well as assist in a host of other very important roles within the body i.e. hormone production, cell rejuvenation etc.)

3. PROTEIN: This refers to the amount of nitrogen cells your body contains. Nitrogen is a component of protein which provides your body with the ability to repair tissues and cells and crucial for the development and growth of skeletal muscle mass. Ensuring adequate protein intake for your height, age, gender and activity level is very important for this process, not only for the development and repair of skeletal muscle mass, but also for the regeneration of cells for overall good health and anti-aging purposes.

4. MINERAL: This is your bone mineral estimate. Having high skeletal muscle mass and protein mass will assist in maintaining good bone mineral content. Bone content can decrease with age, especially for women, so it is imperative for those who have a low bone mineral estimate to commence a weight resistance training program and consume adequate amounts of protein in their diet. This should not be confused with a Bone Mineral Density Test which must be completed via DEXA scan.

5. TOTAL BODY WATER: This consists of intra-cellular and extra-cellular water (water inside the cell and outside the cell) Healthy adults body water should be approx. 45-65% of the total body weight. Ensuring adequate fluid intake throughout the day, dependent upon activity level, will ensure that you stay hydrated throughout the day. A general guide that you are drinking enough fluid will result in urinating clear fluid in the afternoon.

6. BODY FAT MASS: Your lean body mass subtracted from your overall weight gives you your total body fat (kg/lbs).This measurement includes two types of body fat, subcutaneous body fat as well as visceral body fat.

7. SUBCUTANEOUS FAT MASS: Subcutaneous fat mass (shown in kg or lbs and also in %) is the fat that is located underneath the skin. Subcutaneous fat mass is the most widely distributed fat tissue comprising of adipocytes (fat cells) which acts as an energy reserve. The number of adipocytes are determined by nutritional status and genetics.

8. VISCERAL FAT MASS: Visceral fat mass (shown in kg or lbs and also in %) is the intra-abdominal fat which is located inside the abdominal cavity and not visible to the eye. Carrying a high amount of visceral fat is known to be associated with insulin resistance, which can lead to glucose intolerance and type 2 diabetes.

9. VISCERAL FAT AREA: Visceral fat area is indicated in cm^2. The optimal range for men is 50-100cm^2 and 40-80cm^2 for women. Checking for reductions in visceral fat area can identify smaller changes.

10. BODY FAT PERCENTAGE: The percentage of body fat compared to body weight. Overall body fat percentage is very individual and looks different on any given person. Therefore, it is inaccurate to compare body fat percentages from person to person. A more accurate reflection of reduction in subcutaneous fat is to look at the segmental body fat in kg/lbs for each limb on the scan.

11. VISCERAL FAT LEVEL: Visceral fat refers to the fat that is hidden and stored around your internal organs. It is important to note that a person can look quite lean (ie. Low subcutaneous fat) but still have high visceral fat, so it is important to identify all levels of body fat for a complete understanding of individuals' overall body composition and health status. The visceral fat analysis is measured between a score of 1-20 with 1-9 being within balanced ranges based on accepted normative data. For general guidelines to improve and lower your visceral fat level, ensure that you are following a nutritious eating plan that includes high alkaline foods such as green, cruciferous vegetables (or supplement with a good quality greens supplement) as well as ensuring sufficient amount of protein intake and good quality fats. Lowering stress situations can be difficult, however cortisol reduction supplementation may be used to assist.
Level 1 - 5: Optimal | **Level 6 - 9:** Balanced | **Level 10+:** Over Range

12. INTRACELLULAR FLUID (ICF): In simplistic terms, intracellular fluid is fluid inside the cell. By definition, intracellular fluid is the place where most of the fluid in the body is contained. This fluid is located within the cell membrane and contains water, electrolytes and proteins. Potassium, magnesium, and phosphate are the three most common electrolytes in the ICF. Intracellular fluid accounts for approximately 62.5% of your total body water.

