InBody 是什麼？

InBody 是一部量度身體各項數據的機器
當中包括體重、體脂、水分及肌肉量等。

結果會以清晰、易讀的方式顯示您的身體成分測量結果 。

使用 InBody 前注意事項 (1)

植有心臟起搏器或其他醫療植入設備的人士，不得使用此設備。

生物電阻分析(BIA)雖然使用對身體無害的低電流，但亦不建議孕婦測試。

小童或行動不便的人在使用 InBody 770時，需要有人在場監督或協助。

使用 InBody 前注意事項 (2)

不應躺在床上或坐下後立即進行測試。
體內水分趨勢會可能導致測試結果有變化，在測試前至少站立約 5 分鐘。

在測試前不應進食。食物會影響測試者體重，會可能導致測量時有誤差。
所以在飯後至少相隔兩小時才進行測試。

使用 InBody 前注意事項 (3)

在測試前不應該運動。劇烈運動會導致身體的暫時變化 。
即使是輕微的運動也可以暫時改變你的身體成分 。

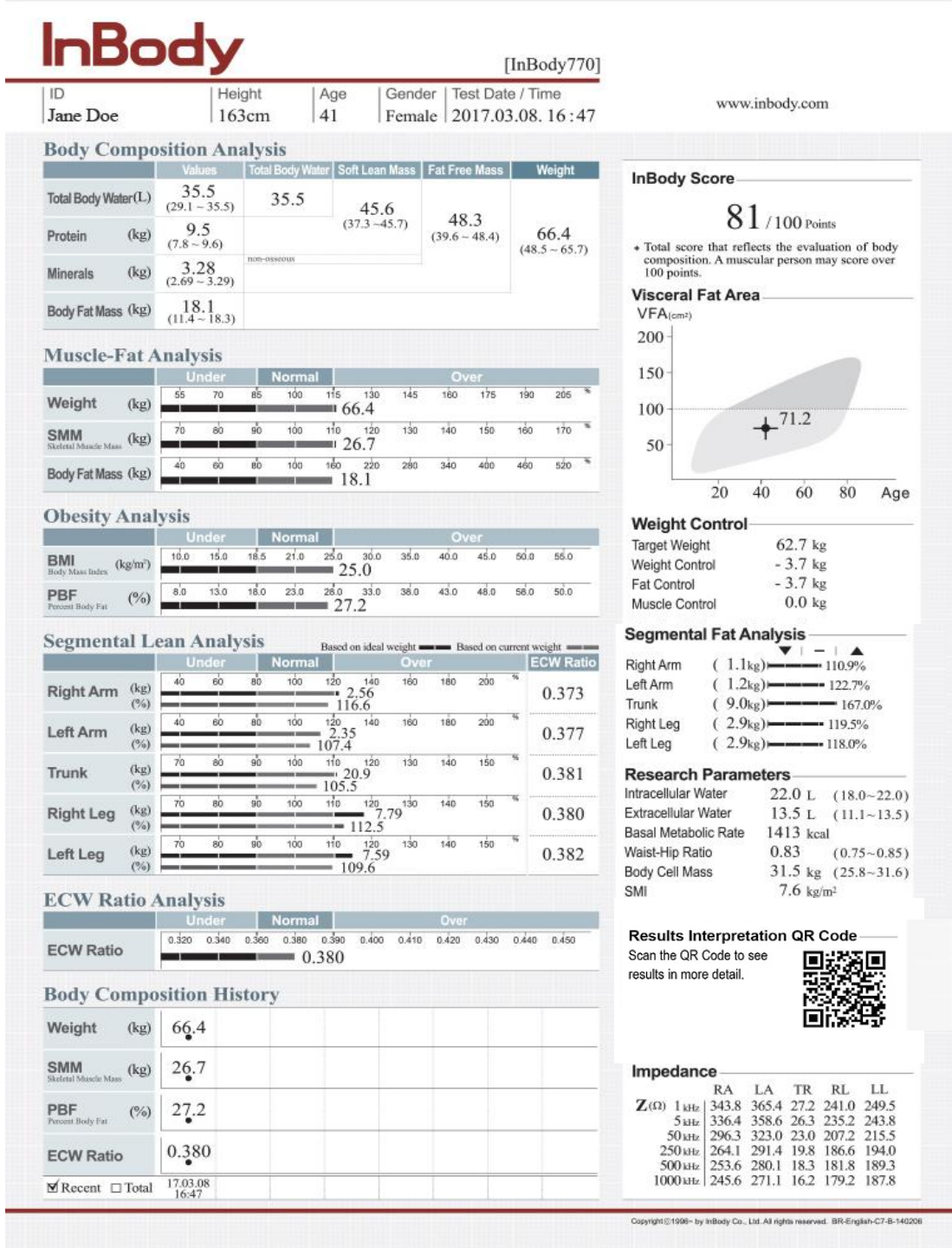
如果測試者手掌或腳底較乾，建議使用儀器前先用濕紙巾徹底擦拭手掌和腳底 。

測試期間避免與其他人接觸，接觸可能會導致干擾，影響測試結果 。

身體成分分析結果

InBody Result Sheet 以清晰易讀的方式顯示您身體成分測量結果 。

分析結果包含：體重、體脂、不同部位肌肉量等。



InBody

[InBody770]

www.inbody.com

ID	Height	Age	Gender	Test Date / Time
Jane Doe	163cm	41	Female	2017.03.08. 16:47

Body Composition Analysis

	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
Total Body Water (L)	35.5 (29.1 ~ 35.5)	35.5	45.6 (37.3 ~ 45.7)	48.3 (39.6 ~ 48.4)	66.4 (48.5 ~ 65.7)
Protein (kg)	9.5 (7.8 ~ 9.6)				
Minerals (kg)	3.28 (2.69 ~ 3.29)	non-osseous			
Body Fat Mass (kg)	18.1 (11.4 ~ 18.3)				

Muscle-Fat Analysis

	Under	Normal	Over
Weight (kg)		66.4	
SMM Skeletal Muscle Mass (kg)		26.7	
Body Fat Mass (kg)		18.1	

Obesity Analysis

	Under	Normal	Over
BMI Body Mass Index (kg/m²)		25.0	
PBF Percent Body Fat (%)		27.2	

Segmental Lean Analysis

Based on ideal weight — Based on current weight

	Under	Normal	Over	ECW Ratio
Right Arm (kg) (%)		2.56 / 116.6		0.373
Left Arm (kg) (%)		2.35 / 107.4		0.377
Trunk (kg) (%)		20.9 / 105.5		0.381
Right Leg (kg) (%)		7.79 / 112.5		0.380
Left Leg (kg) (%)		7.59 / 109.6		0.382

ECW Ratio Analysis

	Under	Normal	Over
ECW Ratio		0.380	

Body Composition History

Weight	(kg)	66.4
SMM Skeletal Muscle Mass	(kg)	26.7
PBF Percent Body Fat	(%)	27.2
ECW Ratio		0.380
☑ Recent ☐ Total		17.03.08 16:47

InBody Score

81 / 100 Points

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

Visceral Fat Area

VFA (cm²)

Weight Control

Target Weight	62.7 kg
Weight Control	- 3.7 kg
Fat Control	- 3.7 kg
Muscle Control	0.0 kg

Segmental Fat Analysis

Right Arm	(1.1kg)	110.9%
Left Arm	(1.2kg)	122.7%
Trunk	(9.0kg)	167.0%
Right Leg	(2.9kg)	119.5%
Left Leg	(2.9kg)	118.0%

Research Parameters

Intracellular Water	22.0 L	(18.0~22.0)
Extracellular Water	13.5 L	(11.1~13.5)
Basal Metabolic Rate	1413 kcal	
Waist-Hip Ratio	0.83	(0.75~0.85)
Body Cell Mass	31.5 kg	(25.8~31.6)
SMI	7.6 kg/m²	

Results Interpretation QR Code

Scan the QR Code to see results in more detail.

Impedance

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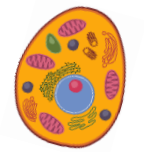
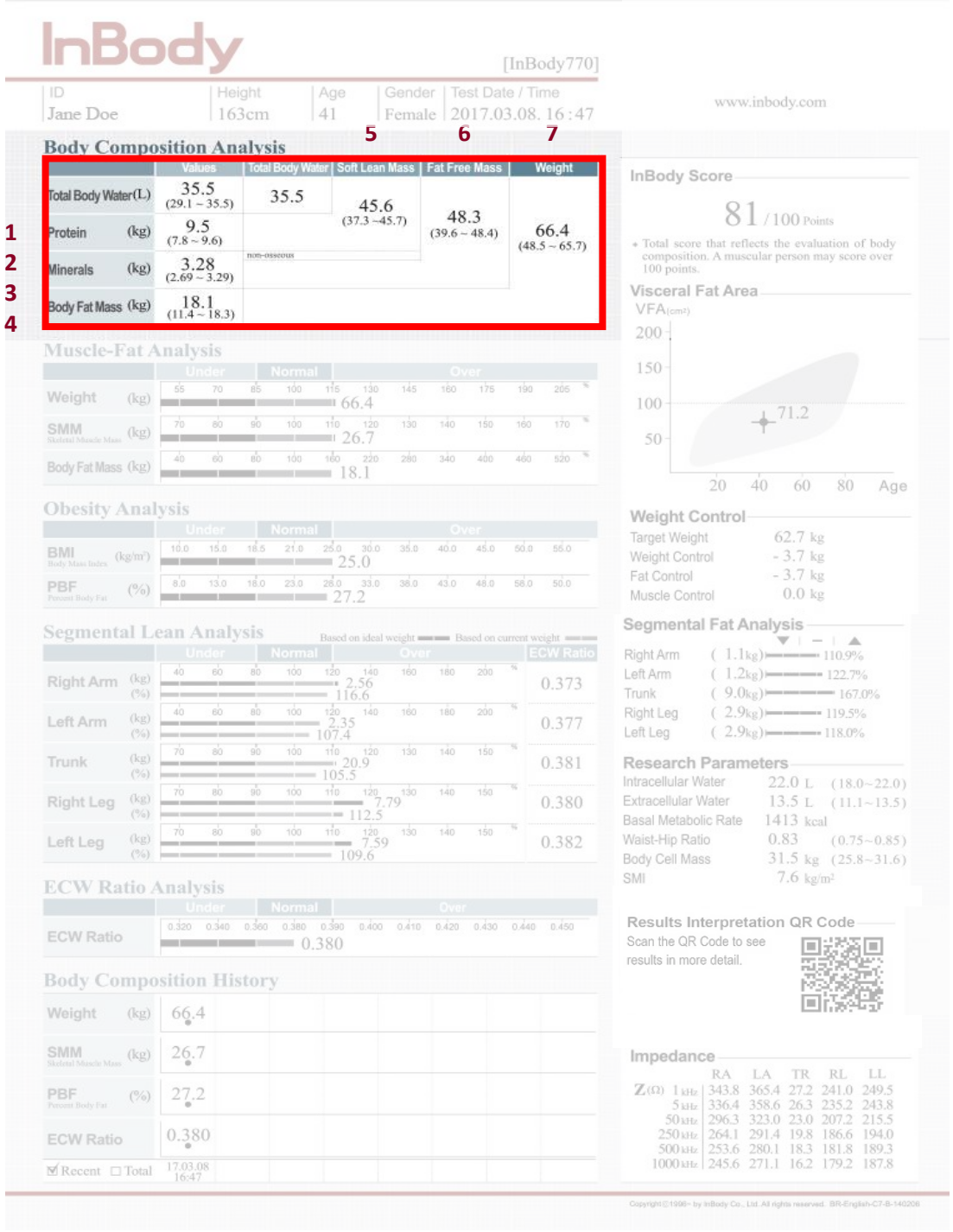
250 kHz	264.1	291.4	19.8	186.6	194.0
500 kHz	253.6	280.1	18.3	181.8	189.3
1000 kHz	245.6	271.1	16.2	179.2	187.8

身體成分分析及身體水份

1) 身體總水分
   - 體內水分總量佔總重量的百分比
2) 蛋白質含量
   - 蛋白質是身體構成的重要成分
3) 礦物質含量
   - 礦物質是對身體健康和保持良好新陳代謝十分重要的成分
4) 體內脂肪量
   - 體內脂肪重量
5) 軟肌肉體重
   - 身體在水份、蛋白質和非骨礦物質的總和
6) 除脂體重
   - 體重減去脂肪的重量
7) 體重
   - 各項總和

