

## BODYSTAT BODY COMPOSITION REPORT

### Sample Cancer Patient

CLIENT ID No 10

10 August 2009

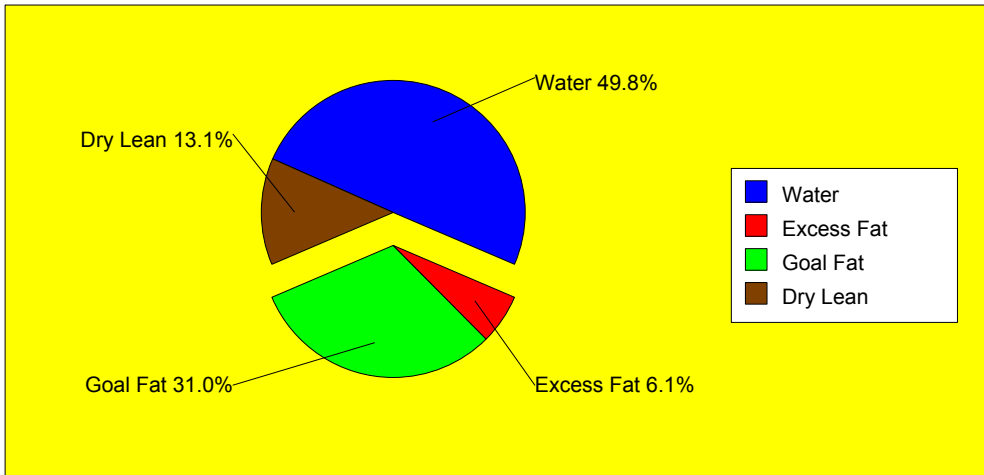
SEX	Female	WEIGHT	65.0 kg
AGE	63	HEIGHT	163 cm
ACTIVITY	Very low	IMPEDANCE	589
		RE	1

	Measured	'Normal' Range	Measured %	'Normal' Range
Total Body Weight <i>(Composition)</i>	65.0 kg	52 kg to 59 kg		
Body Fat	24.1 kg	12 kg to 17 kg	37.1%	22% to 31%
Body Lean	40.9 kg	39 kg to 44 kg	62.9%	69% to 78%
Body Water	32.4 lts	33 lts to 39 lts	49.8%	50% to 60%
Dry Lean Weight	8.5 kg			

**Basal Metabolism**            1332 kcal/day (20.5 kcal/kg)  
 B.M. rate is an estimate of your body's resting energy requirements.

**Activity Metabolism**        1865 kcal/day  
 The estimated amount of energy your body requires for the activity level selected.

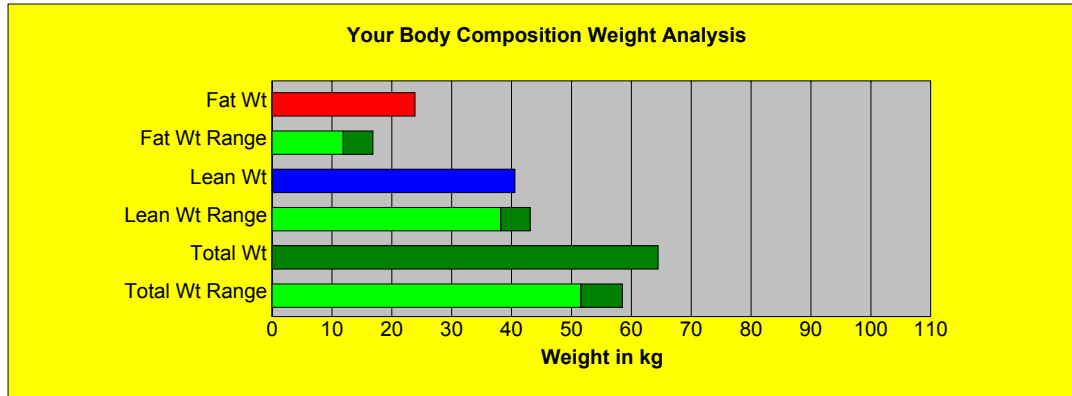
Weight : high  
 Fat % : high  
 Water % : low



# BODYSTAT BODY COMPOSITION REPORT

Sample Cancer Patient

10 August 2009



## TOTAL BODY FAT WEIGHT

24.1 kg

37.1%

The normal percentage fat range for you is **22% to 31%**.

Your percentage fat is **HIGH** for your age and gender.

Under normal conditions, body fat should not be reduced to below the recommended lower limit as fats are essential for normal body functions and good health.

## TOTAL BODY LEAN WEIGHT

40.9 kg

62.9%

The normal percentage lean range for you is **69% to 78%**.

Your percentage lean is **LOW** for your age and gender.