13. EXTRACELLULAR FLUID (ECF): In simplistic terms, extracellular fluid is fluid outside the cell. By definition, extracellular fluid is the fluid that travels in the circulatory system in blood plasma, the liquid component of blood as well as within the lymphatic system. Intracellular fluid accounts for approximately 37.5% of your total body water.

14. BMR (BASAL METABOLIC RATE): The minimum amount of energy required to sustain vital functions whilst at rest. Increasing total skeletal muscle mass and protein mass is crucial to increase BMR.

15. TEE (TOTAL ENERGY EXPENDITURE): Total Energy Expenditure is the amount of energy expended to sustain normal daily function (non-exercise activity) as opposed to basal metabolic rate which is energy required to sustain normal bodily function at bed rest.

BIO AGE

16. BIO AGE: Your BIO Age is based on your internal health i.e. muscle mass, body fat etc. If your Bio Age score indicates your body is younger than your chronological age, you are on the right track, if not, consider the hints within these explanations to improve your skeletal muscle mass and protein mass as well as reduction of overall body fat.

BWI®

17. BWI® SCORE: Bio-Wellness Index (BWI®) score is a calculation based on the integrity of lean body mass versus total fat mass in order to provide a more purposeful number out of 10 as an overall measure of progress in the promotion of healthy lean body mass for longevity. Currently, the antiquated score of BMI uses only a measure of height over weight which doesn't distinguish whether the weight gained is lean body mass rather than fat mass. Significant research exists supporting the importance of maintaining lean body mass in a fat loss scenario such as:

- Increased metabolism of lean muscle assists with reduction of obesity
- Increased muscle glycogen (carbohydrate) storing capacity for exercise
- Maintaining muscle over the lifespan can aid in reduction in obesity and weight gain as a result of aging (in presence of sarcopenia)
- Improved ability to tolerate high stress environments
- Improved responses to critical illness and disease (you could say also prevention of disease in the case of obesity)
- Decreased osteoporosis
- Improved bone density
- Improved independence and activities of daily living in older adults
- Decreased risk of falls in older adults
- Protection against injury from bumps and knocks

The BWI® Score is about establishing the right composition of weight gained or lost and takes into account the age and gender of the individual in comparison to the World Health Organization standards. The higher the score out of ten, the better the wellness of the individual or the total collated group. The purpose of the BWI® is to provide one simple metric as a measuring score of body composition health.
Athletic Rating – 9.0 - 10 | **Optimal Rating** – 8.0 - 8.9 | **Average Rating** – 7.0 - 7.9
Below Average Rating – 6.0 - 6.9 | **Poor Rating** – 0 - 5.9

18. SEGMENTAL ANALYSIS: This shows what each section is made up of in terms of lean body mass and subcutaneous fat mass. The Lean Mass of 5 body parts (left/ right arms, left/ right legs & trunk). This is a great way to discover the presence of any muscular dominance as well as track muscular increases in a specific body part. Likewise, your fat mass of 5 body parts (left/ right arms, left/ right legs & trunk) is also shown. This is a great way to track fat loss in a specific body part and this should be used as the best method to track reductions rather than a total body fat percentage, remembering that it can take significant time before visual changes can be seen. Seeing the numbers on the follow up scans can provide the motivation to stay consistent or make amendments to ensure changes are made.

19. ABDOMINAL CIRCUMFERENCE: The approximate measurement around your navel circumference.

20. WAIST / HIP RATIO: An indicator of your internal fat distribution. The higher the number the more uneven the distribution can become between the waist & the hip. Calculated by dividing waist girth by hip girth.

21. CALORIES: Calories are a unit of measure of fuel intake in simplistic terms. There are a base amount of calories required for the body to sustain basic function. By definition a calorie is the energy it takes to raise the temperature of 1 gram of water 1 degree Celsius. Calories are broken down into 3 macronutrients which provide different requirements to the human body and each contain different calorie amounts.