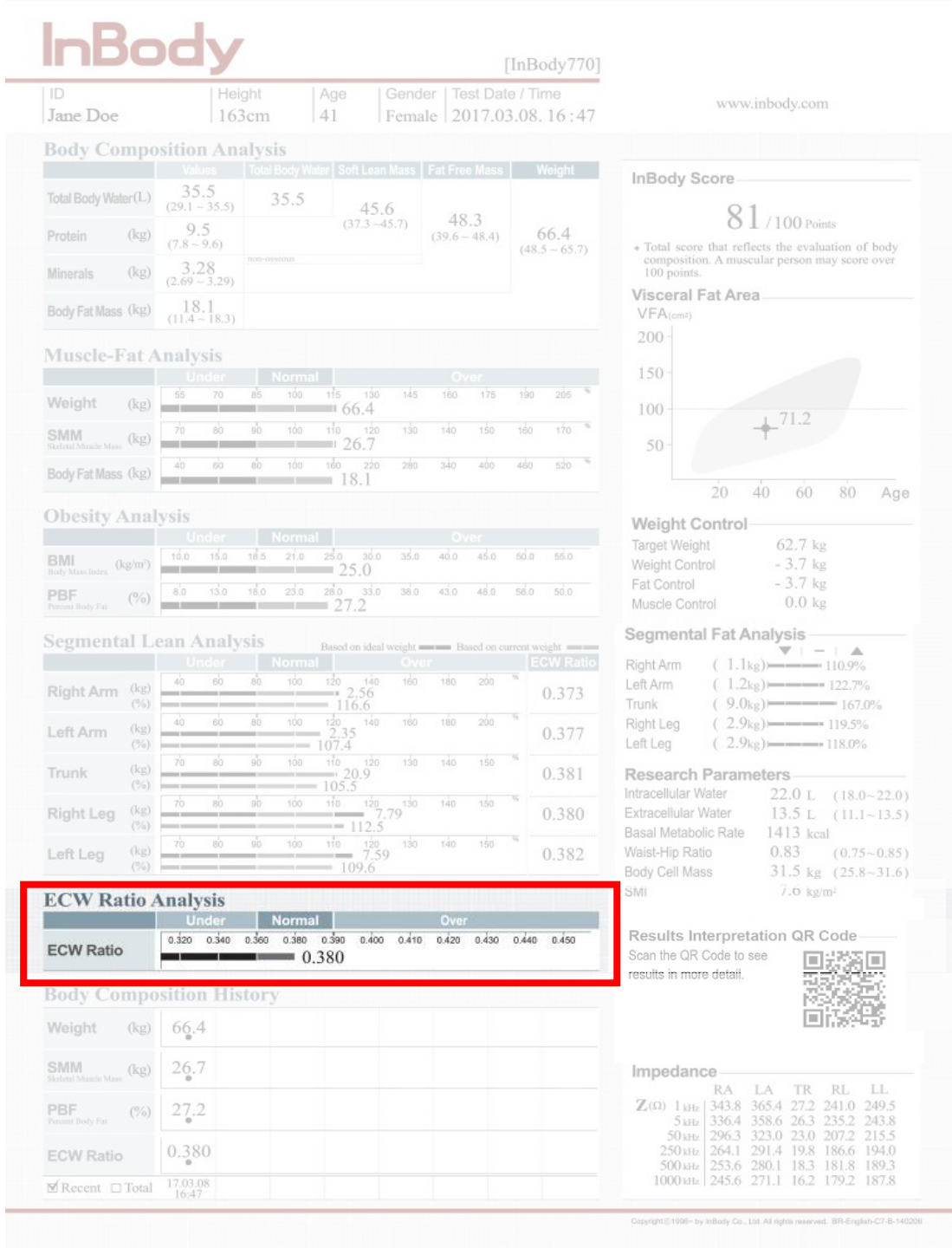




身體成分分析及身體水份

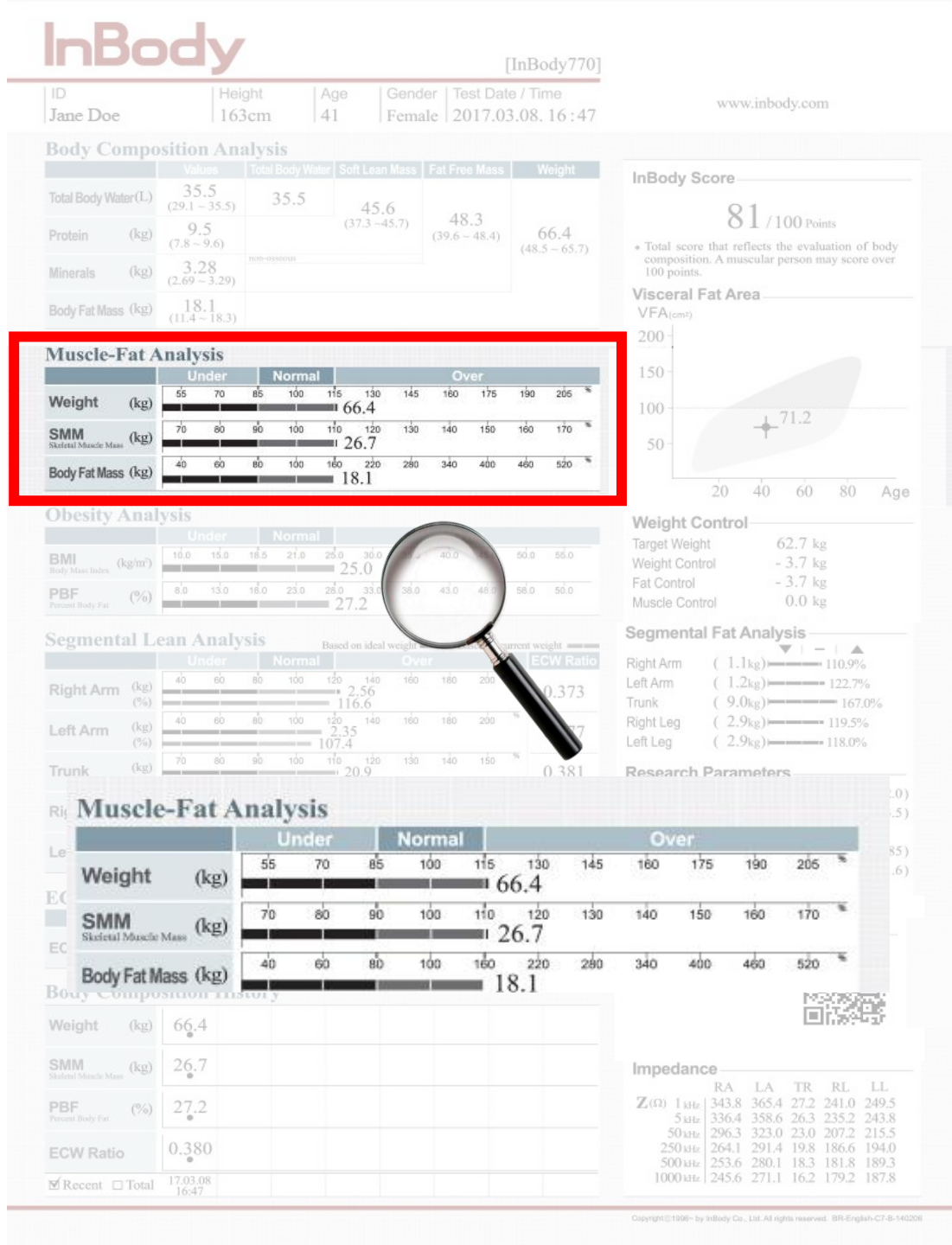
細胞外水份/身體總水分比例 (ECW/TBW)

標準值範圍：0.36–0.39
輕度浮腫：0.39–0.40
浮腫：>0.40



肌肉及脂肪

1) 體重
2) 骨骼肌重量
   身體當中可以通過鍛煉來增長和發展的肌肉
   包括：平滑肌、骨骼肌等重量
3) 體內脂肪重量



透過數值上方的百分比數字，InBody會將您的結果與其他相同身高及性別的人進行比較 ：

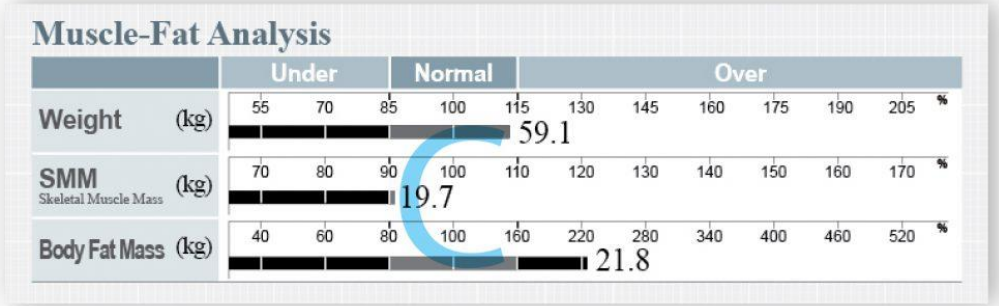
如果是100% 就反映您的體重相等於健康平均值 。
如果是 130%，反映著您的體重比平均水平**高** 30% 。
相反，如果是 70%，您的體重就是比平均水平**低** 30% 。

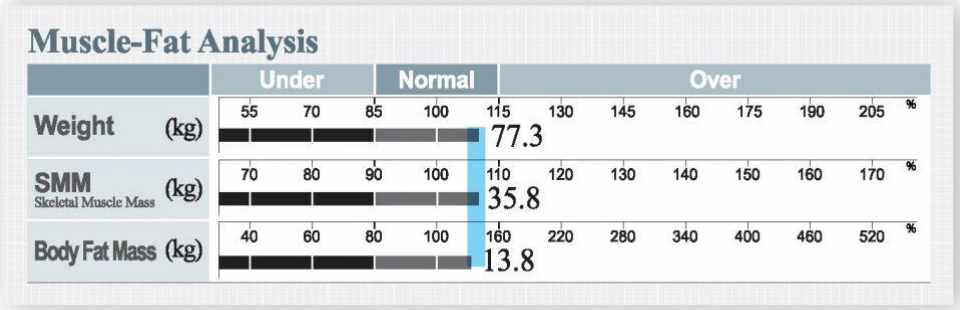
肌肉及脂肪

透過得出來的數字，再使用 C–I–D 方法就能找到您的體型

“C”體型 ：

如果您的骨骼肌重量長度比您的體重和體脂肪量短，體型為 C
根據測量值在圖表上的位置，這種體型可能是超重、肥胖、體重不足的人的特徵。



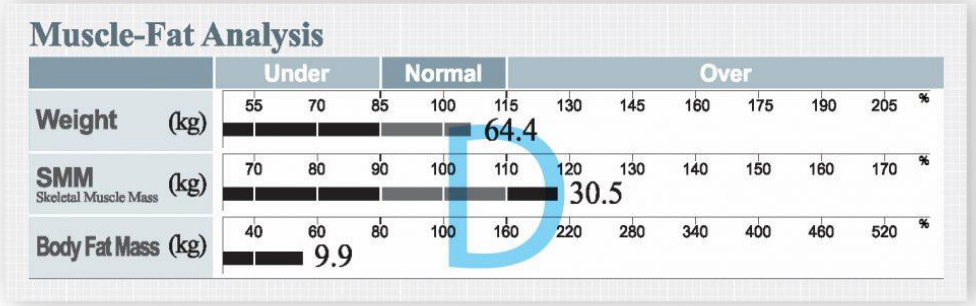


“I”體型 ：

如果您的長度條大致形成一條直線， 體型為“I”的人通常體重或體脂百分比屬健康情況，可以專注維持或改善整體數值。

“D”體型 ：

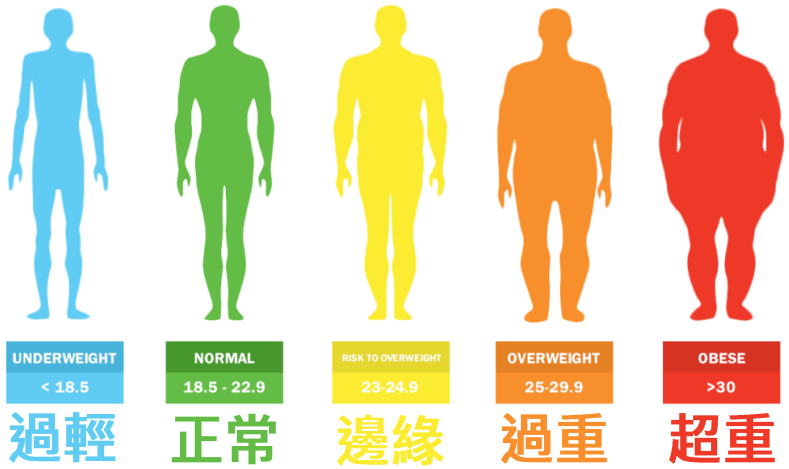
如果您的骨骼肌重量長度比您的體重和體脂肪量長，體型為 D
通常屬於“運動型”體型，是理想的體型。 但是，如果體重和體脂肪量條高於推薦範圍，應該將脂肪量減少至理想範圍。



