InBody

[InBody270]

ID	Height	Age	Gender	Test Date / Time
071026-1 (DIANA ONISSY)	169cm	44	Female	07.10.2026. 09:51

Body Composition Analysis

Total amount of water in body	**Total Body Water**	(L)	35.7 (	30.5~37.3)
For building muscles	**Protein**	(kg)	9.6 (	8.2~10.0)
For strengthening bones	**Minerals**	(kg)	3.58 (	2.83~3.45)
For storing excess energy	**Body Fat Mass**	(kg)	18.6 (	12.0~19.2)
Sum of the above	**Weight**	(kg)	67.5 (	51.0~69.0)

Muscle-Fat Analysis

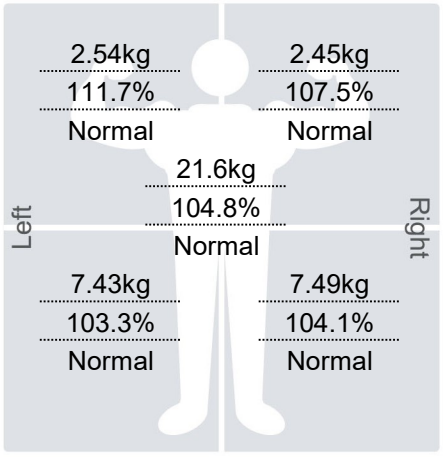
	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %	67.5	
SMM Skeletal Muscle Mass (kg)	70 80 90 100 110 120 130 140 150 160 170 %	27.0	
Body Fat Mass (kg)	40 60 80 100 160 220 280 340 400 460 520 %	18.6	

Obesity Analysis

	Under	Normal	Over
BMI Body Mass Index (kg/m²)	10.0 15.0 18.5 21.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0	23.6	
PBF Percent Body Fat (%)	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0	27.6	

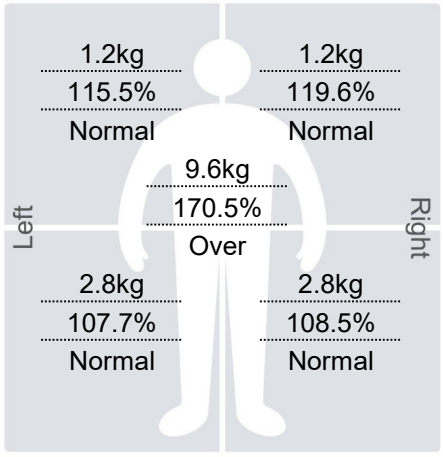
Lean Mass % Evaluation

Segmental Lean Analysis



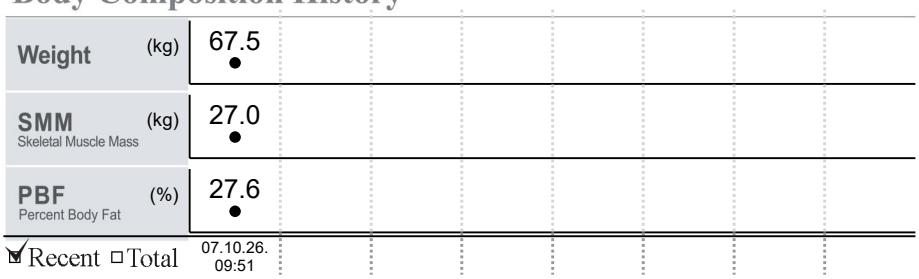
Fat Mass % Evaluation

Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History



InBody Score

79 / 100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight	63.5 kg
Weight Control	- 4.0 kg
Fat Control	- 4.0 kg
Muscle Control	0.0 kg

Obesity Evaluation

BMI ☑ Normal ☐ Under ☐ Slightly Over ☐ Over

PBF ☑ Normal ☐ Slightly Over ☐ Over

Waist-Hip Ratio

0.90 (0.75 0.85)

Visceral Fat Level

Level 7 (Low 10 High)

Research Parameters

Fat Free Mass	48.9 kg	(41.6~50.8)
Basal Metabolic Rate	1426 kcal	(1380~1605)
Obesity Degree	113 %	(90~110)
SMI	7.0 kg/m²	
Recommended calorie intake	2132 kcal	

Calorie Expenditure of Exercise

Golf	119	Gateball	128
Walking	135	Yoga	135
Badminton	153	Table Tennis	153
Tennis	203	Bicycling	203
Boxing	203	Basketball	203
Mountain Climbing	220	Jumping Rope	236
Aerobics	236	Jogging	236
Soccer	236	Swimming	236
Japanese Fencing	338	Racketball	338
Squash	338	Taekwondo	338

* Based on your current weight
* Based on 30 minute duration

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	393.9	377.1	23.7	297.5	301.7
100 kHz	356.1	340.3	20.7	262.6	267.5