

BODY COMPOSITION ANALYSIS
ABDOMINAL ANALYSIS
BODY TYPE

SEGMENTAL ANALYSIS
CONTROL GUIDE
BODY COMPOSITION CHANGE

5

Factors



Impedance



Weight



Height



Age



Gender

XCONTACT³⁵⁷

BODY COMPOSITION ANALYSIS

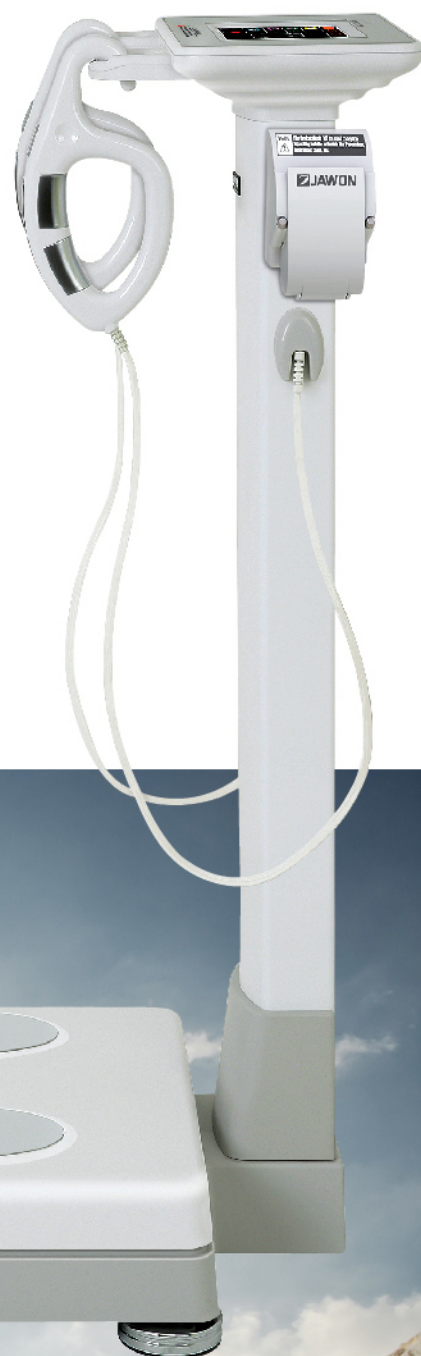
FOR PROFESSIONAL USE

X-CONTACT 357 is designed to have an accurate and comfortable measurement. As the user steps on the scale, it will definitely win the confidence of the user. It has a full color touch screen and it allows the user to get a quick and accurate measurement. It is designed to be installed and fitted any place. There's no need to describe the function of X-CONTACT 357 in detail. The user will sense it right at the moment of the measurement.

VISUAL COMMUNICATING FOR HEALTH



- 01 Touch screen which enables the user to input the data easily
- 02 Ergonomic design
- 03 Selectable from A4 printer (Standard) or thermal printer (Option)
- 04 7 inch wide color LCD
- 05 Unbending scale frame
- 06 Voice guidance for comfortable measurement
- 07 The data can be easily stored by USB memory (Option)
- 08 Less than one minute, measurement provides various results including basic body composition.



iCare

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1 Name / ID Lauren 000000001
 Date 2011-08-08 16:25:11
 Height 155.4 cm Age 49 yrs
 Weight 69.0 kg Gender Female



3 **Body Composition**

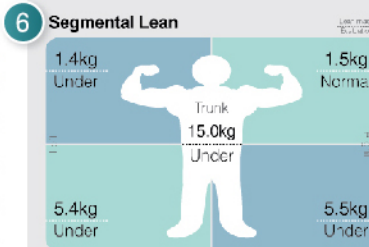
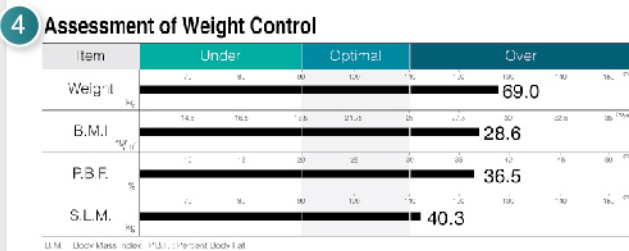
Weight / Over	Std wt		
69.0	53.1		
[47.8-68.4]			
L.B.M. / Over		Body Fat	
43.8		25.2	
[31.2-47.5]			
S.L.M. / Over	Mineral	Body Fat	
40.3	3.5	25.2	
[34.2-49.3]			
T.B.W. / Over	Protein / Over	Mineral / Over	Body Fat / Over
31.5	8.8	3.5	25.2
[26.7-39.6]	[7.4-9.3]	[2.9-3.1]	[10.6-15.9]

Std.Wt.: Standard weight L.B.M.: Lean Body Mass S.L.M.: Soft Lean Mass T.B.W.: Total Body Water
 Mineral is converted to estimate
 The assessment of Under, Optimal and Over is decided by standard weight or Body Composition table.

Body Type

Thin fat	Over fat%	Obese
Low weight	Standard	Over weight muscular
Low fat Low Weight	Low fat muscular	Athletic

R.M.I.



5 **Exercise Planner** Plan your weekly exercise from the following card and reduce your weight loss from your sedentary.

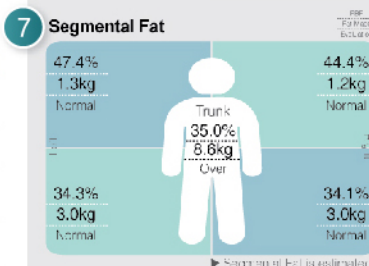
Energy expenditure of each activity (base weight: 51.8kg / Duration: 30min / unit: kcal)

Walking	Jogging	Cycling	Swimming	Mountain climbing	Aerobic
103	181	155	181	168	181
Tennis	Football	Table tennis	Golf	Badminton	
117	155	181	258	98	117
Push-ups	Squats	Basketball	Baseball	Softball	
258	258	155	181	91	
Stairs	Weight training	Dumbbell exercise	Basic hand	Seated	
258	258	155	181	91	

How to do

1. Choose preferable and preferable activities.
2. Energy expenditure for each calculated when it is done for 30 min.
3. Choose exercise that you are going to do for 7 days.
4. Calculate the total energy expenditure for a week.
5. Estimate expected total weight loss for a month using the formula shown below.

Calculation for expected total weight loss for a month (one month = 4weeks)
 Total energy expenditure (kcal/week) × 4weeks = 7700



8 **Control Guide**

Measurement	Current	Goal to control
Weight	69.0	+15.9
B.M.I	28.6	+11.9
S.L.M.	40.3	+3.6
B.M.R.	1248	1922

You need to control: 550 kcal from T.F.F. 1922 kcal

By diet	220kcal	By exercise	330kcal
By diet	1702kcal	By exercise	330kcal

Body Composition Change

	Previous	11.05.25	69.6	25.5	40.0
Present	11.08.08	69.0	25.2	40.3	



Frequency range	5,50,250,550 kHz	Measuring time	Less than 1 minute
Measuring site	Whole body, Segmental measurement (right arm, right leg, left arm, left leg, trunk)	Applicable height	100~200cm
Dimension	425×620×970mm (W×D×H ±10mm)	Measuring weight	10~200kg
Weight	Approx. 24kg (Main body)	Applicable age	5~89 years old