肥胖風險

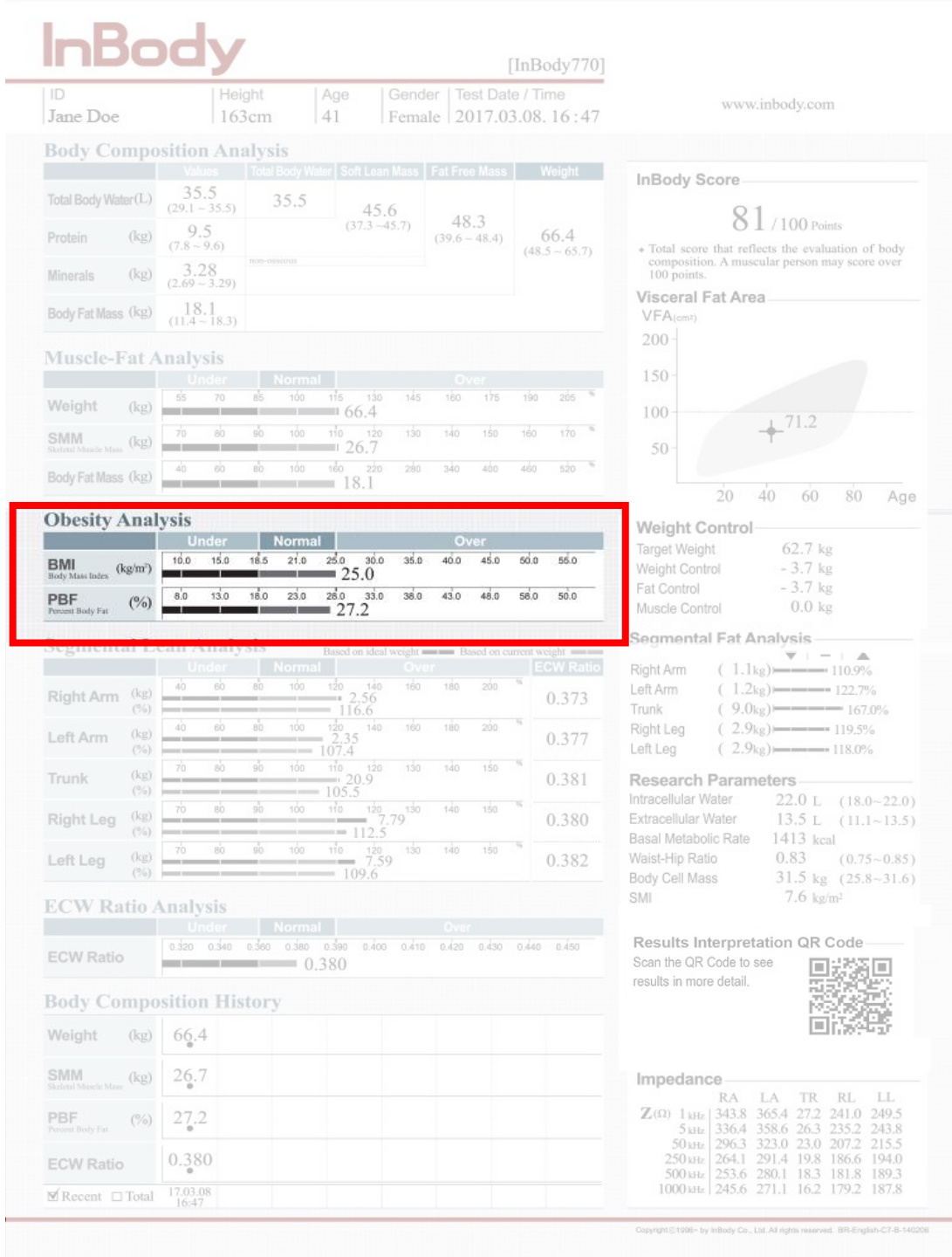
1) BMI：

$$\frac{\text{體重 (kg)}}{\text{身高}^2\ (\text{m}^2)}$$



2) 體脂百分比(PBF) ：

男性，PBF健康範圍在 10–20% 之間
女性，PBF健康範圍在 18–28% 之間

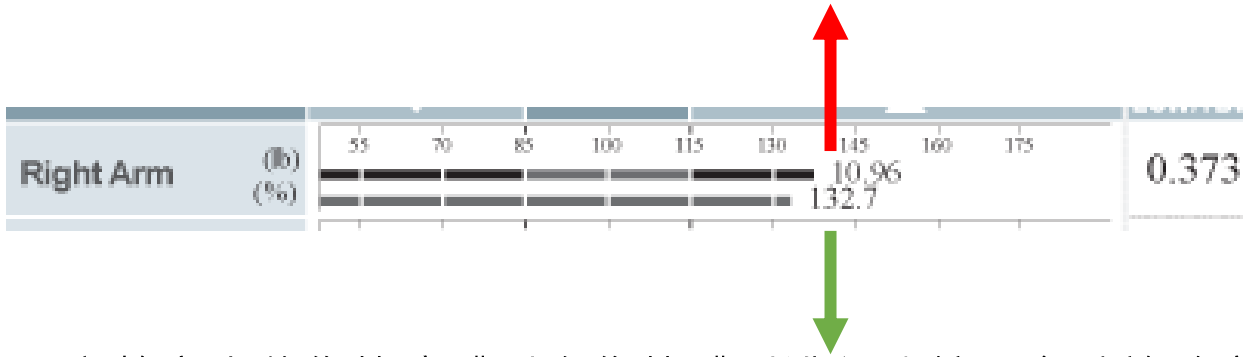


身體各部位指數分析

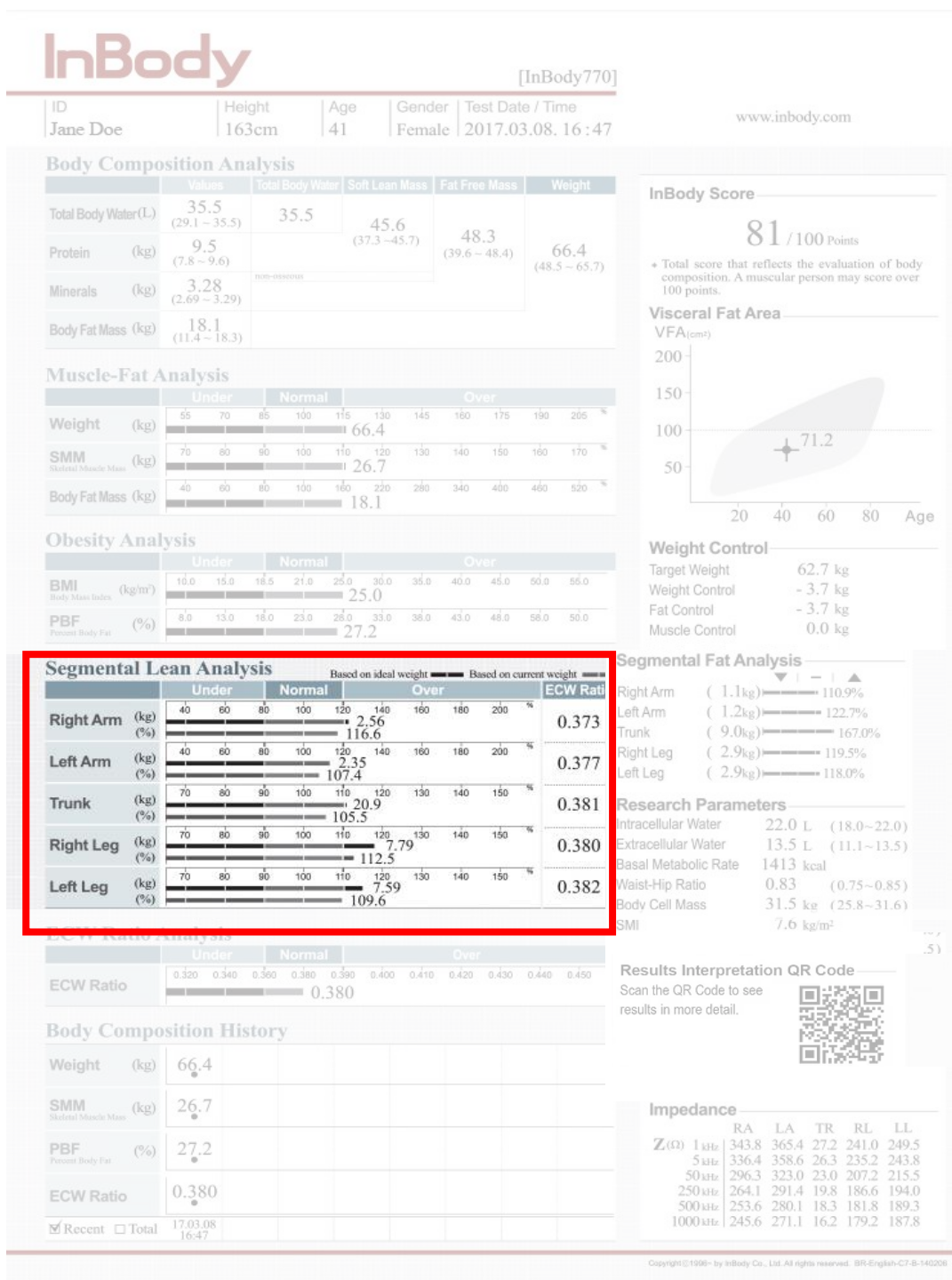
InBody 的結果會將您的身體分為五個部分 ：

1) 右手臂
2) 左手臂
3) 軀幹
4) 右腿
5) 左腿

上方數字為瘦體重分析
會與您身高相同人士進行比較，數值應該要達到 100% 或更高



下方數字會將您的瘦體重與您的體重進行比較，有助於確定
您是否有足夠的肌肉量來支撐您的體重， 100% 就等於足夠



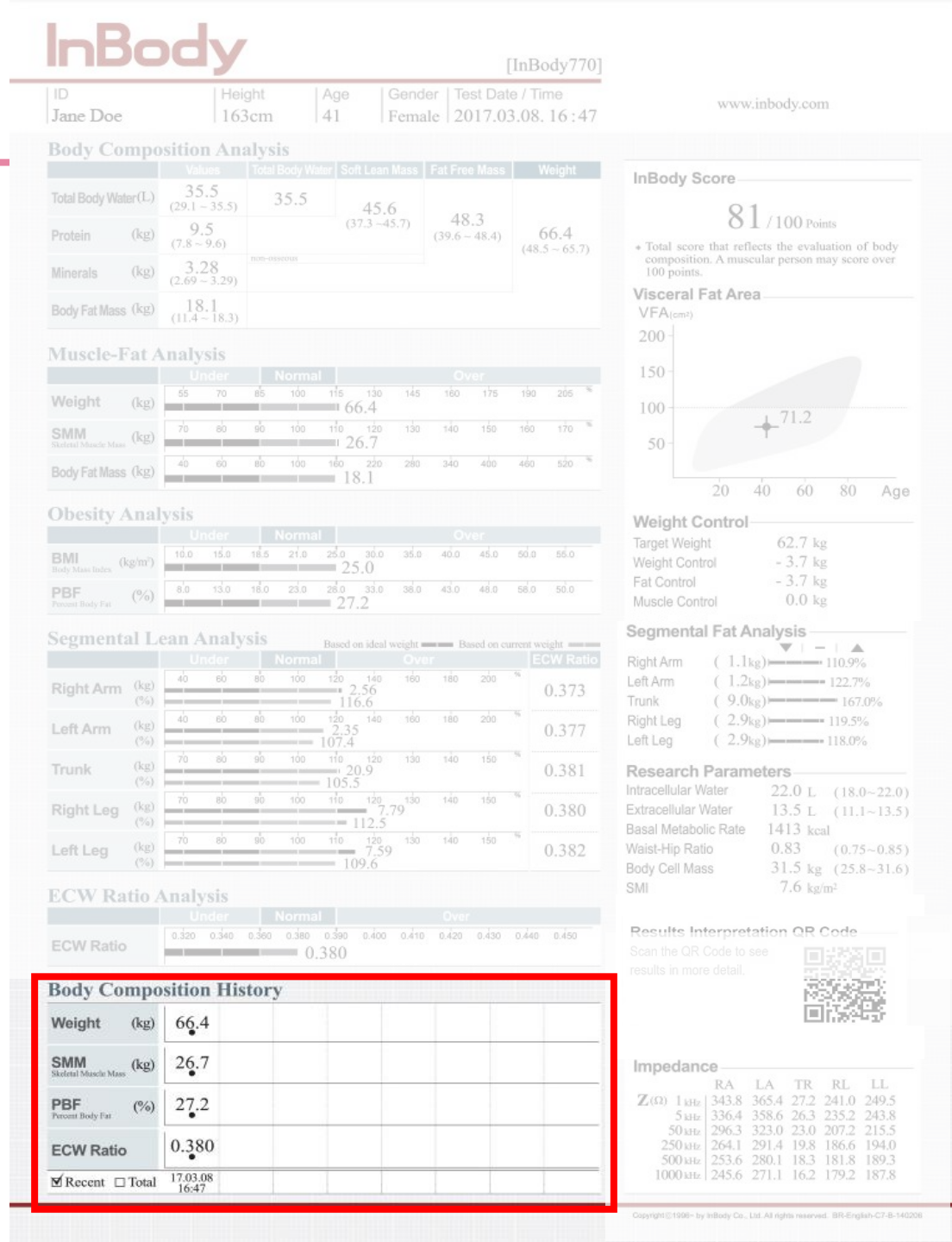
身體成分測試歷史

圖表會顯示近8次測試中最重要的數值，
方便發現趨勢並跟踪自己的進度。

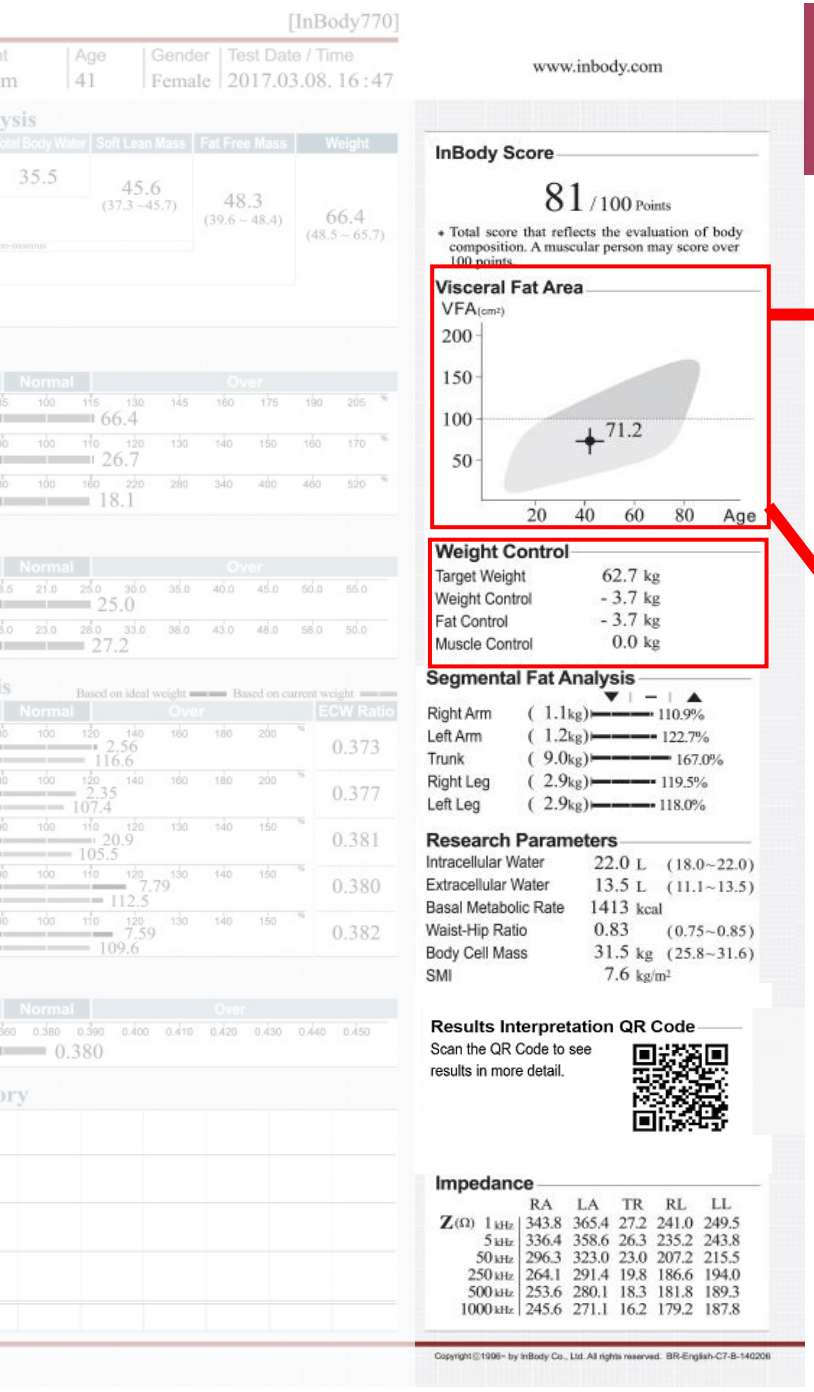
數值當中包括：

1) 體重
2) 骨骼肌重量
3) 體脂百分比
4) 細胞外水份/身體總水分比例

圖表目的是讓您監測身體成分的正面和負面變化，
以便您可以調整飲食和鍛煉計劃以獲得您想要的結果。



客制結果輸出


[InBody770]

www.inbody.com

Age 41 | Gender Female | Test Date / Time 2017.03.08. 16:47

InBody Score

81 / 100 Points

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

Visceral Fat Area

VFA(cm²)

200 / 150 / 100 / 50

71.2

20 40 60 80 Age

Weight Control

Target Weight	62.7 kg
Weight Control	- 3.7 kg
Fat Control	- 3.7 kg
Muscle Control	0.0 kg

Segmental Fat Analysis

Right Arm	(1.1kg)	110.9%
Left Arm	(1.2kg)	122.7%
Trunk	(9.0kg)	167.0%
Right Leg	(2.9kg)	119.5%
Left Leg	(2.9kg)	118.0%

Research Parameters

Intracellular Water	22.0 L	(18.0~22.0)
Extracellular Water	13.5 L	(11.1~13.5)
Basal Metabolic Rate	1413 kcal	
Waist-Hip Ratio	0.83	(0.75~0.85)
Body Cell Mass	31.5 kg	(25.8~31.6)
SMI	7.6 kg/m²	

Results Interpretation QR Code

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內臟脂肪分佈

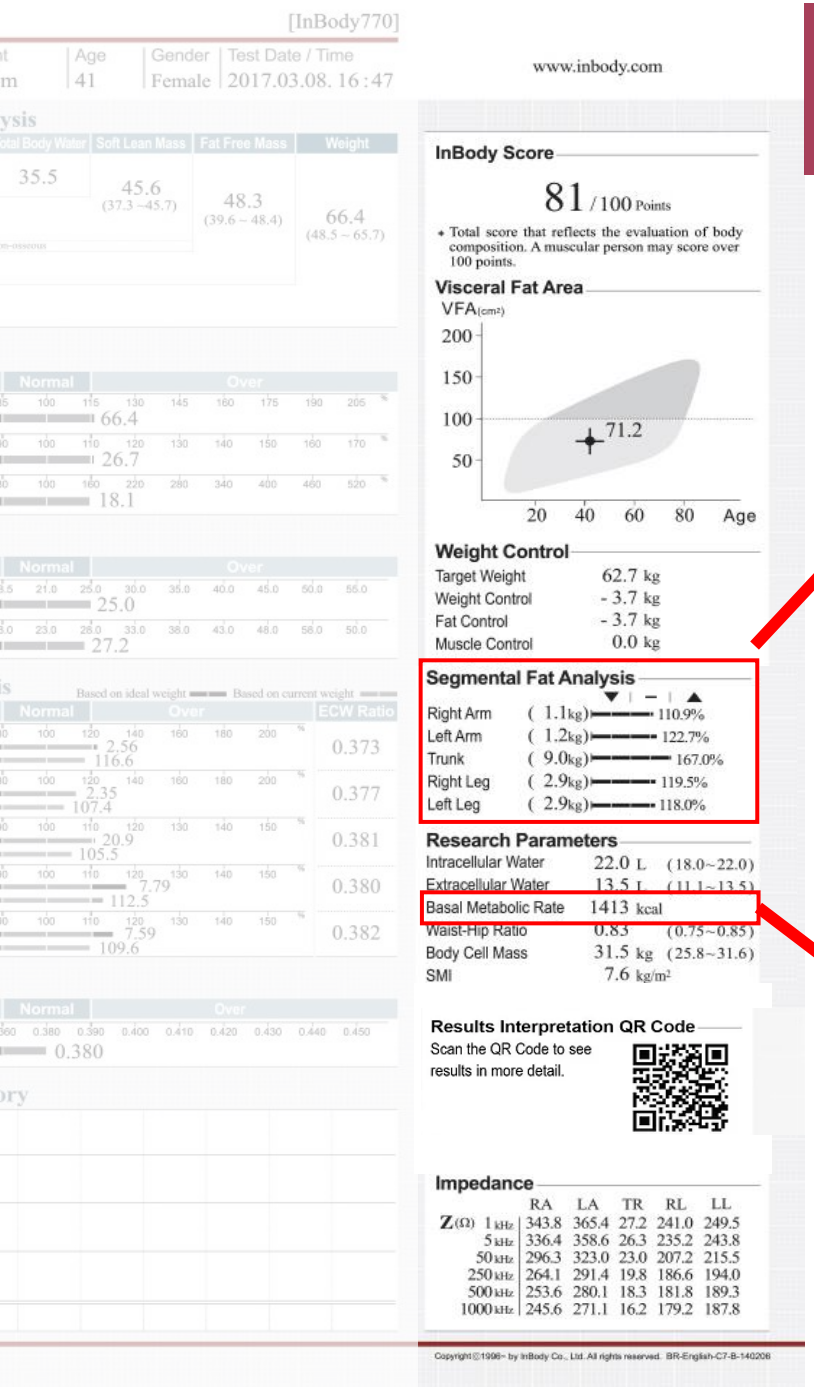
體脂主要有兩種類型：皮下脂肪和內臟脂肪
內臟脂肪面積圖可讓您確定您有多少有害健康的內臟脂肪
理想及健康的情況，數值應保持在線 或 在線下

體脂與瘦肌肉重量控制

為您輕鬆設定健康及健身目標
幫助您達到健康的體脂百分比（男性約為 15%，女性約為 23%）

根據您當前的肌肉和脂肪平衡
建議調整體脂肪量和/或瘦肌肉重量以達到目標體脂的百分比
*InBody並不會建議減少瘦肌肉重量

客制結果輸出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Visceral Fat Area

VFA(cm²)

200 / 150 / 100 / 50 — 71.2 — 20 40 60 80 Age

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身體各部位指數分析比較

將身體各部位指數與相同身高、性別的人比較
例子中，左臂有 3.3 磅的體脂

Left Arm (3.3 lb) 158.9%

對於一個身高和性別相同的人來說，多出 58.9%的體脂

基礎代謝率 (BMR)

是維持您身體基本功能所需的卡路里，而BMR並不將日常活動所需的任何卡路里計算在內，因此一天的實際卡路里需求可能需要更多

