

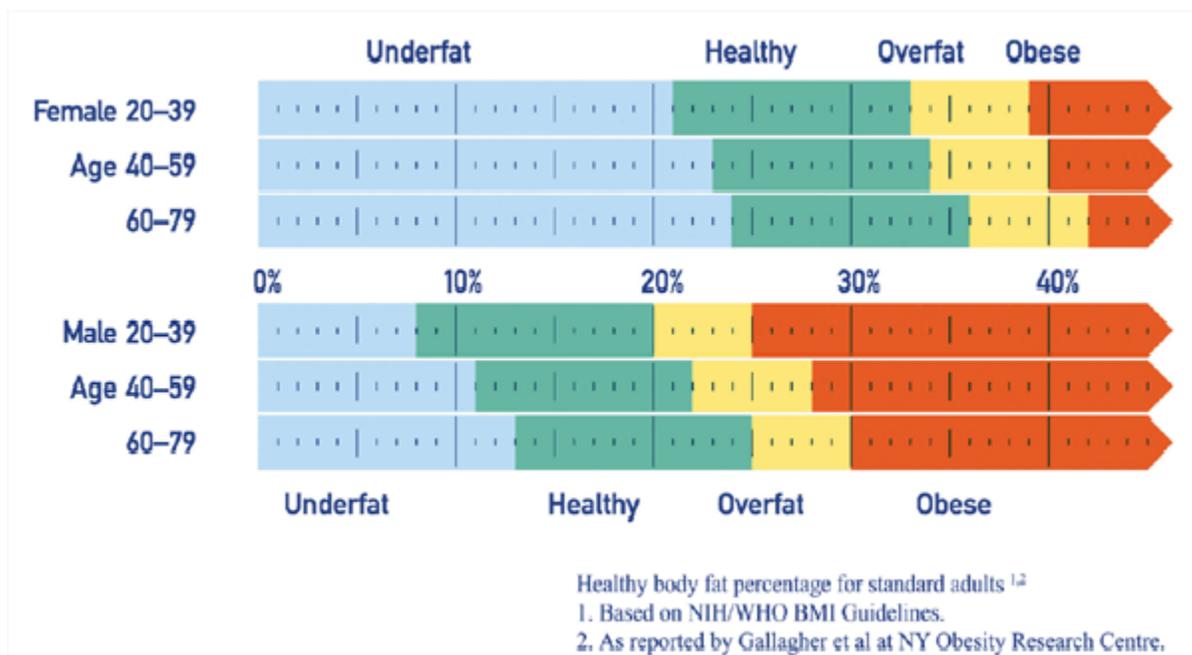


New Age Yoga

Body Composition Analysis

It gives the percentage of Body fat, Water, muscle mass, metabolic rate, and metabolic age. These reflect the impact of lifestyle on our health.

Body Fat Percentage: It is the amount of fat as a proportion of body weight. Higher percentage could mean a risk for high blood pressure, heart disease and diabetes. Above 30% is higher and below 20% is lower (these varies individually)



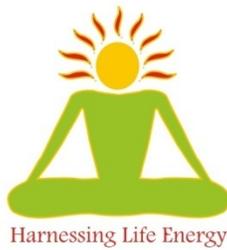
Based on NIH/WHO BMI guidelines. As reported by Gallagher et al at NY Obesity Research Center.

Body Water: It is total body fluids as a proportion of body weight. Maintaining a healthy total body water percentage will ensure the body functions efficiently and will reduce the risk of developing associated health problems. The body water percentage will tend to decrease as the percentage of body fat increases. Drinking a large quantity of water in one sitting will not instantly change your water level. Normal Body Water range :

Female : 45 to 60%

Male : 50 to 65%

Muscle Mass: It indicates the weight of muscle in the body. As the muscle mass increases, it increases energy consumption and reduce excess body fat. This is losing weight in a healthy way.



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Physique Rating Guide : Assesses your physique according to the ratio of fat and muscle

1	Seriously obese	Small frame Obese	Physical appearance healthy, but high body fat% and Low muscle mass
2	Obese	Medium frame Obese	High body fat%, Average muscle mass
3	Solidly built	Large frame Obese	High body fat% , High muscle mass
4	Under exercised	Low muscle	Average Body fat%, Low muscle mass
5	Standard	Average	Average body fat%, Average muscle mass
6	Standard muscular	High muscle	Average Body fat%, High Muscle Mass
7	Thin	Thin	Low Body fat%, Low muscle mass
8	Thin and muscular	Thin, muscular	Low Body fat%, Adequate muscle mass
9	Highly muscular	Very Muscular	Low Body fat%, High muscle mass

Basal Metabolic Rate: BMR is the minimum level of energy body needs when at rest to function effectively. Increased Muscle mass will increase BMR. Increased activity, eg. Exercise requires more energy and that comes from utilization of fat in the body.

Metabolic Age: If the BMR age is higher than the actual age, you need to your metabolic rate. Increased exercise, builds muscle tissues, and this improves metabolic age.

Bone Mass: Balanced diet and regular exercise develop and maintain healthy bones.

Female

< 50 Kg	50-70 Kg	75 Kg
1.95	2.4	2.95

Male

< 65 Kg	65-95 Kg	95 Kg
2.66	3.29	3.69

Visceral Fat: This is the fat in the internal abdominal cavity. With age the distribution of fat changes, is more likely to shift to the trunk area; particularly post menopause!

Healthy 1 -9	More 10 -15	Excess > 15
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