Lean body weight is fat free weight consisting of muscle, water and bone.

Dry lean weight excludes the water component of lean. It should be monitored closely to ensure, under normal circumstances, that there is little or no loss of muscle and bone, particularly during the ageing process.

Never use the lean weight as a goal weight.

## TOTAL BODY WEIGHT

65.0 kg

The Composition weight range for you is **52 kg to 59 kg**.

Your body weight is above "Normal" limits.

This weight is reported to be associated with increased health risks.

You should have your blood pressure and cholesterol levels checked.

You are advised to reduce your body weight slowly.

Reducing your daily dietary intake by 551 kcal should result in a weight loss of 0.5 kg per week.

## BODY COMPOSITION

Your body composition does not fall within "normal" limits.

Allowing for genetic factors this may be normal for you. You should consider reducing your fat weight. Your consultant will advise you on a nutritional/exercise program.

Use **BODYSTAT** to monitor your body composition regularly.

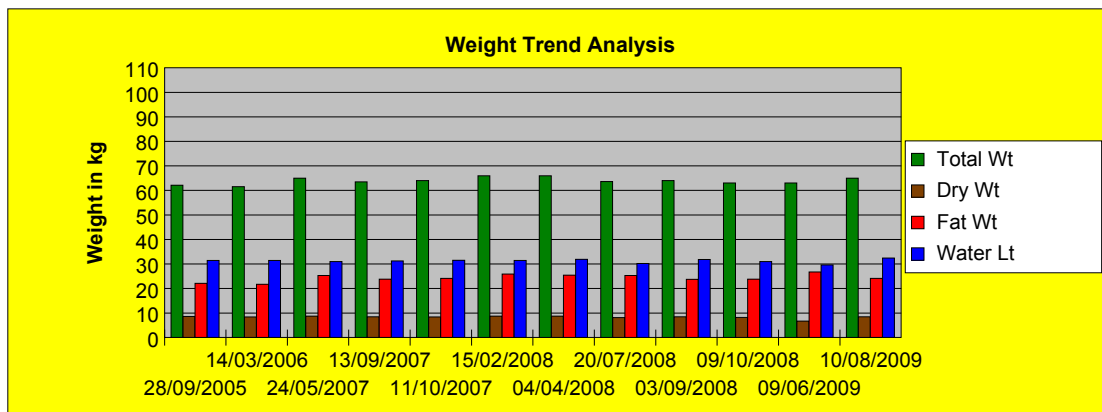
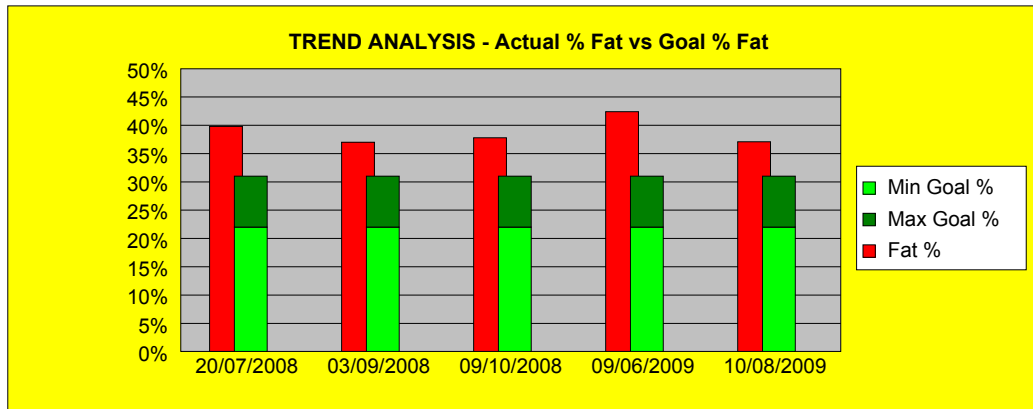
# BODYSTAT TREND REPORT