InBody 體脂計FAQ

進行 InBody 測試時可以配戴飾品或其他金屬物品嗎？

進行 InBody 測試時建議將身上所有飾品、其他金屬物品和負重物品全部除下，避免造成危險 或 有誤差。

什麼人不適合進行 InBody 測試？

身上植有任何電子維生儀器，如：心臟起搏器 或孕婦均不建議進行 InBody 測試。

InBody 體脂計FAQ

InBody 的電流會傷害身體嗎？

InBody 已被批准用作醫療用途，安全性亦已經受測試。
生物電阻分析採用的電流屬於低水平電流，對身體沒有害處。

InBody 測試應該多久使用一次？

如果正接受任何可能影響身體的計劃，建議每兩個星期至一個月進行一次 InBody 測試，以便量度自己身體的變化。

What is InBody ?

InBody is a machine that measures various data of the body, including body weight, body fat, water amount and muscle mass, etc.

The result displays your body composition measurements in a clear, easy-to-read way

Precautionary Steps (1)

Individuals with medical implant devices such as pacemakers, or essential support devices such as patient monitoring systems, must not use this equipment

Bioelectrical Impedance Analysis (BIA) uses safe low-level currents, which are not harmful to the body. However, we do not recommend pregnant women test

Children and people with limited mobility should be supervised or assisted when attempting to test on the InBody

Precautionary Steps (2)

Stand upright for about 5 minutes before testing. Taking the test immediately after lying in bed or sitting for a long period of time might result in a slight change in the test results. This is because body water tends to move to the lower body as soon as the person stands or gets up

Do not eat before testing. In cases where the examinee has already eaten, the test should be put off for at least two hours after the meal. This is because the weight of food is included in the examinee's weight and thus, may result in measurement errors.

Precautionary Steps (3)

Do not do exercise before testing. Strenuous exercise or sharp movements can cause temporary changes in body composition. Even light exercise can change your body composition temporarily

Thoroughly wipe the palms and soles with the InBody Tissue before testing. Testing may be difficult if the examinee's palms and soles are too dry or if the examinee has too many calluses.

Avoid contact with the examinee during testing.
Contact may lead to interference affecting test results.

