

BOD POD® Body Composition Tracking System Analysis

University of Virginia Health Systems

General Clinical Research Center

Exercise Physiology Laboratory

SUBJECT INFORMATION

NAME	
AGE	57
GENDER	Female
HEIGHT	62.3 in
ID_1	
ID_2	
ETHNICITY	General Population
OPERATOR	
TEST DATE	
TEST NUMBER	

BODY COMPOSITION RESULT

% FAT	32.8 %
% FAT FREE MASS	67.2 %
FAT MASS	40.223 lb
FAT FREE MASS	82.497 lb
BODY MASS	122.721 lb
BODY VOLUME	54.290 L
BODY DENSITY	1.0253 kg/L
THORACIC GAS VOLUME	2.477 L

TEST PROFILE

DENSITY MODEL	Siri
THORACIC GAS VOLUME MODEL	Measured

OPERATOR COMMENTS

Body Fat: A certain amount of fat is absolutely necessary for good health. Fat plays an important role in protecting internal organs, providing energy, and regulating hormones. The minimal amount of "essential fat" is approximately 3-5% for men, and 12-15% for women. If too much fat accumulates over time, health may be compromised (see table below).

Fat Free Mass: Fat free mass is everything except fat. It includes muscle, water, bone, and internal organs. Muscle is the "metabolic engine" of the body that burns calories (fat) and plays an important role in maintaining strength and energy. Healthy levels of fat-free mass contribute to physical fitness and may prevent conditions such as osteoporosis.

BOD POD Body Fat Rating Table*

**Applies to adults ages 18 and older. Based on information from the American College of Sports Medicine, the American Council on Exercise, Exercise Physiology (4th Ed.) by McArdle, Katch, and Katch, and various scientific and epidemiological studies.*

BODY FAT RATING		FEMALE	EXPLANATION
<input type="checkbox"/>	Risky (high body fat)	> 40%	Ask your health care professional about how to safely modify your body composition.
<input checked="" type="checkbox"/>	Excess Fat	30.1 - 40%	Indicates an excess accumulation of fat over time.
<input type="checkbox"/>	Moderately Lean	22.1 - 30%	Fat level is generally acceptable for good health.
<input type="checkbox"/>	Lean	18.1 - 22%	Lower body fat levels than many people. This range is generally excellent for health and longevity.
<input type="checkbox"/>	Ultra Lean	15 - 18%	Fat levels often found in elite athletes.
<input type="checkbox"/>	Risky (low body fat)	< 15%	Ask your health care professional about how to safely modify your body composition.

ENERGY EXPENDITURE RESULTS

Est. Resting Metabolic Rate (RMR) kcal/day	*Est. Total Energy Expenditure (TEE) kcal/day	Daily Activity Level
1039	1288	Sedentary
	1579	Low Active
	1808	Active
	2151	Very Active
(See RMR Info Sheet for additional info)		*Est. TEE = Est. RMR x Daily Activity Level

Applies to adults ages 18 and older. Based on information from the Institute of Medicine (2002), Dietary Reference Intakes For Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, And Amino Acids, Part I, pp93-206. Washington, D.C., National Academy of Sciences.

