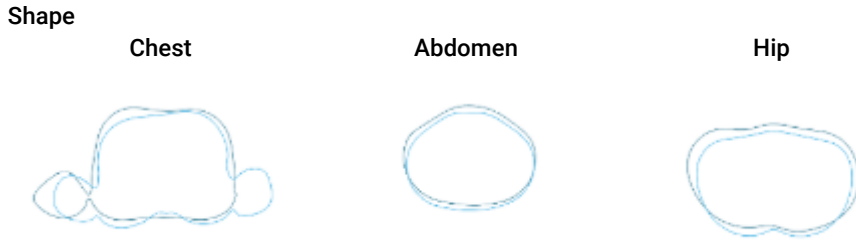
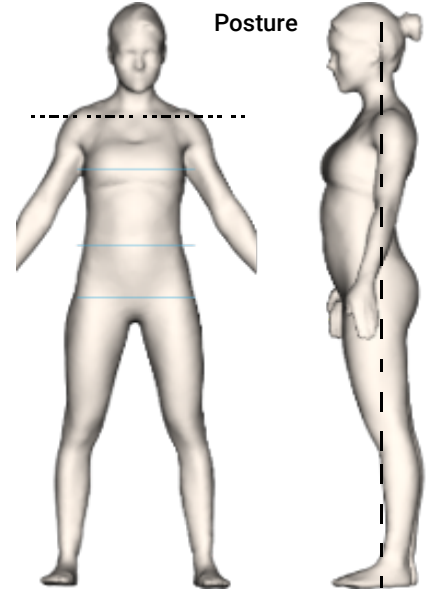
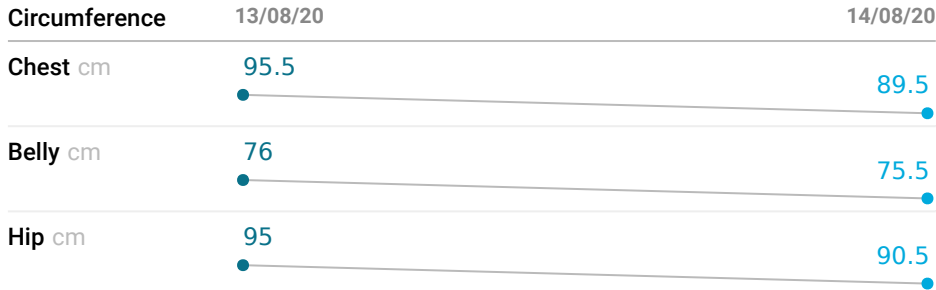


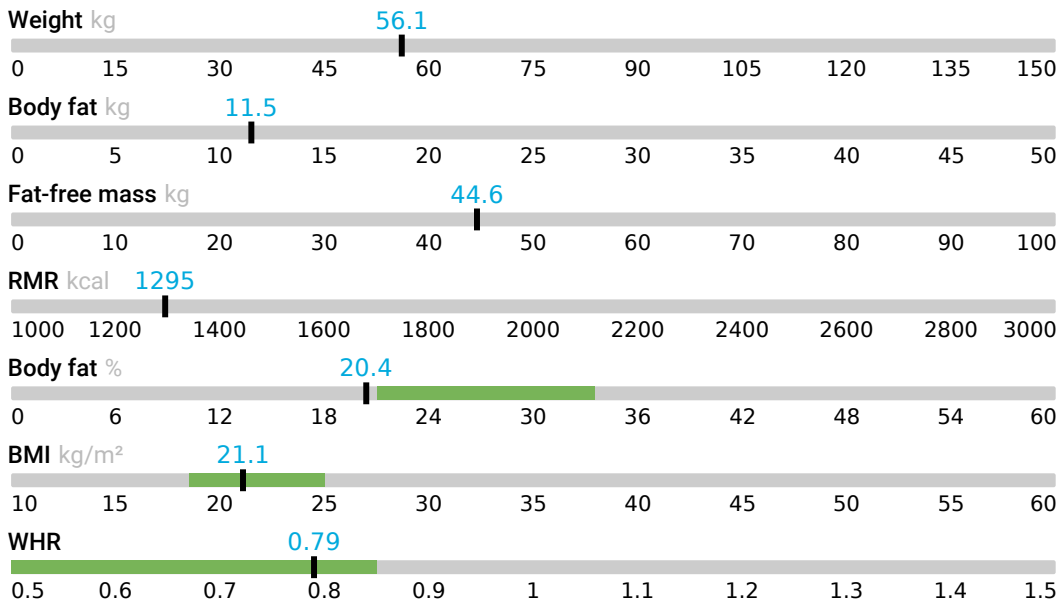
BODYGEE REPORT FOR AIRFIT



PERSON: Emma Jensen | AGE: 25 | HEIGHT: 163 cm | GENDER: female | LAST SCAN: 14/08/20 | PRINT DATE: 02/10/20



Body Composition



Information

3D Body Analysis

In the *circumferential analysis*, the body mass of different body parts and their changes are shown. *Form analysis* localizes these changes within a body part. These measurements are used for specific monitoring of the build-up and breakdown of muscle and fat mass.

The *posture grid* helps to identify posture malpositions.

Body Composition Analysis

The green bars define the normal ranges.

The *percentage of body fat (%)* indicates the proportion of stored fat in relation to the weight and is inversely proportional to the muscle percentage. This measured value is used in particular for assessing the training and nutritional status.

BMI evaluates the weight in relation to the body size and is used to classify overweight.

WHR states the ratio of waist to hip circumference and evaluates the distribution of fat deposits. A high proportion of abdominal fat (called visceral fat) means an increased risk of metabolic diseases.

Progress