Test Instructions

3. Grip the hand electrode and maintain proper posture to take the test

4. When the test is completed, the results will be shown on screen

5. Wait for print out

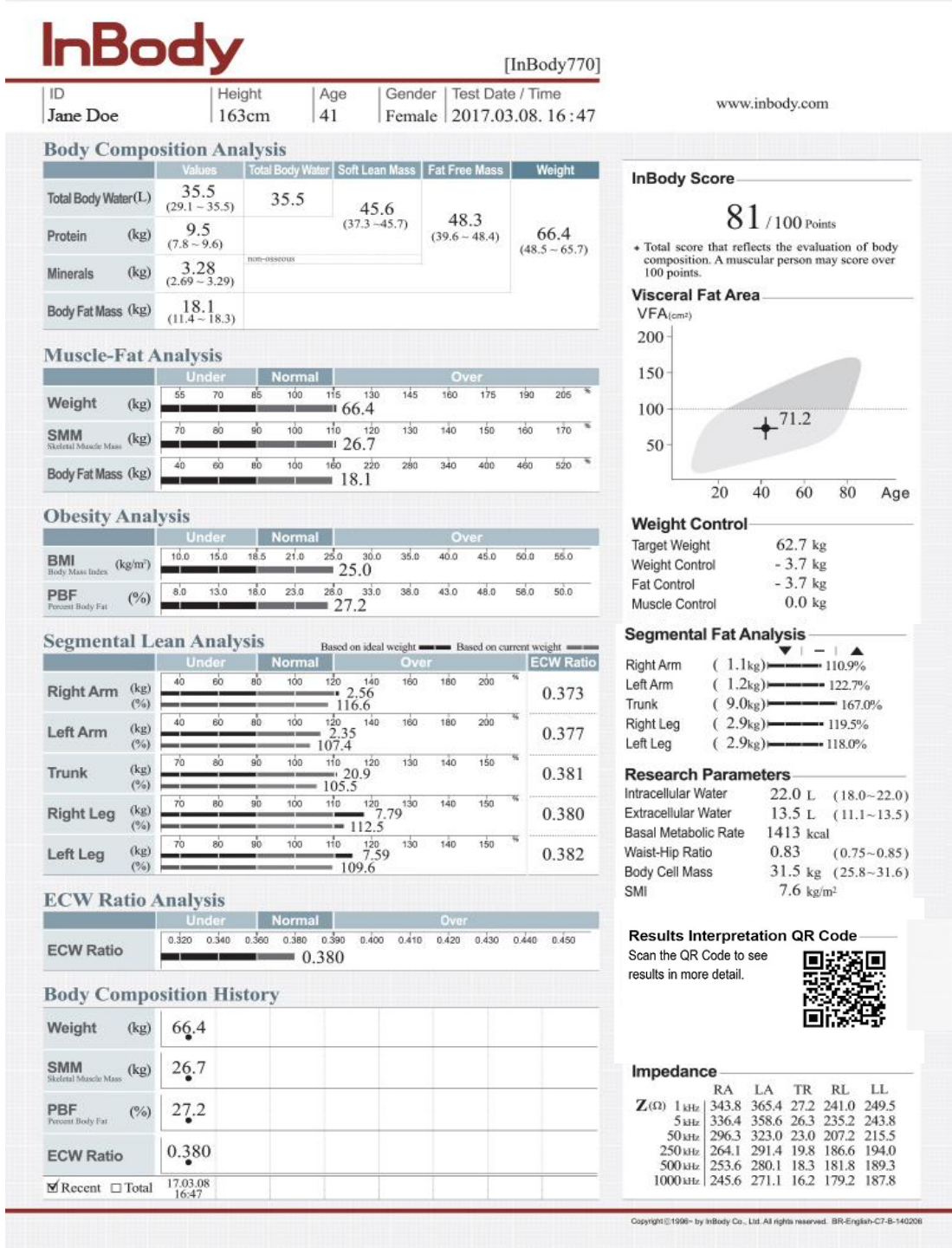
(Professional mode)

(Self mode)

Body Composition Analysis

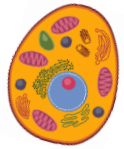
The InBody Result Sheet displays your body composition measurements in a clear, easy-to-read way to make understanding your results simple.

The results include body weight, body fat, muscle mass in different parts, etc. It can help you be successful in your health journey.

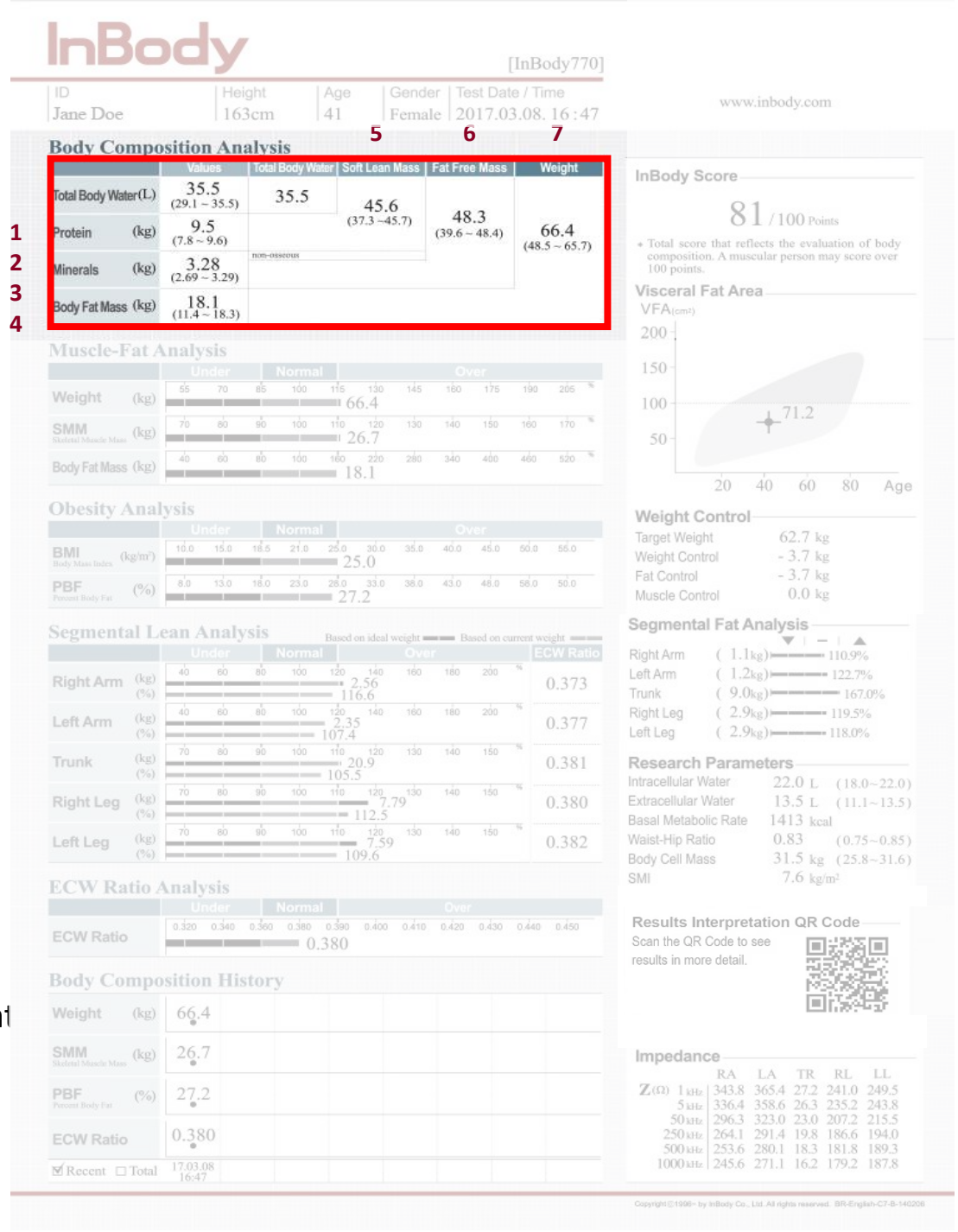


Body Composition Analysis & Body Water

1) Total Body Water
   - The total amount of water in the body expressed as a percentage of total weight



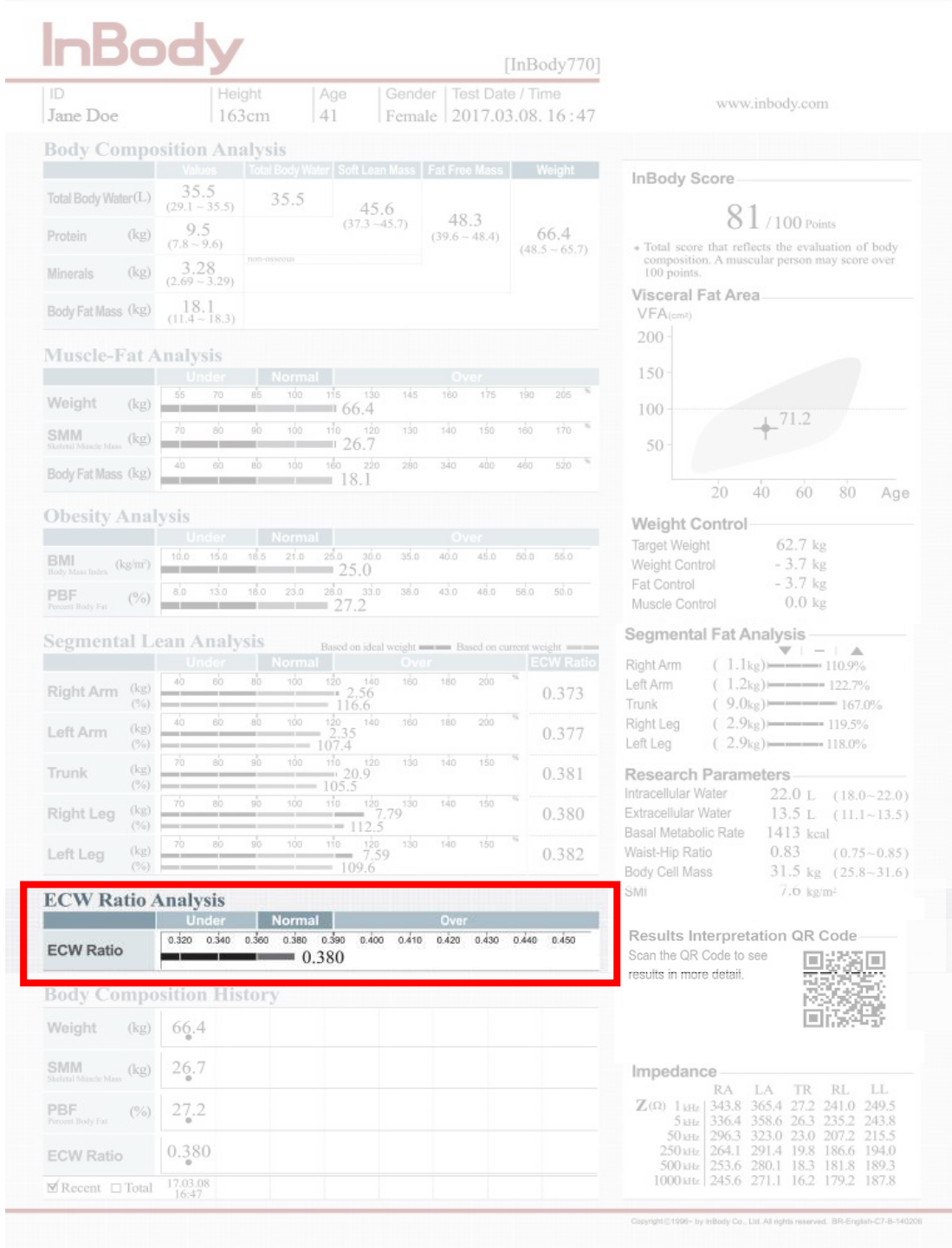
2) Protein
   - Protein is a functionally important component at the molecular level of body composition
3) Minerals
   - Which is essential for good health and maintain good metabolism
4) Body Fat Mass
   - The weight of body fat
5) Soft Lean Mass
   - The sum of your Total Body Water, protein and non-osseous minerals
6) Fat Free Mass
   - The weight includes your body's water, bone, organs and muscle content
7) Weight
   - The sum of total lean body mass and body fat mass



Body Composition Analysis & Body Water

Extracellular Water/Total Body Water ratio (ECW/TBW)

Standard：0.36–0.39
Mild edema：0.39–0.40
Edema：>0.40



Muscle, Fat, & Obesity Risk

1) Weight
2) Skeletal Muscle Mass

   the muscles in the body that can be grown and developed through exercise, including smooth muscle, skeletal muscle, etc.

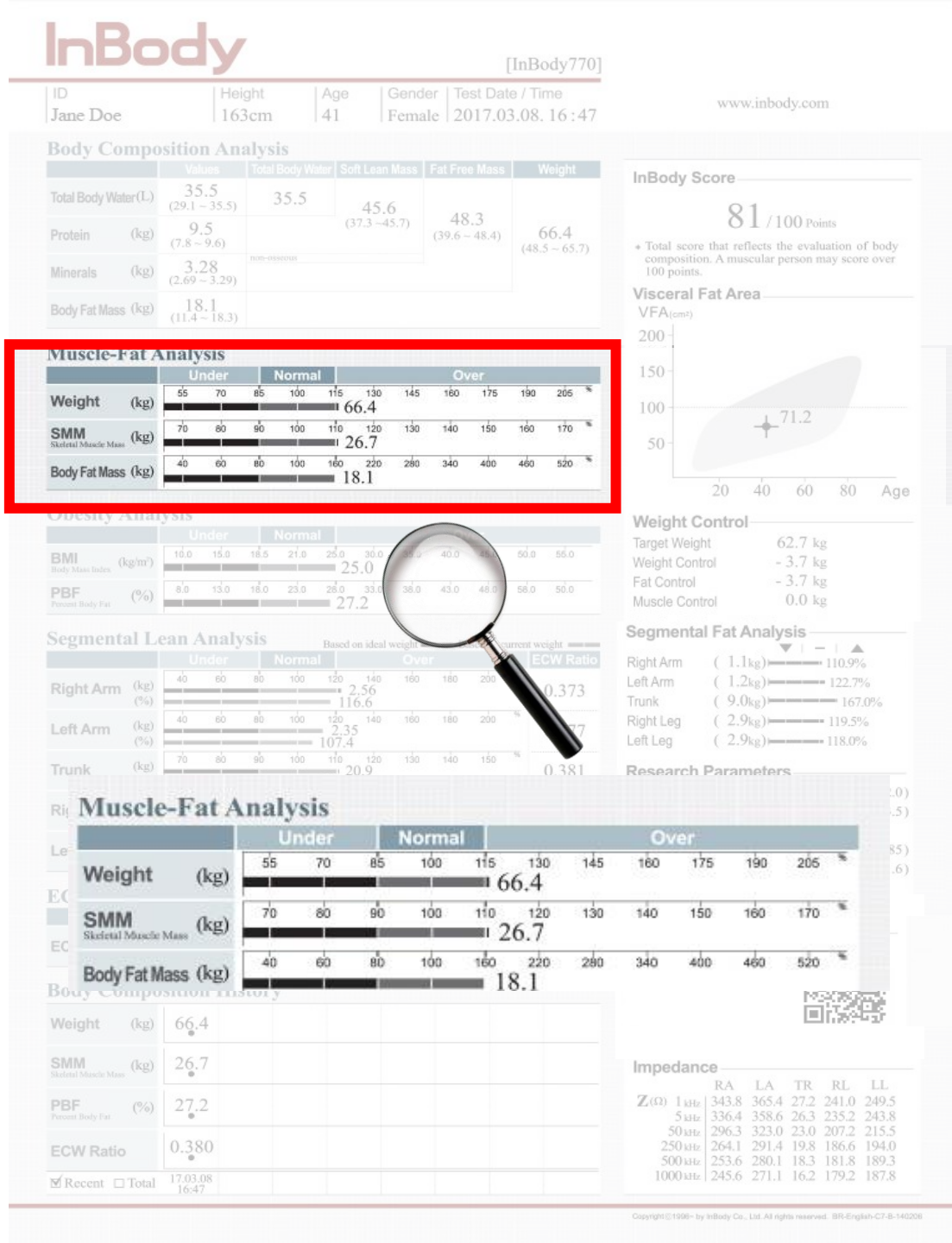
3) Body Fat Mass

You can compare your measurements to others of the same height and sex with the percentages above the bar graphs.