## Sample Cancer Patient

RE = 1

CLIENT ID No 10

10 August 2009



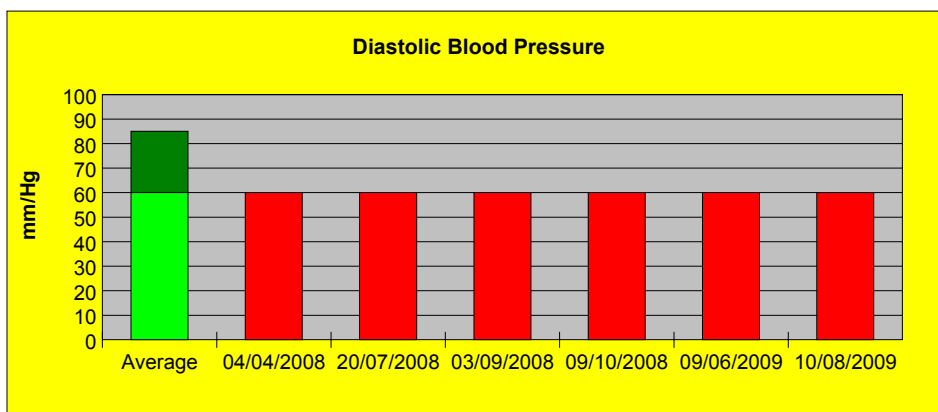
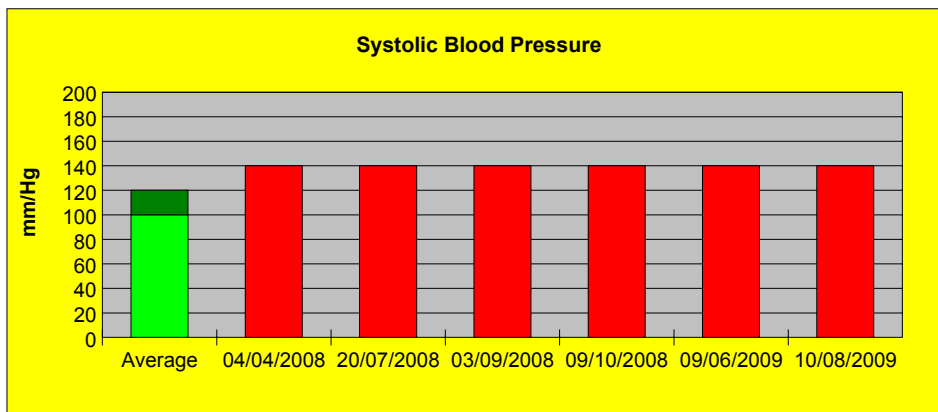
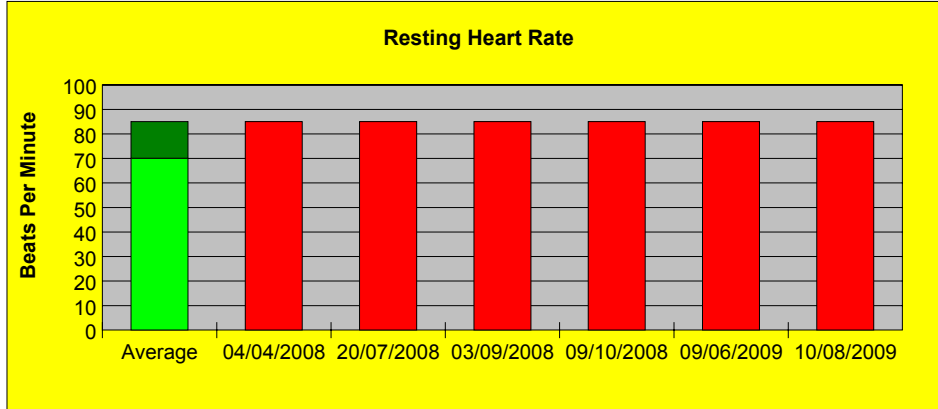
<u>Date</u>	<u>Total Wt</u> <u>kg</u>	<u>Lean Wt</u> <u>kg</u>	<u>Fat Wt</u> <u>kg</u>	<u>Fat %</u>	<u>Goal %</u>	<u>BM Rate</u> <u>kcal/kg</u>	<u>Dry Wt</u> <u>kg</u>	<u>Water</u> <u>Lts</u>	<u>Imped</u>	<u>WH Ratio</u>
28/09/2005	62.1	40.0	22.1	35.6	26	21.1	8.6	31.4	613	1.00
14/03/2006	61.5	39.8	21.7	35.3	26	21.3	8.4	31.4	611	1.00
24/05/2007	65.0	39.7	25.3	38.9	26	20.1	8.7	31.0	641	0.94
13/09/2007	63.5	39.7	23.8	37.5	26	20.6	8.5	31.2	628	0.94
11/10/2007	64.0	39.9	24.1	37.7	26	20.5	8.4	31.5	618	0.77
15/02/2008	66.0	40.1	25.9	39.2	26	19.9	8.7	31.4	630	0.77
04/04/2008	66.0	40.6	25.4	38.5	26	20.1	8.7	31.9	611	0.77
20/07/2008	63.6	38.3	25.3	39.8	26	20.0	8.1	30.2	658	0.77
03/09/2008	64.0	40.3	23.7	37.0	26	20.6	8.5	31.8	605	0.77
09/10/2008	63.0	39.2	23.8	37.8	26	20.6	8.2	31.0	631	0.77
09/06/2009	63.0	36.3	26.7	42.4	26	19.5	6.7	29.6	633	0.77
10/08/2009	65.0	40.9	24.1	37.1	26	20.5	8.5	32.4	589	0.77

