PostureScreen™
Accurate Postural Assessment

3D LeanScreen for Kelly Smith performed on 7/12/16

The following report provides details about your percentage of body fat (PBF: 28), Body Mass Index (BMI: 18.6), waist to hip ratio (WHR: 0.85), lean body mass (LBM: 83.2 lbs), and Basal Metabolic Rate (BMR: 1,235.15). All of these values are important indicators of your health.

Your 3D Scan

Measurements
Neck: 13.5 inches
Waist: 31.4 inches
Abdomen: 32.8 inches
Hip: 37.0 inches
Left Upper Arm: Not Measured
Right Upper Arm: 9.5 inches
Left Upper Leg: 20.6 inches
Right Upper Leg: 18.5 inches

General Body Fat Percentage Categories	
Essential Fat	up to 13%
Athletes	14 - 20%
Fitness	21 - 24%
Acceptable / Average	**25 - 31%**
At Risk / Obese	32% +

Average Body Fat: 28%

Body fat percentage is a measurement of your individual calculated body composition. The percentage of body fat (PBF) is the actual percentage of your total weight that is not bone, muscle, or body fluid. Your PBF has been calculated with LeanScreen. You weigh 115 lb and your body fat percentage (PBF) is approximately 28% calculated by your anatomical measurements. Health body fat percentages vary on your age, gender and body type, however there are some general guidelines as observed in this table.

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BMI	Weight Status
Below 18.5	Underweight
18.5 - 24.9	Healthy
25.0 - 29.9	Overweight
30 and Above	Obese

Body Mass Index: 18.6

Body Mass Index (BMI) is a simple calculation based on your height (5 ft 6 in) and weight (115 lb). If your BMI is increased above the normal range, it can indicate a body weight problem and/or indicate obesity. Your BMI is 18.6, indicating your weight is in the Underweight category for adults of your height. Generally speaking a normal range for BMI is considered 18.5-25.0. People who are overweight or obese are at higher risk for chronic conditions such as high blood pressure, diabetes, and high cholesterol. **However, please note, that people with a higher degree of muscle mass for their height may have a BMI over the normal range when it does not indicate obesity nor a health risk.**

Estimated Health Risk	
Excellent	up to 0.75
Good	0.75 - 0.80
Average	**0.80 - 0.85**
High	0.85 - 0.90
Extreme	0.90 +

Waist-to-Hip Ratio: 0.85

Your waist to hip ratio (WHR) is an important measurement that helps determine overall health risk. WHR is actually a measurement ratio used in calculating obesity, which in turn can be used to predict other health conditions. People with more weight around their waist are at much greater risk of certain lifestyle related diseases such as heart disease and diabetes than those with weight around their hips. Your Waist-to-Hip Ratio is 0.85.

Since your health is not only affected by how much body fat you have, but also by where most of the fat is located on your body. People who tend to gain weight mostly in their hips and buttocks have roughly a pear body shape, while people who tend to gain weight mostly in the abdomen have more of an apple body shape.

People with an "apple" shaped body rather than a "pear" shaped body, are at an increased risk for the health problems associated with obesity, such as diabetes, coronary heart disease and high blood pressure.

27.7%

72.3%
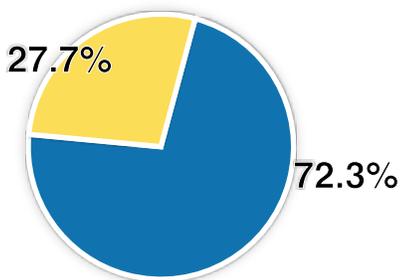
Lean Body Mass: 83.2 lbs

Fat Body Mass: 31.8 lbs

BMR: 1,235.15 kcal

You have a Basal Metabolic Rate of 1,235.15 kcal. BMR is the number of calories your body burns at rest during a period of 24 hours. Your BMR is not dependent on your activities of daily living. If you add more lean body muscle mass, your BMR will also increase.