If your weight bar is at 100%, this would mean that your weight is **in the healthy average**.

If your Weight bar is at 130%, this would mean that your weight is 30% **above average**.

Similarly, if your Weight bar is at 70%, this would mean that you have 30% **less** mass than the healthy average.

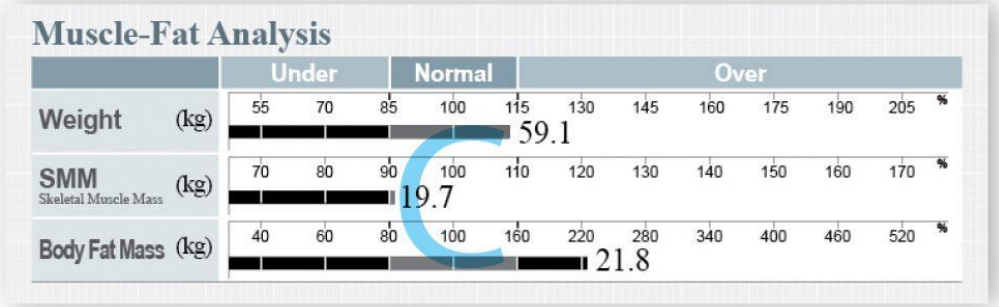


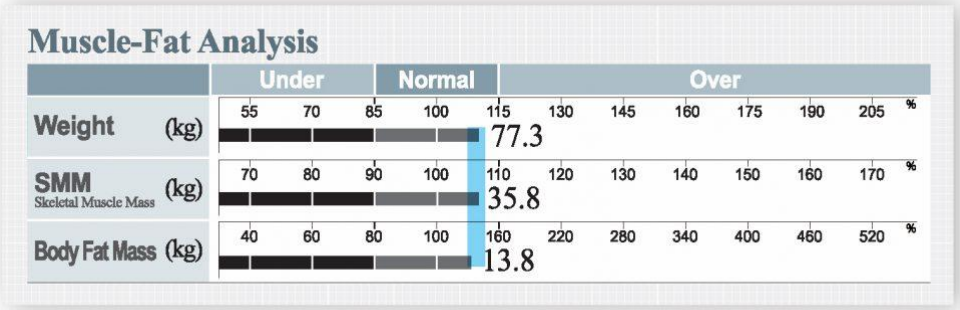
Muscle, Fat, & Obesity Risk

Refer to your Muscle-Fat Analysis and connect the endpoints of each bar to form a C, I, or D.

"C-Shape" Body Type

If the length of the bar for your SMM is shorter than your Weight and Body Fat Mass, you have a C-shaped body type. Depending on where the measures are on the graph, this body shape can be characteristic of a person who is overweight, obese, underweight, or within the healthy range.



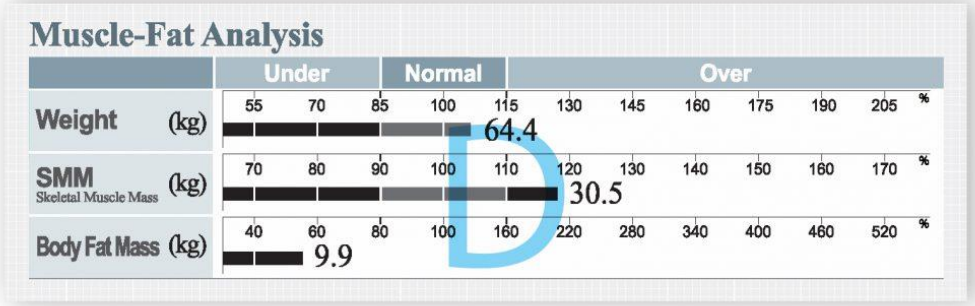


"I-Shape" Body Type

If the length of the bars for your Weight, Skeletal Muscle Mass, and Body Fat Mass roughly form a straight line, you have an I-shaped body type. You can focus on to maintain or improve overall health.

"D-Shape" Body Type

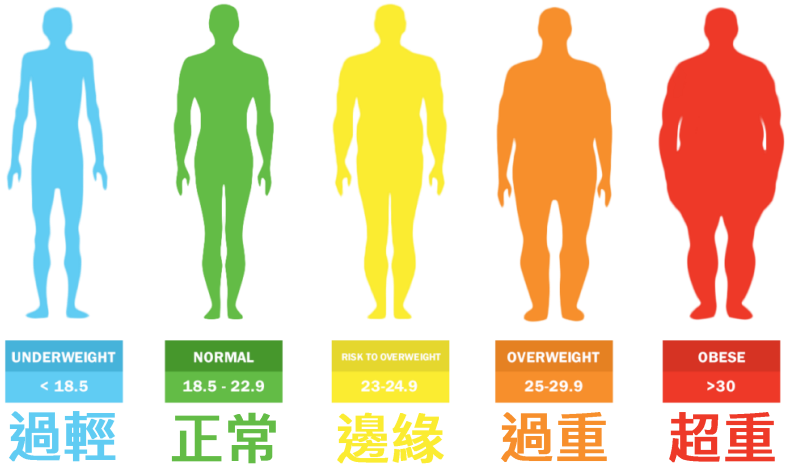
If your SMM bar is longer than your Weight and Body Fat Mass, you have a D-shape body type. Usually, this is an "athletic" body type that many consider to ideal body composition shape. However, if the Weight and Body Fat Mass bars are above the recommended ranges, you should reduce your fat mass to get into the ideal range.



