

Your Name & Phone Number Here!

ELG Data Report

Client Data:

Impedance: 620
Age: 45

Height: 66.00
Weight: 164.00

Sex: Female

Lean Body Mass:

Weight of Lean Body Mass: 105.79 lbs
Percentage of Lean Body Mass: 64.5%
Lean Body Mass to Fat Ratio: 1.8 to 1
Total Body Water: 32.4 litres

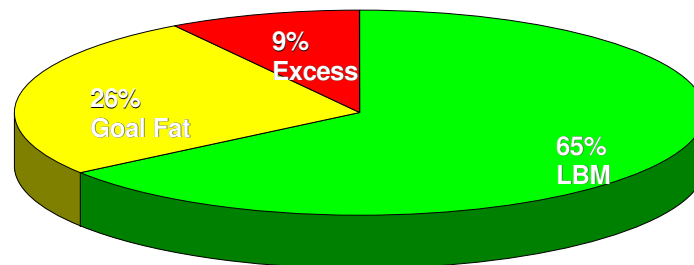
Fat Free Mass is composed of muscles, body fluid, connective tissue and bones. The optimal **Lean to Fat** ratio for you is at least **3.2 to 1**

Body Fat:

Weight of Body Fat: 58.21 lbs
Percentage of Body Fat: 35.5%

Fat is calories stored as energy reserve for your body. The desired range of percent **Body Fat** for you is **18-26%** (or 23-37 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 graph above shows your current body composition. "**LBM**" represents your **Lean Body Mass** and includes all body components except fat. "**Goal Fat**" represents **Goal Body Fat** which is necessary for proper physical health. "**Excess**" is **Fat** which is in excess of normal limits, and is unhealthy.

Your Goal: 143 lbs (26.0% Fat)

Your goal on the **Your Name & Phone Number Here!** will be to lose **Excess Body Fat**. Optimizing your body composition will help you lose those extra pounds, make you feel better and will promote a healthier style of living. The National Institute of Health (N.I.H.) estimates that more than 60% of the adult population is overweight. More than 30% are obese, a disease which can dramatically increase risk of cardiovascular disease, cancer, diabetes, and hypertension.

Through proper eating and exercise habits, you will lose approximately **1.8 lbs** per week.
