

# BODY COMPOSITION ANALYSIS

Report for: Mrs. S. Verybusy DOB: 5/06/1973 - (28yrs)

Height: 1.65m - Weight: 65kg

## PERSONAL DETAILS

### Cardio Measurements

RestHeart: n.a    Rest Systolic: n.a  
Heart Rate: n.a    Rest Diastolic: n.a

### Girth Measurements:

Waist: 98                      Thighs: n.a  
Umbilicus: 100                Hips: 105

### Skin Fold Measurements x Sites:

S1: 23	S2: 18	S3: 10	S4: 20	S5: 25
S6: 12	S7: 23	S8: 35	S9: 30	S10: 15

### BODY FAT % ANALYSIS

Sum Of Four: 23.28  
Siri Formula: 23.14  
Wisconsin Formula: 14.34  
Mean Body Fat(%): 20.25  
Mean Body Fat(%): 18.81  
(Wiscon., Sum of Four only)  
Min. Lean Weight(kg): 49.01

**WAIST HIP RATIO:** 0.93

**BMI:** 23.9

**TOTAL SKINFOLDS (S1-4):** 71 (S1-10): 211

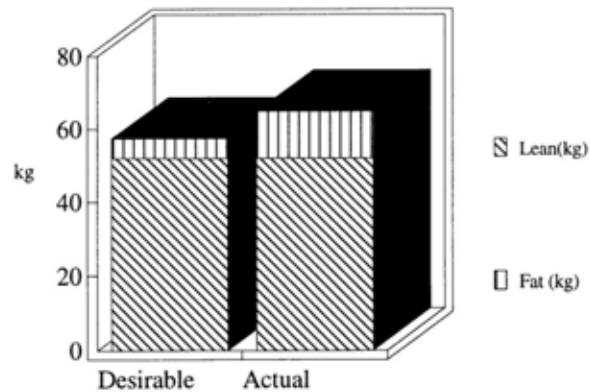
### ACTUAL BODY COMPOSITION

Mean Fat Weight(kg): 13.16  
Mean Lean Weight(kg): 51.84

### DESIRABLE BODY COMPOSITION

Lean Weight(kg): 51.84  
Fat Weight Ra/Av(kg): 2.73 - 8.44(5.6)  
TotalWeight Ra/Av(kg): 54.57 - 60.28( 57.43)

Analysis for: MRS S VERYBUSY 03-03-2003



Note: The Body Composition Analysis provided in this report is confidential. It is derived from the patient's own skinfold measurements made during a professional health consultation. It should not be used as a prescription for any future weight loss program, except in conjunction with a consultation with a professional health consultant.