Muscle, Fat, & Obesity Risk

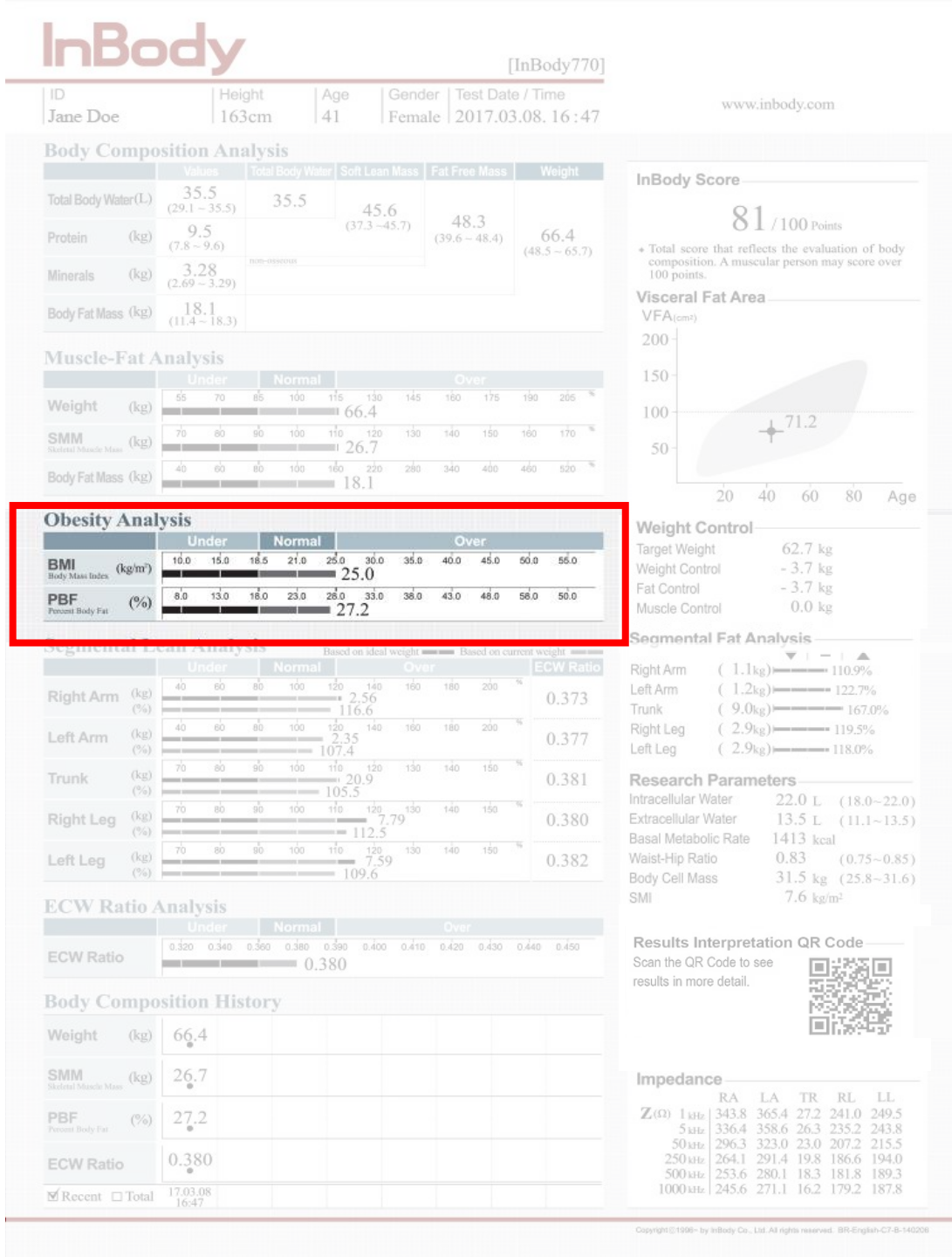
1) BMI：

$$\frac{\text{Weight (kg)}}{\text{Height}^2\ (\text{m}^2)}$$



2) PBF : Body fat percentage, or Percent Body Fat

For men PBF health range is between 10-20%
For women, PBF health range is 18-28%

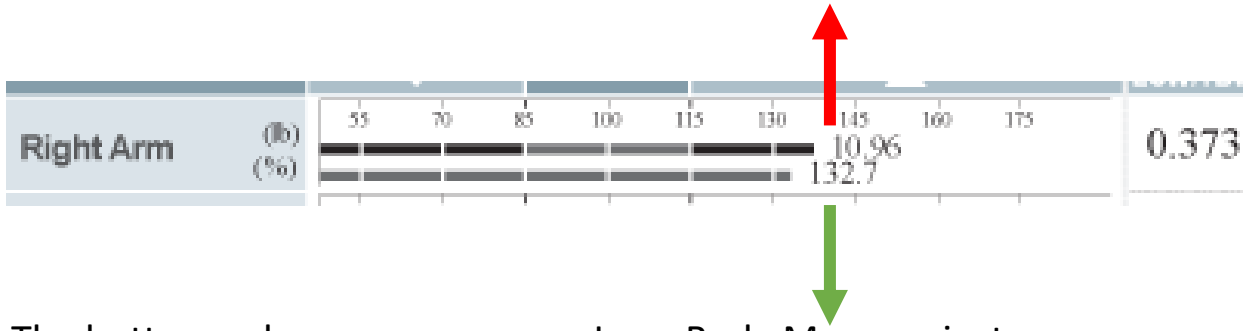


Segmental Lean Analysis

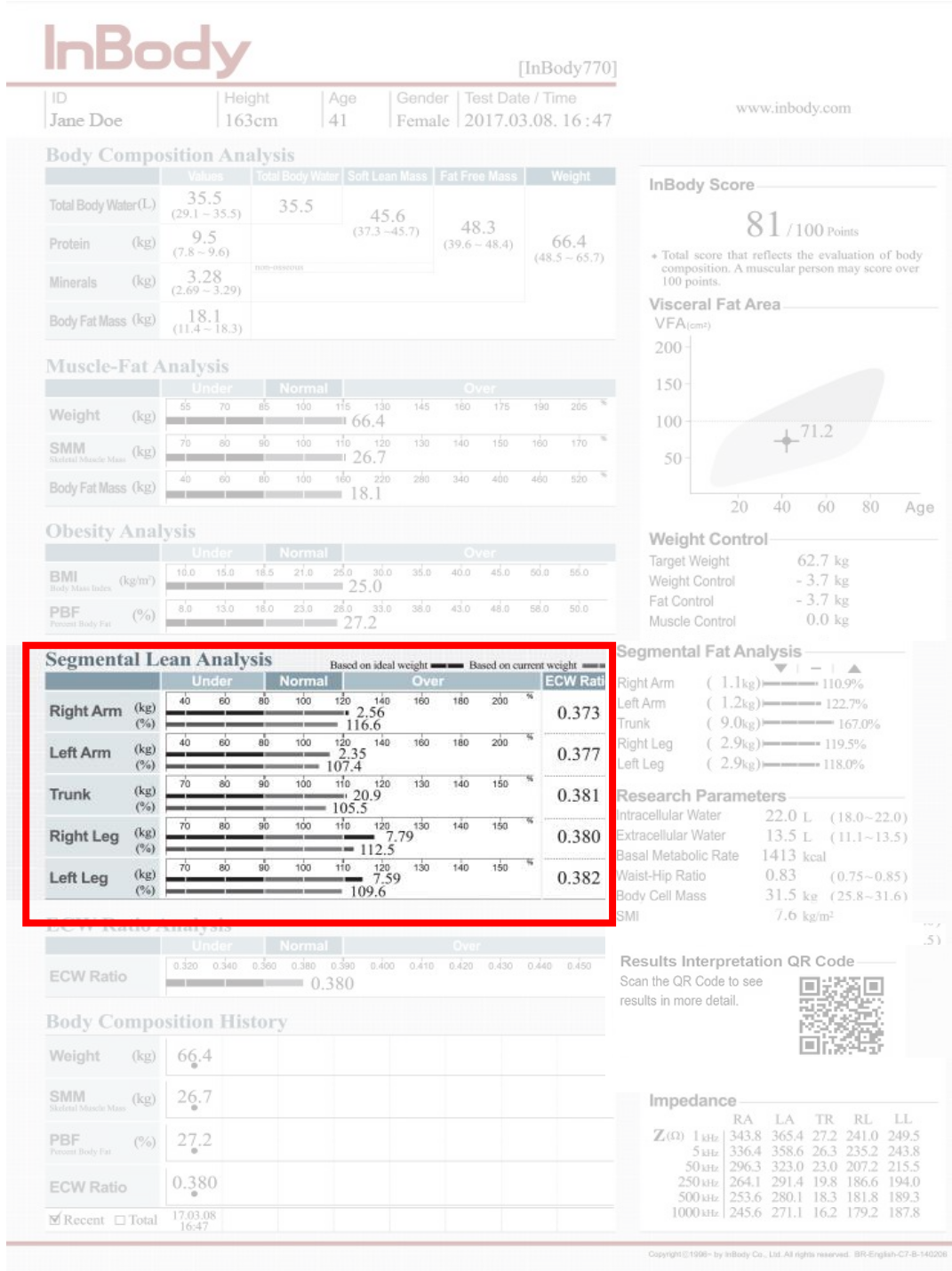
The Segematal Lean Analysis divides your body into five body parts：

1) Right Arm
2) Left Arm
3) Trunk
4) Right Leg
5) Left Arm

The top value is Lean Body Mass Analysis.
Against the average expected amount of Lean Body Mass for your height.
You should always work to be at 100% or higher.



The bottom value compares your Lean Body Mass against your measured body weight, which helps you determine if you have enough Lean Body Mass to support your body weight, where 100% is sufficient.



1
2
3
4
5

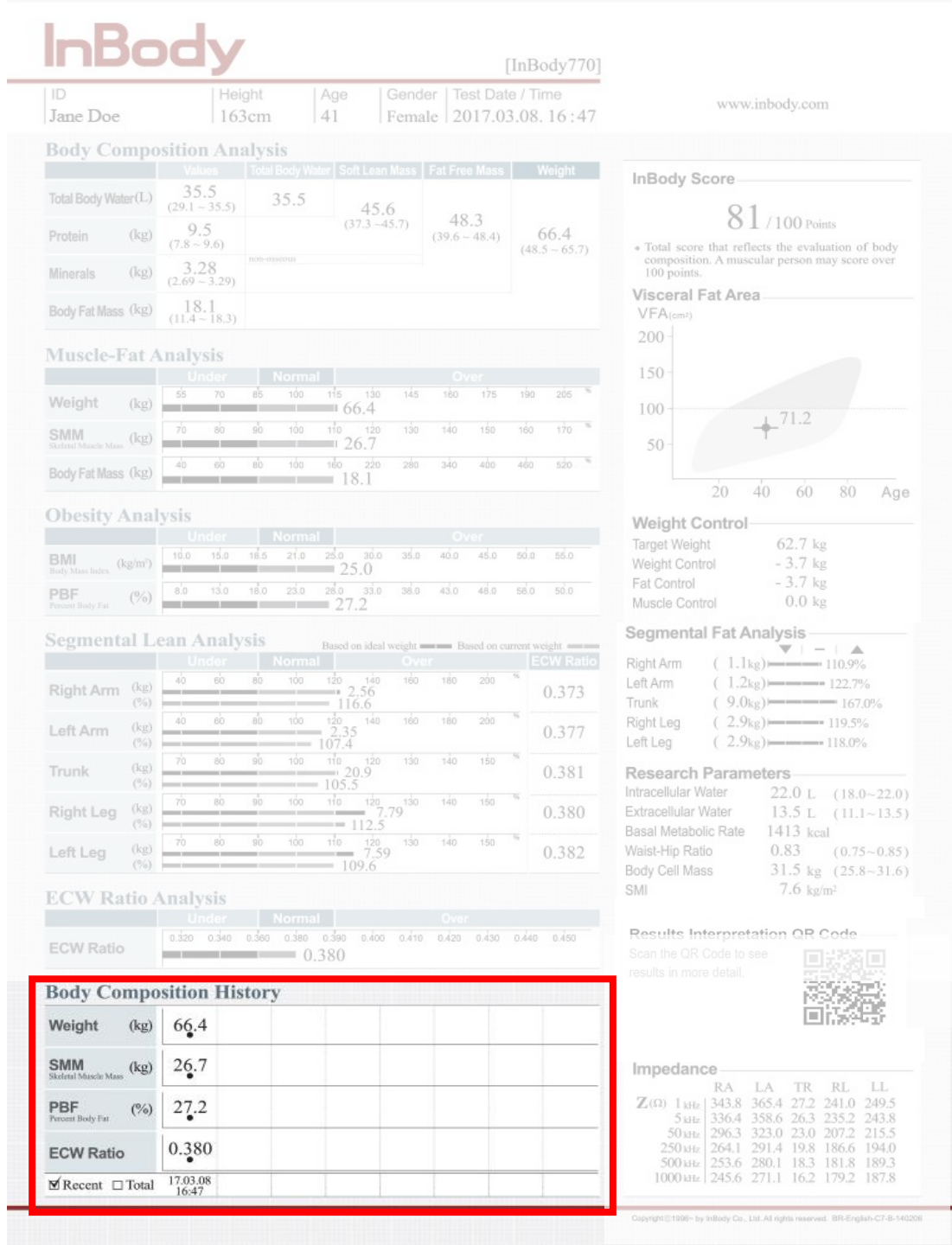
Body Composition History

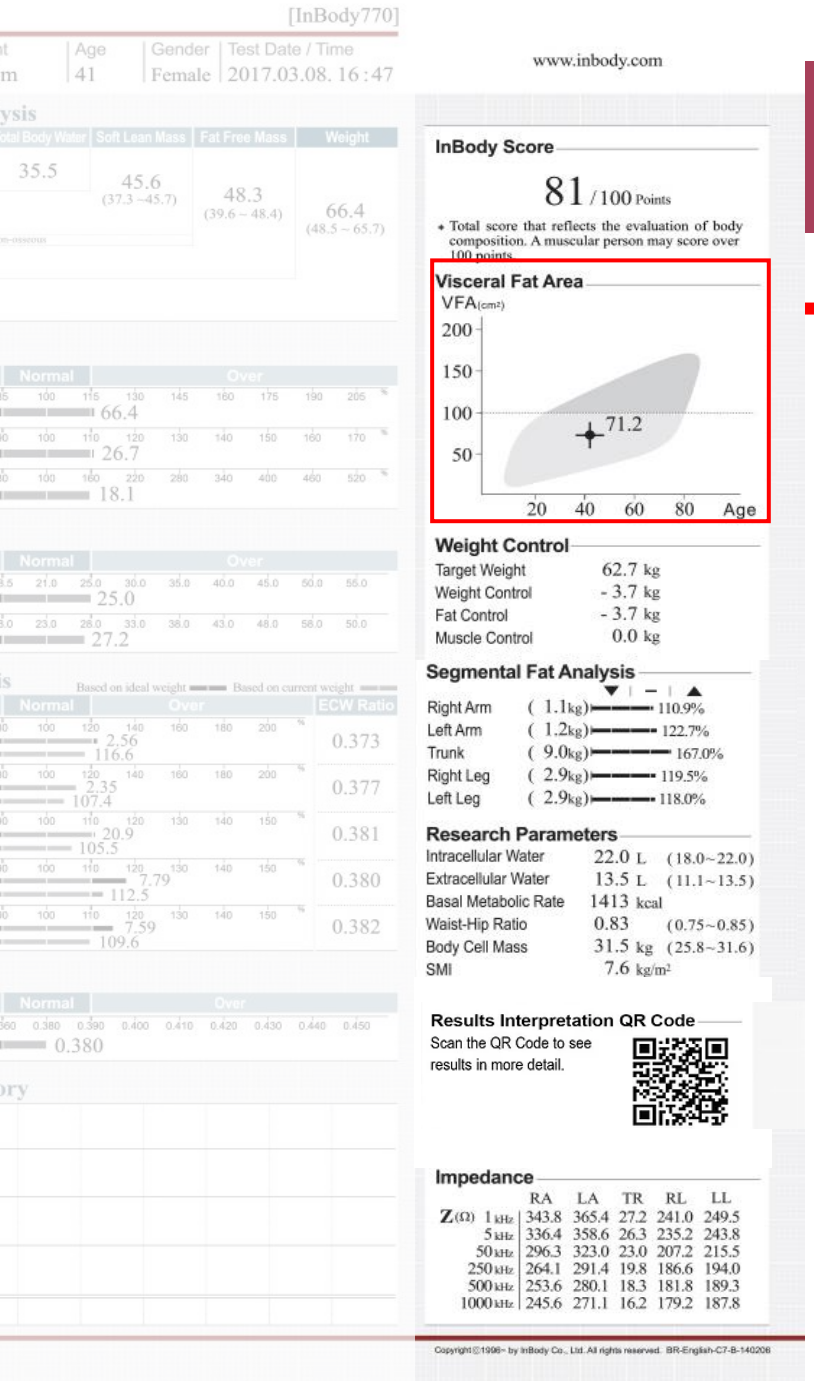
This graph displays some of the most vital measurements from your previous tests (up to 8). With Body Composition History, you can easily spot trends and track your progress over time.

The result including

1) Weight
2) SMM
3) PBF
4) ECW/TCW

The purpose of this graph is to let you monitor **positive** and **negative** changes in body composition, so you can adjust your diet and exercise plan to get the results you desire.




[InBody770]

www.inbody.com

Age	Gender	Test Date / Time
41	Female	2017.03.08. 16:47

Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
35.5	45.6 (37.3~45.7)	48.3 (39.6~48.4)	66.4 (48.5~65.7)

InBody Score

81 / 100 Points

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

Visceral Fat Area

VFA(cm²)

200
150
100
50
71.2
20 40 60 80 Age

Weight Control

Target Weight	62.7 kg
Weight Control	- 3.7 kg
Fat Control	- 3.7 kg
Muscle Control	0.0 kg

Segmental Fat Analysis

Right Arm	(1.1kg)	110.9%
Left Arm	(1.2kg)	122.7%
Trunk	(9.0kg)	167.0%
Right Leg	(2.9kg)	119.5%
Left Leg	(2.9kg)	118.0%

Research Parameters

Intracellular Water	22.0 L	(18.0~22.0)
Extracellular Water	13.5 L	(11.1~13.5)
Basal Metabolic Rate	1413 kcal	
Waist-Hip Ratio	0.83	(0.75~0.85)
Body Cell Mass	31.5 kg	(25.8~31.6)
SMI	7.6 kg/m²	

Results Interpretation QR Code

Scan the QR Code to see results in more detail.

