Advanced Health Trinity Postureco

3152 Little Road Suite, Trinity, FI 34655 866.577.7297

www.PostureAnalysis.com



Comparison for Kelly Smith of exams performed on 2/17/17 and 6/4/19

Your LeanScreen 3D Scan Comparison

2/17/17

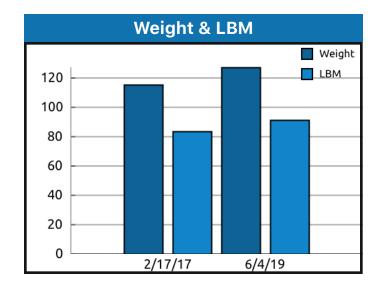
6/4/19

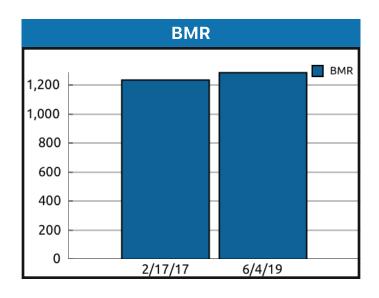


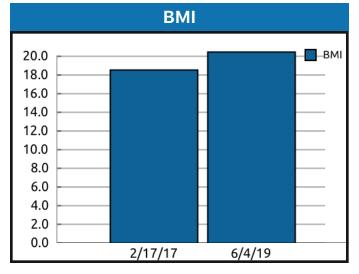


Measurements Summary			
	2/17/17	6/4/19	Change
Neck	13.5 in	14.2 in	-0.7 in
Waist	31.4 in	29.7 in	1.7 in
Abdomen	32.8 in	32.7 in	0.0 in
Hip	37.0 in	39.0 in	-2.0 in
LUA	n/a	n/a	n/a
RUA	9.5 in	10.7 in	-1.1 in
LUL	20.6 in	n/a	20.6 in
RUL	18.5 in	n/a	18.5 in

Comparison Summary				
	2/17/17	6/4/19	Change	
Weight	115 lbs	127 lbs	12 lbs	
PBF	28%	28%	0%	
WHR	0.85	0.76	0.09	
LBM	83.2 lbs	91.2 lbs	8 lbs	
BMR	1,235.15	1,287.35	52.20	
FBM	31.8 lbs	35.8 lbs	4 lbs	
ВМІ	18.6	20.5	1.9	







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Previous PBF: 28%	
Essential Fat	up to 13%
Athletes	14 - 20%
Fitness	21 - 24%
Acceptable / Average	25 - 31%
At Risk / Obese	32% +

Current PBF: 28%	
Essential Fat	up to 13%
Athletes	14 - 20%
Fitness	21 - 24%
Acceptable / Average	25 - 31%
At Risk / Obese	32% +

Previous WHR: 0.85		
Excellent	up to 0.75	
Good	0.75 - 0.80	
Average	0.80 - 0.85	
High	0.85 - 0.90	
Extreme	0.90 +	

Current WHR: 0.76	
Excellent	up to 0.75
Good	0.75 - 0.80
Average	0.80 - 0.85
High	0.85 - 0.90
Extreme	0.90 +

Previous BMI: 18.6	
Below 18.5	Underweight
18.5 - 24.9	Healthy
25.0 - 29.9	Overweight
30 and Above	Obese

Current BMI: 20.5	
Below 18.5	Underweight
18.5 - 24.9	Healthy
25.0 - 29.9	Overweight
30 and Above	Obese