

DATA OBTAINED WITH BIODY XPERT ZM



BIOIMPEDANCE DATA

Impedance at 5khz
 Impedance at 20khz
 Impedance at 50khz
 Impedance at 100khz
 Impedance at 200khz
 Phase angle at 50khz
 Resistance at 50khz
 Reactance at 50khz

METABOLISM AND DAILY ENERGY EXPENDITURE

Basal metabolic rate **Kcal**
 Energy expenditure **Kcal**
 Recommended intake (min) **Kcal**
 Recommended intake (max) **Kcal**
 Energy capacity **Kcal**

LEAN TISSUE

Fat free mass **Kg**
 Dry fat free mass **Kg**
 Lean mass **Kg**
 Body cell mass **Kg**
 Skeletal muscle mass **Kg**
 Appendicular skeletal muscle mass **Kg**
 Metabolic protein mass **Kg**
 Protein mass **Kg**
 Muscle mass index **/**
 Body cell mass / Fat free mass **/**
 Appendicular skeletal muscle mass Index **/**

HEALTH INDICATORS METABOLIC RISKS

Fat/Lean Index **Calculated value Score 0 or 1**
 Fat/Height² Index **Calculated value Score 0 or 1**
 Lean/Height² Index **Calculated value Score 0 or 1**
 Waist/Hips ratio **Calculated value Score 0 or 1**
 Waist/Height ratio **Calculated value Score 0 or 1**
 Metabolic risks score **Score / 5**

SOLIDS AND MINERALS

Bone mineral content **Kg**
 Extracellular solids **Kg**
 Non-osseous minerals **Kg**
 Bone mineral index
 Muscle load index
 Total load index

ADIPOSE TISSUE

Fat mass at constant hydration **Kg and %**
 Crude fat mass **Kg and %**
 Fat mass index

HYDRATION

Fat free hydration **%**
 Fat free water balance **EXTRA % INTRA %**
 Fat free intracellular water **Litres**
 Fat free extracellular water **Litres**
 Total water **Litres**
 Fat free mass hydration **%**
 Water balance **EXTRA % INTRA %**
 Intracellular water **Litres**
 Extracellular water **Litres**
 Extracellular water / Fat free mass **%**

HEALTH INDICATORS CARDIOVASCULAR RISKS

Fat/Lean Index **Calculated value Score 0 or 1**
 Fat/Height² Index **Calculated value Score 0 or 1**
 Lean/Height² Index **Calculated value Score 0 or 1**
 Waist/Hips ratio **Calculated value Score 0 or 1**
 Waist/Height ratio **Calculated value Score 0 or 1**
 Score Total
 Cardiovascular risks score **Score / 5**