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 1 kHz	343.8	365.4	27.2	241.0	249.5
5 kHz	336.4	358.6	26.3	235.2	243.8
50 kHz	296.3	323.0	23.0	207.2	215.5
250 kHz	264.1	291.4	19.8	186.6	194.0
500 kHz	253.6	280.1	18.3	181.8	189.3
1000 kHz	245.6	271.1	16.2	179.2	187.8

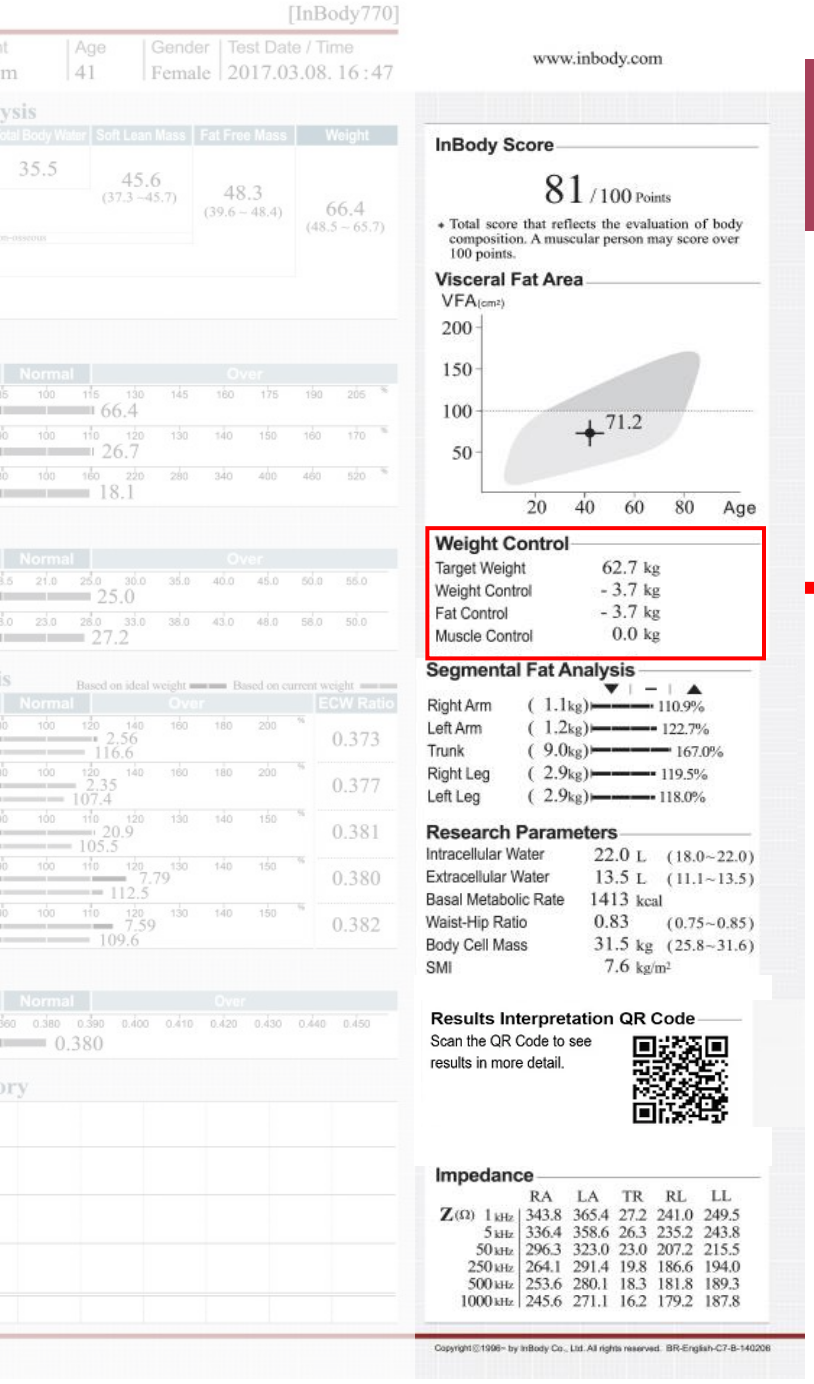
Customizable InBody Result Sheet Outputs

Visceral Fat Area

As you may know, there are two main types of body fat: subcutaneous and visceral. The Visceral Fat Area graph allows you to determine how much harmful visceral fat you have.

The graph looks a bit complicated but is quite simple to read.
Try to stay at or below this line to maintain a healthy fat balance.

Customizable InBody Result Sheet Outputs


[InBody770]

www.inbody.com

Age 41 | Gender Female | Test Date / Time 2017.03.08. 16:47

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VFA(cm²)

200 / 150 / 100 / 50 — 71.2 — 20 40 60 80 Age

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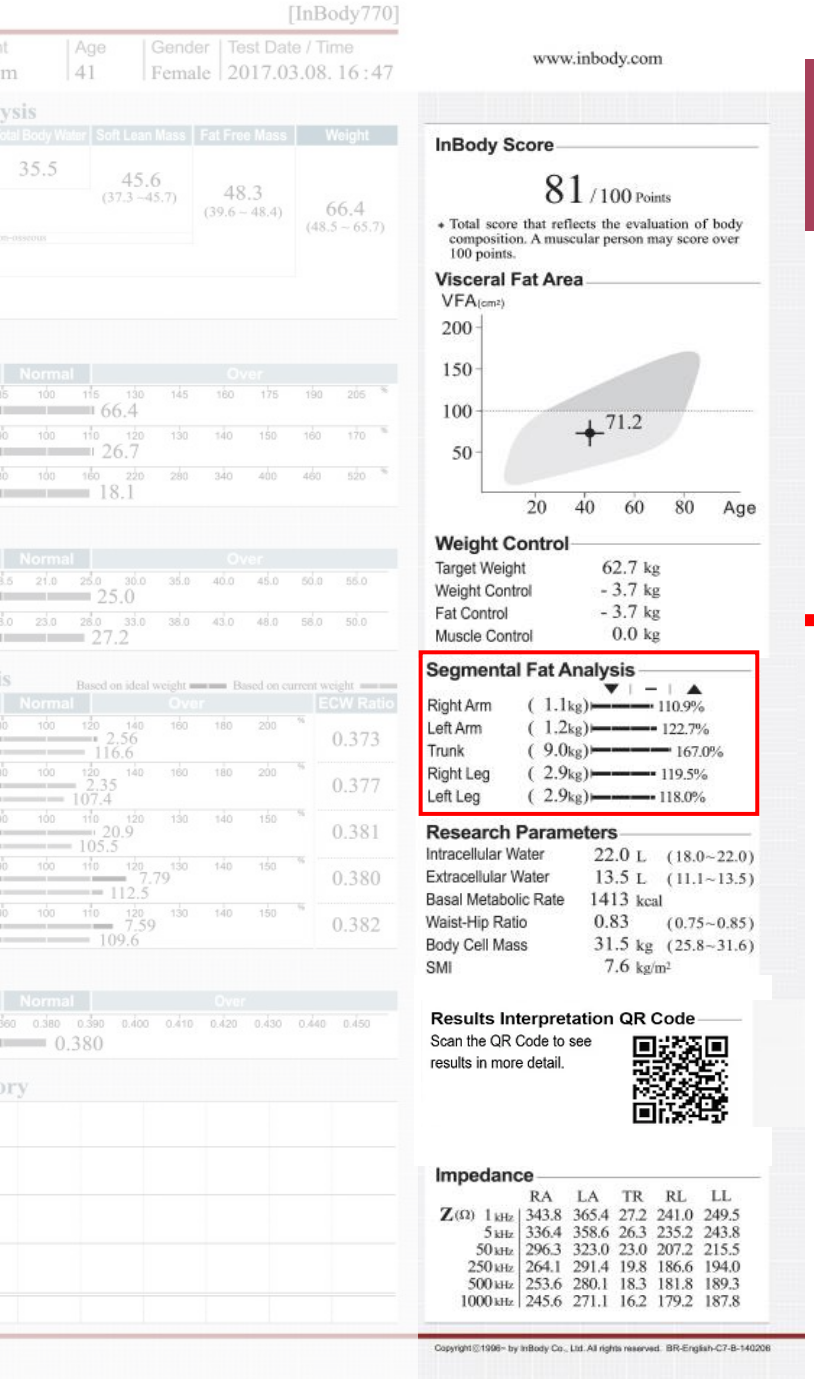
Body Fat-Lean Body Mass Control

This section makes it very easy for you to set health and fitness goals and help you achieve the recommended body fat percentage for your sex (15% for men, 23% for women).

Depending on your current Muscle-Fat balance, this Result Sheet output will recommend adjusting Body Fat Mass and/or LBM to reach the target PBF.

If you have too much Body Fat Mass, the InBody will advise losing a certain amount of fat mass and maintaining or increasing LBM. The InBody will never recommend losing LBM.

Customizable InBody Result Sheet Outputs


[InBody770]

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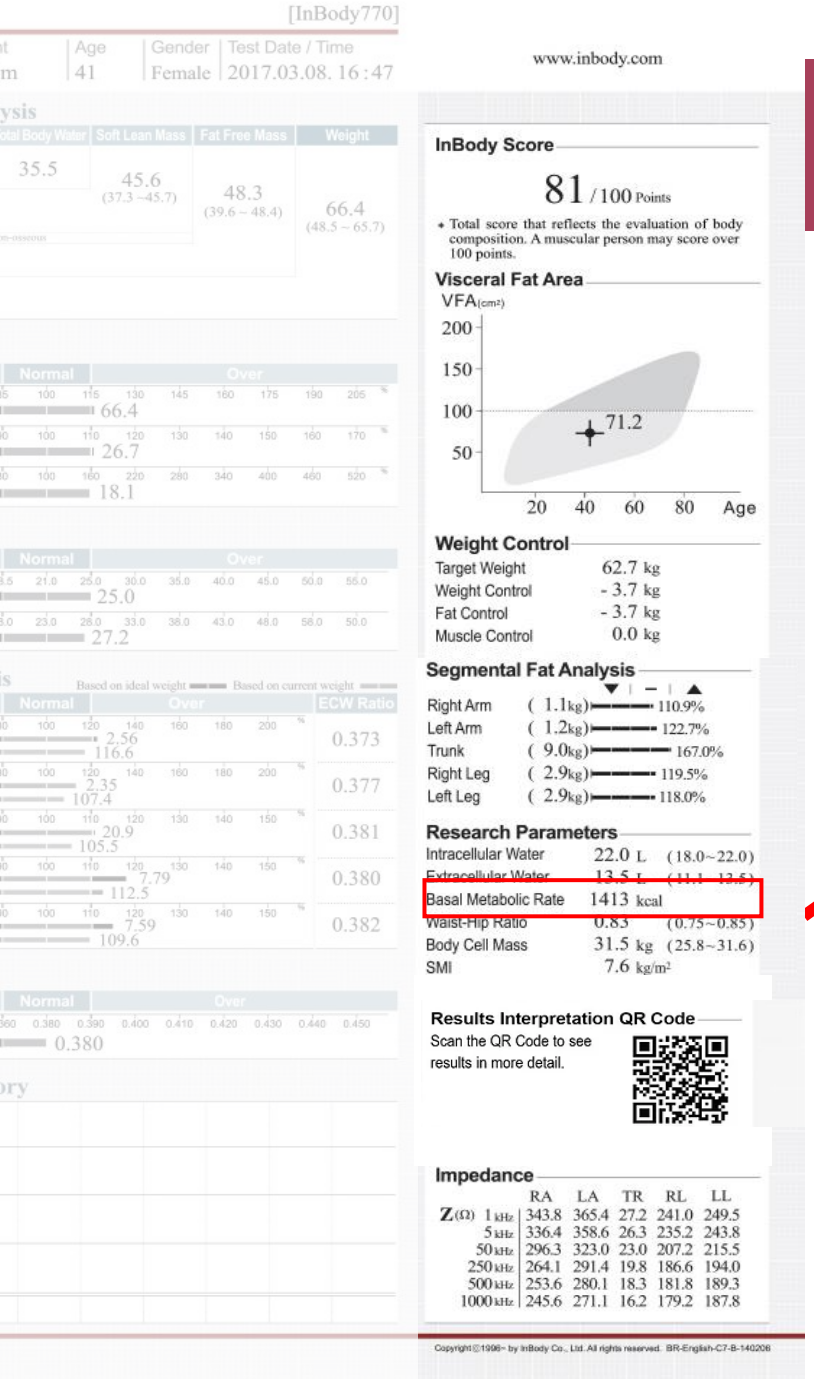
Segmental Fat Analysis

In the example above, the person has 3.3 pounds of body fat in their left arm.

Left Arm	(3.3 lb)	158.9%

For a person of their height and sex, that's 158.9%, or 58.9% more body fat than the average person of the same height and sex.


[InBody770]

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Customizable InBody Result Sheet Outputs

Basal Metabolic Rate

The Basal Metabolic Rate (BMR), is the calories you need for your basic essential functions. This value allows you to work with your dietician to create a nutritional plan, which is key to reaching your body composition goals.

InBody FAQ

Can I wear jewelry or other metal objects during the InBody test?

It is recommended to remove all jewelry, other metal objects and weight-bearing objects from the body during the InBody test to avoid danger or errors

Who is not suitable for InBody test?

InBody test is not recommended for pregnant women and anyone with any electronic life support devices such as pacemakers

InBody FAQ

Will the electricity of the InBody harm the body?

The InBody has been approved for medical use and has been tested for safety. The current used in the bioresistance analysis is low level electricity and it is not harmful to the body

How often should the InBody test be used?

If you are undergoing any program that may affect your body, it is recommended to have an InBody test every two weeks to a month to measure changes in your body