# BODYSTAT TREND REPORT

## Sample Cancer Patient

CLIENT ID No 10

10 August 2009

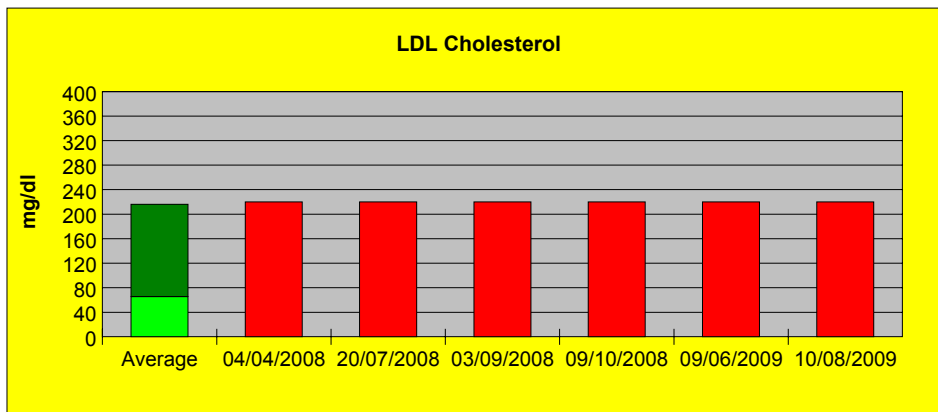
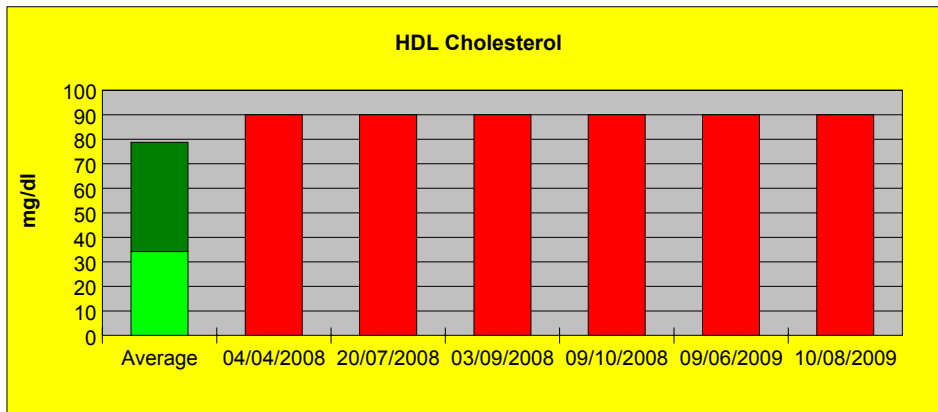
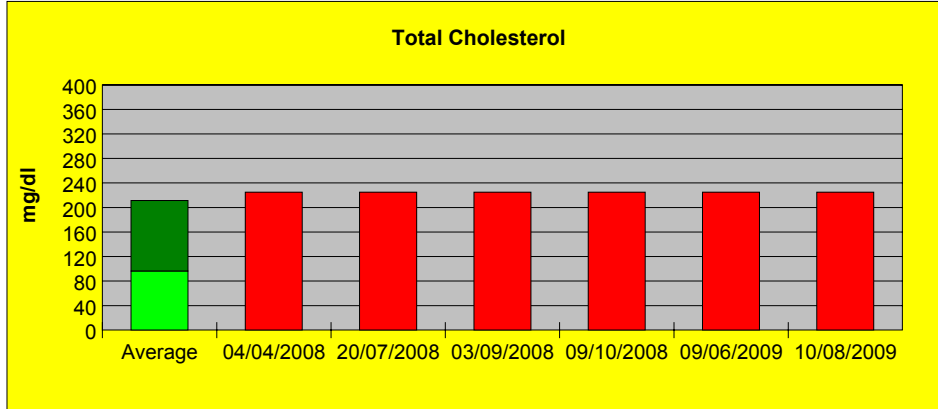


