



Name: Mr Bhavesh bhai

Age: 23 yrs

Height: 170 cm

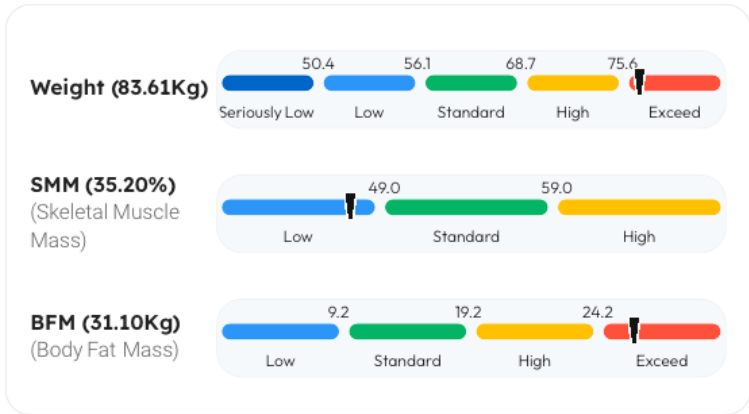
Gender: Male

Date: 13/04/2024, 12:16 pm

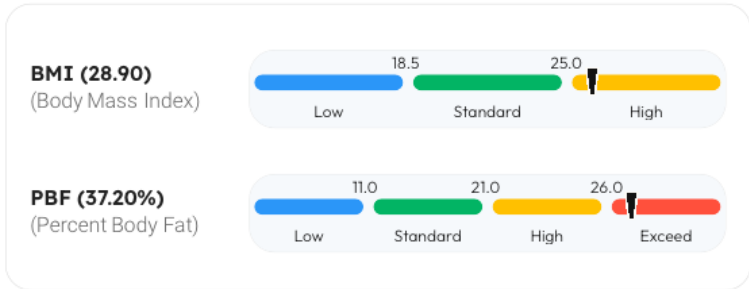
Body Composition Analysis

	<b>Body Fat</b> Total fat in your body that include fat around your organs and below your organs and below your skin.	31.10Kg
	<b>Fat Free Weight</b> Your muscle, Bone, Body water and other Tissue weight	52.51Kg
	<b>Weight</b> Sum of the above	83.61Kg

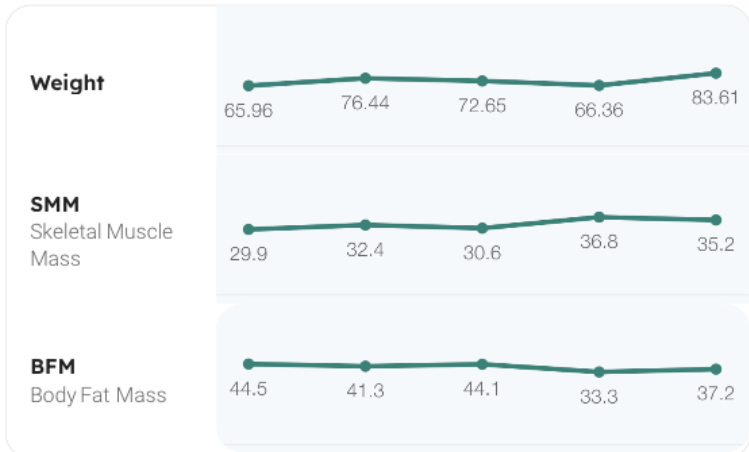
Muscle Fat Analysis



Obesity Analysis



Body Composition History



Actofit Health Score

Print

57.00/100 points

\*Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Results Interpretation

Body Composition Analysis

Bodyweight is the sum of body fat free mass, which is composed of Dry Lean Mass, Total Body Water, Bone Mass & other Tissue

Muscle-Fat Analysis

The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is

Obesity Analysis

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight

Segmental Body Analysis

Evaluates whether the amount of muscle and fat is adequately distributed throughout the body

Body Composition History

Track the history of the body compositional change. Take the Actofit Test periodically to monitor your progress.

Body Fat-Weight Control

Body Fat Mass - (Standard) Weight: +5.60Kg (+) Means to gain fat/lean mass (-) Means to lose fat/lean mass

Bone Mass: 3.50Kg (High)

This is the weight of total bone tissue (Bone minerals + Bone matrix) in your body. Higher bone mass indicates better bone health.

Body Water: 46.10% 33.41 Ltr (Standard)

It's the total amount of fluid in the body expressed as % of total weight. Lower body water % affects the essential body processes.

Visceral Fat: 12 (High)

Visceral fat is located deep in the core abdominal area, surrounding and protecting the vital organs. Healthy level of visceral fat directly reduces the risk of certain diseases.

Subcutaneous Fat: 26.50% (High)

It's the proportional weight of fat below the skin to the total body weight. Higher subcutaneous fat value is an indicator of bad physical health.

Protein: 12.60% (Low)

It's the proportional weight of body protein components to the total body weight. Adequate protein levels are essential for normal body function.

Metabolic Age: 29 Yrs (Not Standard)

It's the predicted age of the metabolism of your body. If your metabolic age higher than your actual age, it's an indication that you need to improve metabolic rate.

Basal Metabolic Rate: 1504 kcal (Not Standard)

The BMR or Basal Metabolic Rate is daily minimum of energy or calories your body requires when at rest (including sleeping) in order to function effectively

Segmental Analysis

