

ID	NAME		DATE
	Maddison		18-11-2021 13:59
HEIGHT	WEIGHT	AGE	GENDER
174 cm	57.9 kg	23	Female

1. TOTAL BODY WEIGHT KG/LBS

57.9 kg



2. LEAN BODY MASS KG/LBS

46.0 / Under [46.6 - 53.3]

3. SKELETAL MUSCLE MASS KG/LBS

25.6 / Optimal [25.0 - 30.6]

4. PROTEIN KG/LBS

9.5 / Optimal [8.8 - 10.8]

5. MINERAL KG/LBS

3.4 / Optimal [3.3 - 4.1]

6. TOTAL BODY WATER KG/LBS

33.1 / Under [34.0 - 38.9]

7. SEGMENTAL ANALYSIS

LEFT ARM

LEAN MASS KG/LBS

2.01 / Under [2.44 - 2.98]

FAT MASS KG/LBS

0.71 / Optimal [0.58 - 0.86]

RIGHT ARM

LEAN MASS KG/LBS

2.19 / Under [2.44 - 2.98]

FAT MASS KG/LBS

0.58 / Optimal [0.58 - 0.86]

LEFT LEG

LEAN MASS KG/LBS

6.82 / Optimal [6.72 - 8.22]

FAT MASS KG/LBS

2.18 / Optimal [1.89 - 2.84]

RIGHT LEG

LEAN MASS KG/LBS

6.99 / Optimal [6.72 - 8.22]

FAT MASS KG/LBS

2.05 / Optimal [1.89 - 2.84]

TORSO

LEAN MASS KG/LBS

18.35 / Optimal [18.32 - 22.39]

FAT MASS KG/LBS

6.37 / Optimal [5.10 - 7.65]

8. BODY BALANCE

UPPER - LOWER



BALANCED



UNBALANCED



BALANCED



LEFT - RIGHT



UNBALANCED

16. BMR [BASAL METABOLIC RATE]

1363 kCal

17. TEE [TOTAL ENERGY EXPENDITURE]

2099 kCal

18. GOAL TO CONTROL BODY FAT
[TO BRING YOU BACK INTO STANDARD RANGE]

0.0 kg

19. NEW APPROXIMATE CALORIE INTAKE
[TO BRING YOU BACK INTO STANDARD RANGE]

Consult a Trainer

20. TIME TO CONTROL BODY FAT

0

WEEKS

For more detailed information about adding muscle mass or losing body fat, download the Evolt Active App and go into My Macros for an individualised macronutrient profile



OVERALL SCORES

21. BIO AGE

21 years

9. TOTAL FAT MASS KG/LBS

11.9 / Under [13.4 - 20.0]

10. BODY FAT PERCENTAGE [%]

20.5% / Optimal [20 - 30]

11. VISCERAL FAT LEVEL



LEVEL 1-5 OPTIMAL
LEVEL 6-9 BALANCED
LEVEL 10+ OVER RANGE

12. VISCERAL FAT AREA

25 / Under [40 - 80]

13. WAIST / HIP RATIO

0.71 / Optimal [0.7 - 0.85]

14. EXTRACELLULAR WATER
[VS. TOTAL BODY WATER]

10.7 [32%]

15. ABDOMINAL CIRCUMFERENCE

69.9 (Less than 88 cm)



EVOLTACTIVE

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22. FITNESS SCORE

84 / 100

SCAN REPORT INFORMATION

The reason your age, height, and gender are required, is to provide you with a reference range in accordance with world health organization guidelines, 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 from the world health organization guidelines, particularly if your goals are athletic in nature. We always recommend that you seek guidance from your qualified health care professional or other qualified professional.

1. TOTAL BODY WEIGHT: Provides you with a total overall weight in kilograms or pounds. Remember that the overall weight is very individual dependent upon your body type, ethnicity and training program. Variation in body weight alone as a measure of progress can be misleading and is not recommended. It does not provide sufficient detail of progression or consistency of results (ie. fluid shifts etc).

2. 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.

3. 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.)

4. 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-ageing purposes.

5. 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.

6. 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.

7. SEGMENTAL ANALYSIS: This shows what each section is made up in terms of lean body mass and 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 imbalances 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 visually so seeing the numbers on the follow up scans can provide the motivation to stay consistent or make amendments to ensure changes are made.

8. BODY BALANCE: Provides an indication of the balance of your lean body mass between upper and lower region and left to right.

9. TOTAL 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 fat.

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 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.

12. VISCERAL FAT AREA: Visceral fat area is indicated in cm². The optimal range for men is 50-100cm² and 40-80cm² for women. Checking for reductions in visceral fat area can identify smaller changes when the visceral fat level stays the same.

13. 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.

14. EXTRACELLULAR WATER: Extra Cellular Water/Body Water is the index evaluating the water balance of the ratio of extra-cellular water to the total body water.

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

16. 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.

17. TEE (TOTAL ENERGY EXPENDITURE): This is the sum of the Basal Metabolic Rate & calories needed for daily activity (calculated by multiplying the BMR Physical activity level). This figure provides a good indication of your caloric need and can be adjusted appropriately to commensurate with your goals. From this figure, you can adjust your macronutrient profile accordingly to sustain the desired results.

18. GOAL TO CONTROL BODY FAT: This shows a guideline and estimation of how much body fat you have to control to bring you back to within standard medical ranges. If you do not need to lose body fat according to the standard medical range, then it will show N/A.

19. NEW APPROXIMATE CALORIE INTAKE: This provides an estimated new calorie amount required to reach your control guide goal.

20. TIME TO CONTROL BODY FAT: This is the amount of time it is estimated it will take you to reach your new control guide. If you do not need to lose body fat according to the standard range, then it will show N/A.

21. 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.

22. FITNESS SCORE: Your Fitness Score is a total of your overall scan results, out of 100. From 70 and above is considered the optimal level. From 85 upwards is considered at the athletic level. You should always aim to increase this score each time you scan.

For more information about your scan results, go to 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

Disclaimer
The Evolt Technology used to determine body composition is not a diagnostic tool and does not replace the educated judgment of a healthcare professional. Body composition test results are for reference purposes only and are not intended to substitute advice given by a physician, pharmacist, or other licensed health care professional. You should not use this information as self-diagnosis or for treating a health problem or disease. Contact your health-care provider immediately if you suspect that you have a medical problem.

Have a question about your scan? Visit our scan FAQ at www.evolt360.com