# BODYSTAT TREND REPORT

## Sample Cancer Patient

CLIENT ID No 10

10 August 2009

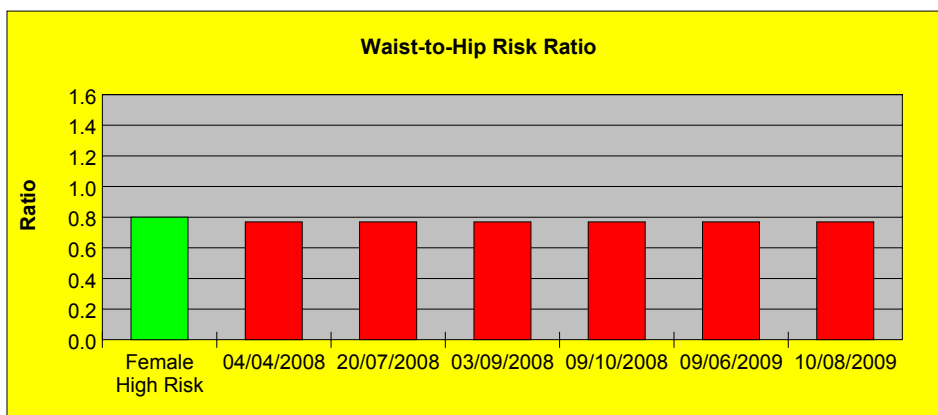
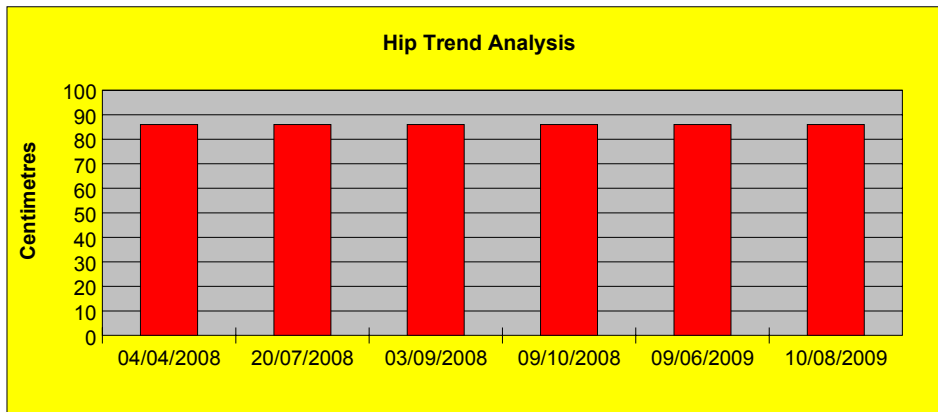
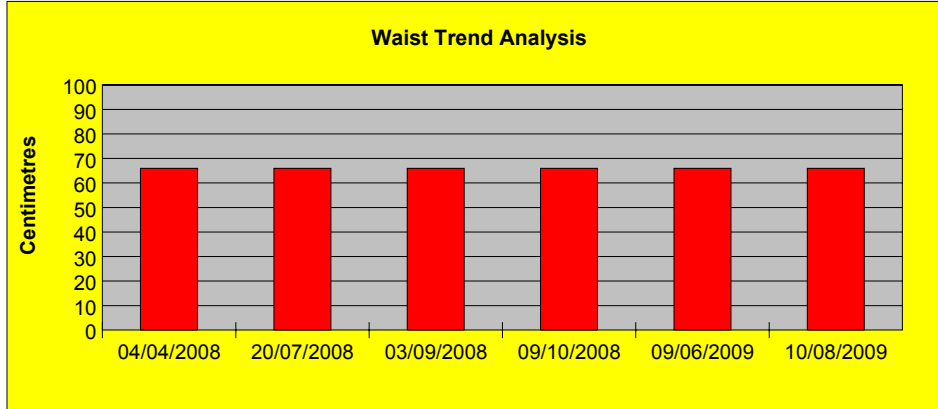