22. PROTEIN: Proteins are essential nutrients required by the body for the structure, function, and regulation of the body's cells, tissues, and organs. Protein is important for the repair and growth of skeletal muscle tissue. Protein contains 4 calories per gram.
(i) Aragon et al 2017 ISSN position stand diets and body composition
(ii) Jager et al 2017 ISSN Position stand Protein and Exercise
(iii) Phillips et al 2016 Protein requirements beyond the RDA implications for optimising health.

23. CARBOHYDRATE: Carbohydrates primary role in human physiology is energy provision, constituting the body's preferred fuel source for energy. Carbohydrates are generally classified as complex and simple, which basically refers to the rate at which the body digests and absorbs the sugars. Carbohydrates can be categorised into starches, fibrous and fruit. Carbohydrates contain 4 calories per gram.

24. FAT: Dietary fats are an essential macronutrient that provides the body's major energy stores. There are a wide variety of foods that contain dietary fat including essential fatty acids required for bodily functions such as the formation of cell membranes, brain and nervous system development and function as well as hormonal health. Fats contain 9 calories per gram.

YOUR NUTRITION: Macronutrients are energy-providing chemical substances consumed by organisms in large quantities. The three macronutrients in nutrition are carbohydrates, fats, and proteins. Everybody has an individual macronutrient profile depending on their body composition.

To learn more about your macros, DOWNLOAD THE EVOLT ACTIVE APP.

YOUR SUPPLEMENT RECOMMENDATIONS: So what are supplements? Supplements are exactly how they spelled out. They are designed to supplement your daily dietary requirements. Most people do not have the ability to take in either enough nutrients or all of their nutrients. Therefore, it becomes necessary to utilize supplementation to ensure all of their daily requirements are met. Especially if you are trying to reach a particular goal, play a specific sport or medically require more of a specific type of nutrient.

It is important to note that supplements aren't just for athletes or people who frequent the gym, they are for everyone who needs to add nutrients to their daily diet.

DISCLAIMER: These suggestions are designed for guidance only and are not to be taken as medical advice. We recommend you seek professional assistance from your Medical or Healthcare Professional.

For more information about your Scan Results, please go to the FAQ page on the website - WWW.EVOLT360.COM.

MALE BODY FAT % TABLE: Based on WHO/NIH guidelines

Age	Low	Normal	High	Very High
20 - 39	< 8	8 - 20.9	21 - 25.9	> 26
40 - 59	< 11	11 - 22.9	23 - 28.9	> 29
60 - 79	< 13	13 - 24.9	25 - 30.9	> 31

FEMALE BODY FAT % TABLE: Based on WHO/NIH guidelines

Age	Low	Normal	High	Very High
20 - 39	< 21	21 - 32.9	33 - 38.9	> 39
40 - 59	< 23	23 - 34.9	35 - 40.9	> 41
60 - 79	< 25	25 - 37.9	38 - 42.9	> 43

The Evolt 360 utilizes BIA technology (Bioelectrical Impedance Analysis). BIA works by passing a safe, low-intensity electrical current through the body via the tactical points on the machine (feet and hands). In very simplistic terms, the resistance to flow of the current determines the difference between muscle mass, fat mass (including visceral and subcutaneous), water and mineral.

The science behind BIA is well researched and validated in peer-reviewed published literature as a reliable, un-intrusive measure of body composition when conditions are standardized.

The basis of the accuracy and repeatability of BIA as a technology relies on 5 factors to ensure absolute integrity, those being age, gender, height, weight, impedance measurement [(i)(ii)(iii)(iv)]

The Evolt 360 utilizes a 5-compartment model of BIA which enables the measurement of each compartment of the body separately to provide a more conclusive result.

(i) Gomes et al 2017 BIA of body composition

(ii) Meleleo et al 2017 Evaluation of body composition with Bioimpedance

(iii) Raeder et al 2018 Validity of BIA in estimation of FFM in colorectal cancer patients

(iv) Sergi et al 2014 Assessing appendicular skeletal muscle mass with BIA