

Recess ELG Data Report

Client Data:

Impedance: 515
Age: 31

Height: 67.00
Weight: 141.40

Sex: Female

Lean Body Mass:

Weight of Lean Body Mass: 110.37 lbs
Percentage of Lean Body Mass: 78.1%
Lean Body Mass to Fat Ratio: 3.6 to 1
Total Body Water: 35.4 litres

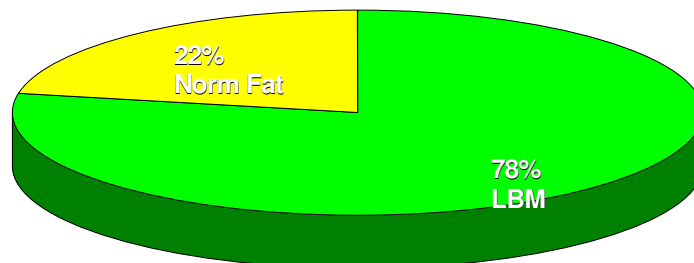
Fat Free Mass is composed of muscles, body fluid, connective tissue and bones. The optimal **Lean to Fat** ratio for you is at least **3.2 to 1**

Body Fat:

Weight of Body Fat: 31.03 lbs
Percentage of Body Fat: 21.9%

Fat is calories stored as energy reserve for your body. The desired range of percent **Body Fat** for you is **18-26%** (or 24-38 lbs). If you consume more calories than your body burns, the excess calories are stored as **Body Fat**. Excess **Body Fat** "frequently results in a significant impairment of health."

Current Status & Goals:



The graphs above show your projected body composition. "**LBM**" represents your **Lean Body Mass** and includes all body components except fat. "**Norm Fat**" represents **Normal Body Fat** which is necessary for proper physical health. "**Excess**" is **Fat** which is in excess of normal limits, and is unhealthy.

Your Goal: 141 lbs (21.9% Fat)

Your goal on the **Recess** will be to **optimize** your body composition. Through proper eating and exercising habits, you will improve your overall body composition, as well as ensuring a healthy lifestyle.