# BODYSTAT TREND REPORT

## Sample Cancer Patient

CLIENT ID No 10

10 August 2009

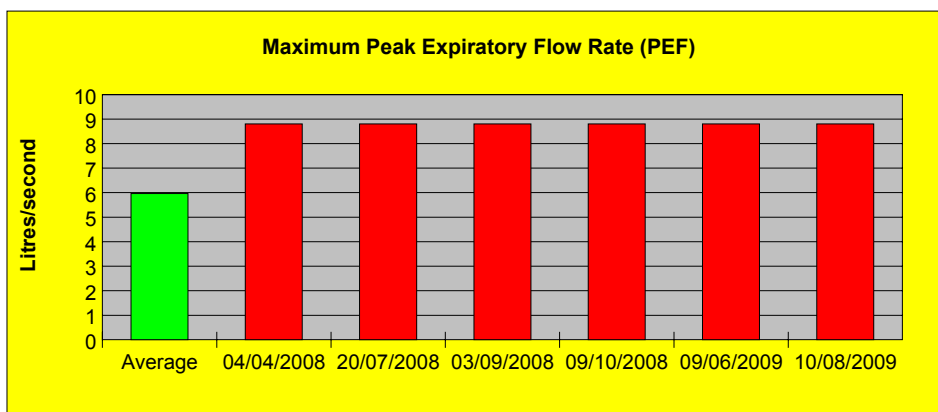
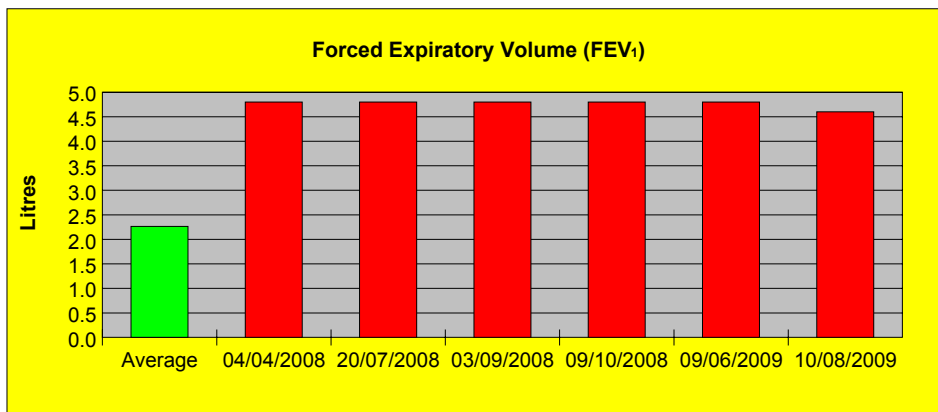
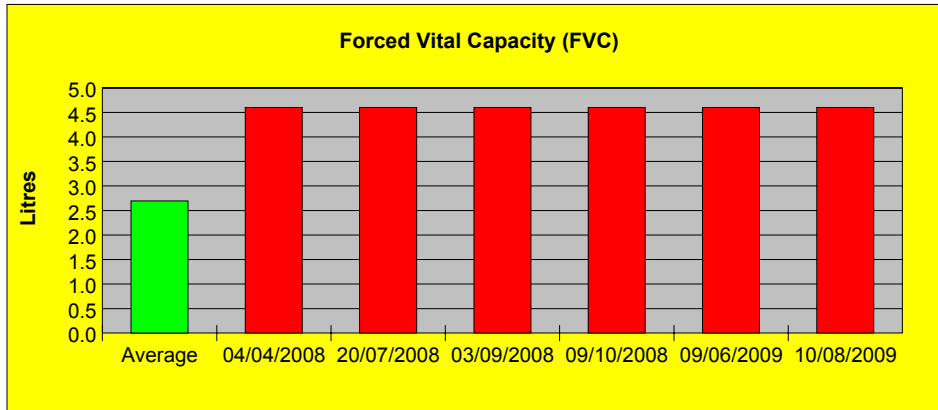


