



BIA

Body Composition Scanning

Example data provided from a BIA - Body Composition Scan

Title	Example data	Explanation
Date	29/04/2022	Date the scan was performed
Age at test	46	Age of individual at time of test
Height (cm)	175	Height of client
Weight (kg)	85.5	Total mass of body fat in the body
Body fat (%)	20.8	Amount of body fat as a percentage of body weight
Fat mass (kg)	17.8	Total mass of body fat in the body
Fat free mass (kg)	68.0	Total body mass excluding body fat mass
Muscle mass (kg)	64.6	Total mass of muscle in the body
Bone mass (kg)	3.4	Amount of bone (bone mineral level, calcium or other minerals) in the body
Total body water (%)	56.5	Total amount of fluid in the body as a percentage of total weight
Total body water (kg)	48.5	Total mass of fluid in the body
Intracellular water (kg)	29.3	Water located inside the cells
Extracellular water (kg)	19.2	Water located outside of the cells
Basal Metabolic Rate (Kcal)	1973	Minimum daily level of energy the body needs to function effectively at rest
Basal Metabolic Rate (KL)	8255	Minimum daily level of energy the body needs to function effectively at rest
Visceral fat rating (score)	9	Rating of visceral fat (fat in the internal abdominal cavity, surrounding the vital organs in the abdominal area)

The above is example data only. Seek professional advice on your own results and any forms of intervention.