# BODYSTAT TREND REPORT

## Sample Cancer Patient

CLIENT ID No 10

10 August 2009



# BODY COMPOSITION HISTORY GRAPH

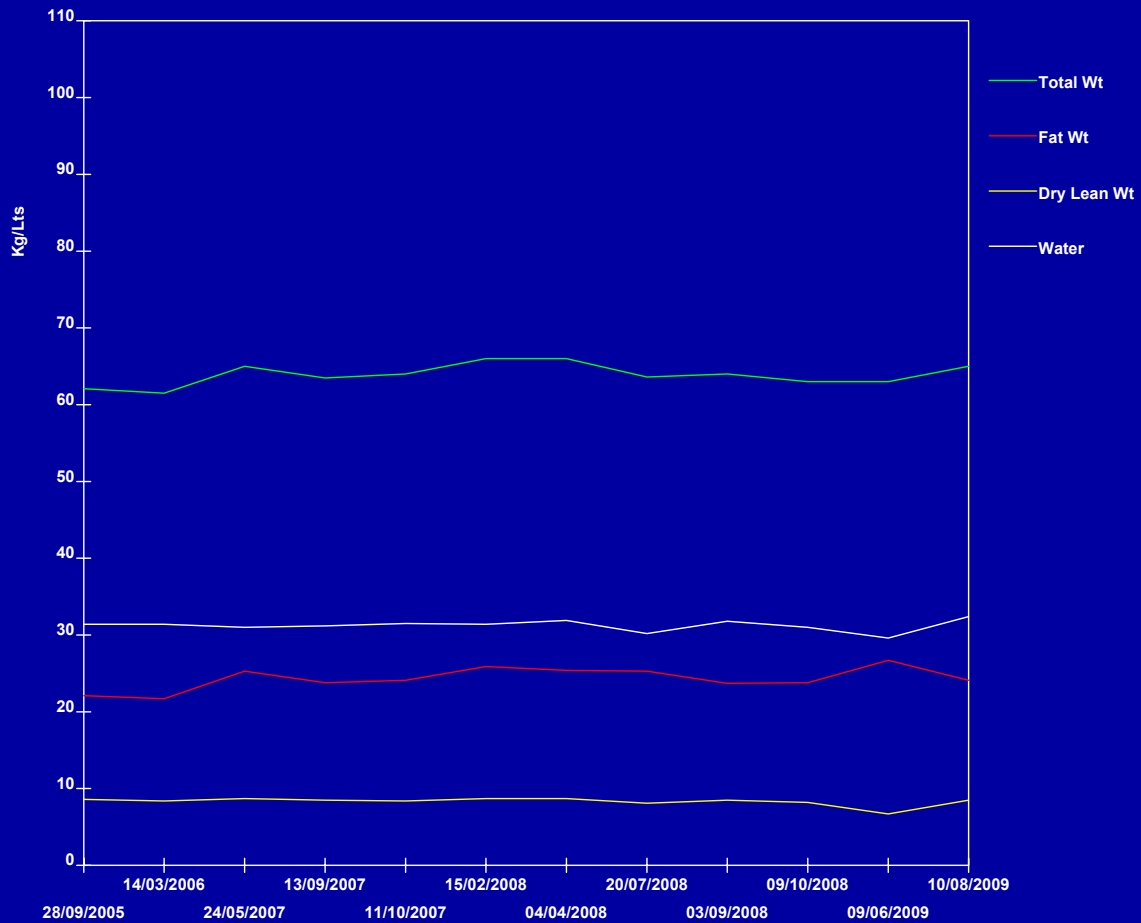
## Sample Cancer Patient

CLIENT ID No 10

10 August 2009

	<u>Start</u>	<u>End</u>	<u>Variance</u>	<u>% Variance</u>
Date	28/09/2005	10/08/2009		
Total Wt	62.1 kg	65.0 kg	2.9 kg	4.7 %
Fat Wt	22.1 kg	24.1 kg	2.0 kg	9.0 %
Dry Lean Wt	8.6 kg	8.5 kg	-0.1 kg	-1.2 %
Water Lts	31.4 lts	32.4 lts	1.0 lts	3.2 %
Imp 50kHz	613	589		

Body Composition History Graph



# WEIGHT AND ACTIVITY MANAGER

Sample Cancer Patient

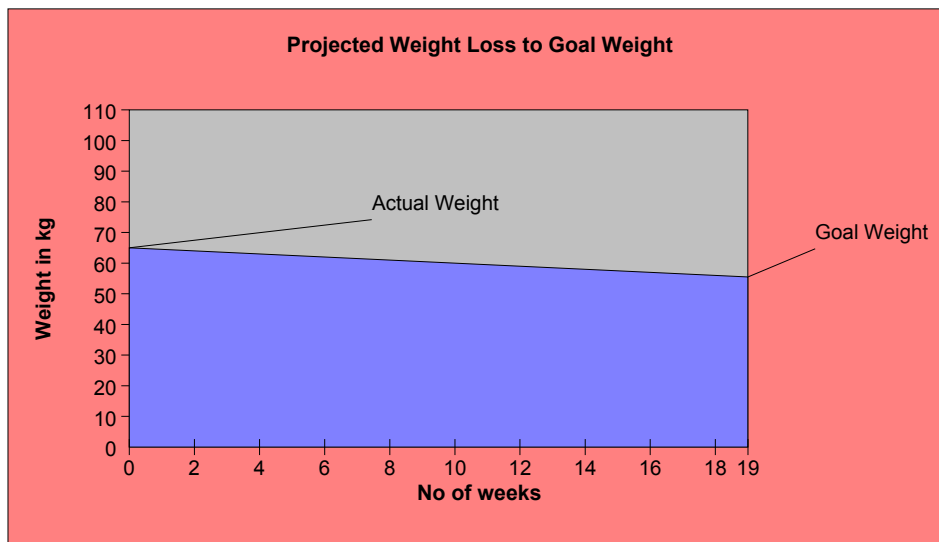
CLIENT ID No 10

10 August 2009

<b>Body weight</b>	<b>65.0 kg</b>
<b>Goal weight</b>	<b>55.5 kg</b>
<b>Weight change (Rate)</b>	<b>-0.5 kg/week</b>
<b>Dietary change (Total)</b>	<b>-550 kcal/day</b>
<b>Activity change (Total)</b>	<b>0 kcal/day</b>

To lose 0.5 kg/week you need to reduce your dietary intake by -550 kcal/day.

This should enable you to reach your goal weight of 55.5 kg in 19 weeks.

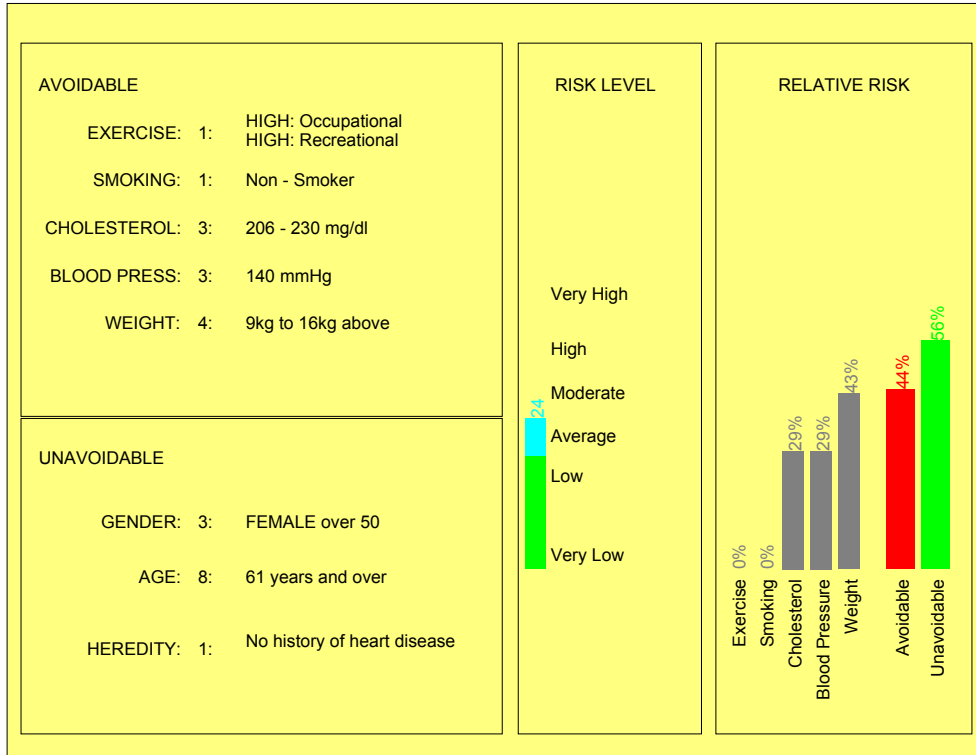


No activities have been selected.

# CARDIAC RISK REPORT

**Sample Cancer Patient**  
CLIENT ID No 10

10 August 2009



You have an **AVERAGE** risk of attracting Coronary Heart Disease within a 6 to 8 year period.

You can control **44%** of this Risk Level.

The most important Avoidable factor in your case is **Weight** which accounts for **43%** of the factors that you can control.

# CARDIAC RISK REPORT

Sample Cancer Patient

CLIENT ID No 10

10 August 2009

## AVOIDABLE RISK FACTORS

RISK	PRESENT	PROPOSED
Exercise	1 HIGH Occ. HIGH Rec.	1 No change
Tobacco	1 Non - Smoker	1 No change
Cholesterol	3 206-230 mg/dl	2 181-205 mg/dl
Blood Pressure	3 140 mmHg	2 120 mmHg
Weight	4 9 to 16kg over	3 2.2 to 9 kg over
Sub total	12	9

## UNAVOIDABLE RISK FACTORS

Gender	3 FEMALE over 50	
Age	8 61 years and over	
Heredity	1 NO history of heart disease (brothers, sisters and parents)	
Sub total	12	12
TOTAL SCORE	24 AVERAGE RISK	21 AVERAGE RISK

**EXERCISE:** Regular exercise plays a major role in the prevention of CHD by reducing cholesterol (reduces LDL, increases HDL), psychological stress, blood pressure, resting heart rate and body fat and increases body lean mass.

**TOBACCO SMOKING:** This is probably the biggest single cause of CHD and strokes.

**CHOLESTEROL:** High levels are caused by consuming diets high in saturated fats and cholesterol, high body fat, physical inactivity, tobacco smoking and stress. Reduction of cholesterol may be achieved through changes in lifestyle and diet ie. exercise, body fat loss, high fibre foods, monounsaturated fats.

LDL (low density lipoproteins) : high levels increase CHD risk.

HDL (high density lipoproteins) : high levels decrease CHD risk.

Your cholesterol level should be reduced. Your consultant will advise you.

**BLOOD PRESSURE (HYPERTENSION):** High blood pressure may be caused by obesity, tobacco smoking, salt (sodium in sodium chloride), physical inactivity, fatty build up on artery walls, including many unknown causes.

**WEIGHT:** Obesity (Over-fat) contributes to CHD risk.

This report is only intended to be a GUIDE to the improvement of lifestyle.

NOTE: Always seek expert advice before changing your diet/exercise habits.

## CONSULTANT'S COMMENTS

Your next appointment is scheduled for:

Date:

Time: