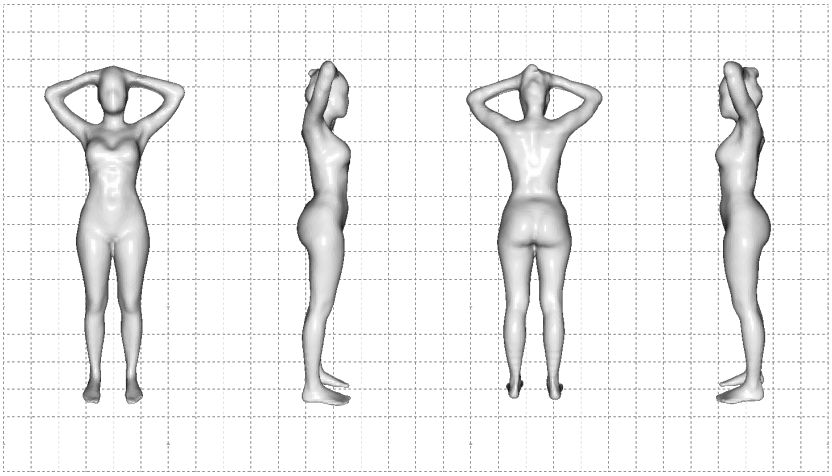
Bodymapp Report

24-01-2023

Sample

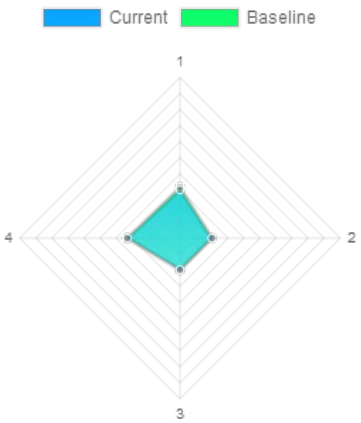
Age 26 years old
Gender Female
Height 166 centimetres
Weight 60 kilograms

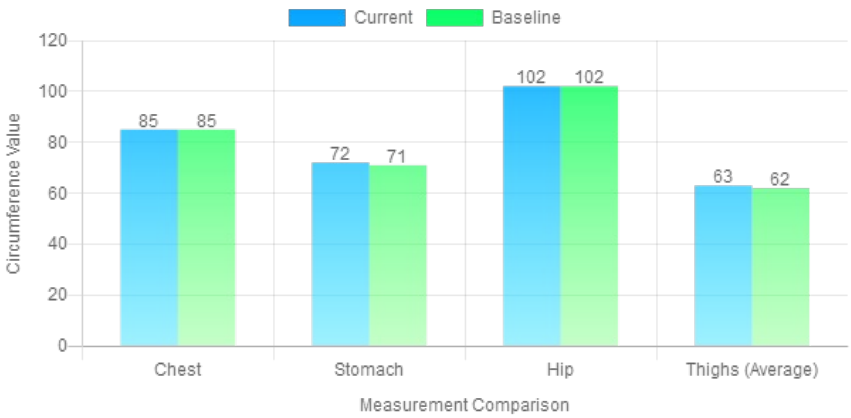


Body Analysis - 08/11/2022

	CM		CM		CM
Chest	85	Left Bicep	29	Right Bicep	28
Narrow Waist	67	Left Thigh	63	Right Thigh	62
Stomach	72	Left Mid Thigh	47	Right Mid Thigh	45
Hip	102	Left Calf	36	Right Calf	35

The following spider diagram is an overview of your health, comprised of 4 indicators as numbered. The solid pentagon maps out each indicator based on the values and explanations below. The translucent shade is your baseline. The larger the pentagon, or any particular corner, flags areas you should be mindful of.





Indicator	Current		Baseline	
Date	08/11/2022		22/06/2022	
1. Body Mass Index (BMI)	21.8 kg/m^2	Healthy	22.4 kg/m^2	Healthy
2. Body Fat Estimate	20 %	Low	20 %	Low
3. Waist To Hip Ratio (WHR)	0.7	Low	0.7	Low
4. Waist To Height Ratio (WHtR)	0.43	Healthy	0.43	Healthy

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Legend

Low	Healthy	Over	High	Very High

BMI

Your BMI is within the **Healthy** category. BMI is a measure of weight relative to height. Mortality rates increase with increasing degrees of overweight, as measured by BMI.

Body Fat Estimate

Your Body Fat Estimate is within the **Low** category. Body Fat Estimate is proven to be more accurate than BMI to estimate whole-body fat percentage and improved body fat-defined obesity misclassification.

Waist-Hip Ratio

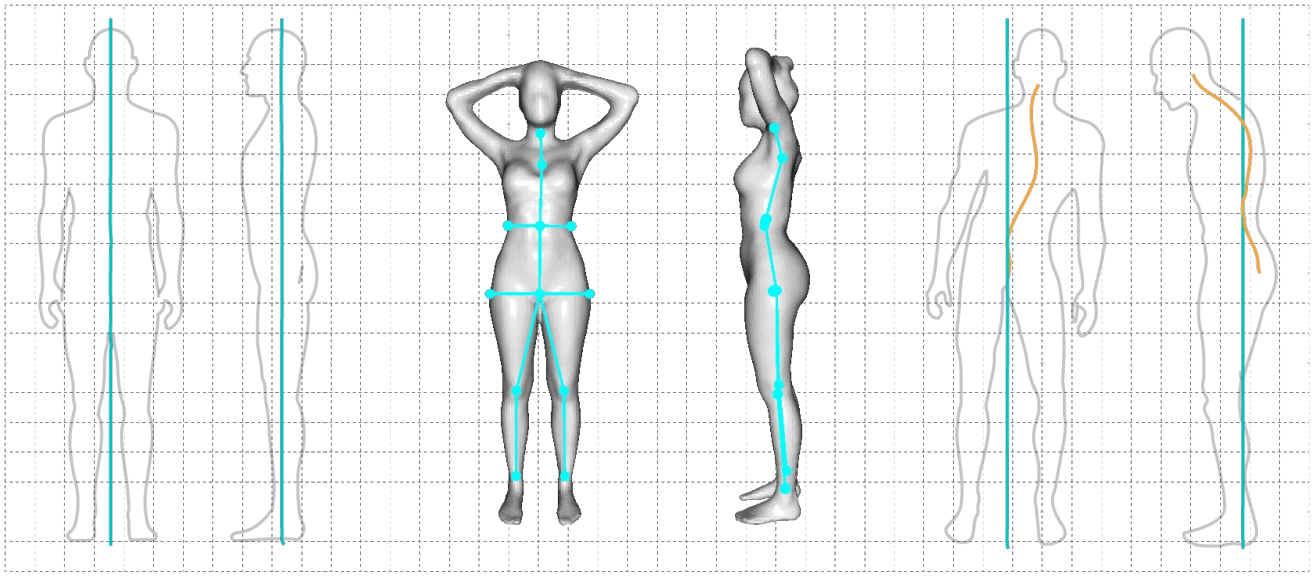
Your WHR is within the **Low** category. WHR is used to evaluate body shape around the torso and commonly used as a predictor for obesity, heart diseases or diabetes. It determines how much fat is stored on your waist, hips, and buttocks.

Waist-Height Ratio

Your WHtR are within the **Healthy** category. WHtR is a simple primary screening risk assessment tool that identifies more people with early signs of risk of diabetes, compared to BMI.

Posture Analysis

Good posture protects you against back pain and improves your overall health, appearance and allows you to maintain correct form while exercising, for fewer injuries. Poor posture causes back or shoulder pain and can affect the function of your abdominal organs, inhibit breathing and cause headaches. If your posture is shown as skewed, we recommend seeing a physician.



Example of good posture | You | Example of poor posture

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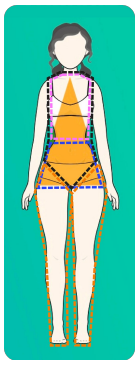
Body Shape Anaylsis

Your body shape is Pear

You have larger hip and thigh measurements than bust. Pear body shapes have long, shapely arms and a well-defined waist. Your aim is to create some upper body balance and width to accentuate your other curves.



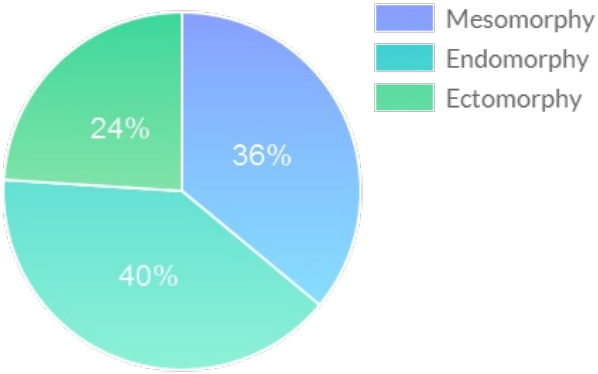
	Some interesting stats
Thoracic Trunk Surface Area	10 dm^2
Abdominal Trunk Surface Area	7 dm^2
Torso Volume	29 L
Leg Volumes (left + right)	22 L

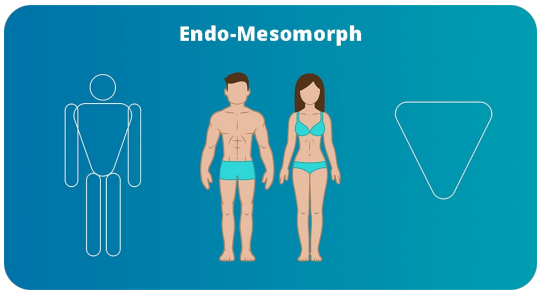
Bodymapp 3D scans can extract these values for research purposes such as Trunk to Leg Volume Ratio which can potentially show early signs of health risks such as diabetes; much more accurately than BMI or waist circumference alone.

Your somatotype composition: 5, 4.5, 3 (6)

Somatotypes is a system of classification of human physical types developed by U.S. psychologist W.H. Sheldon. A somatotype number of three digits is determined for an individual classified by the system, each digit is on a scale of 1 to 7. The first digit corresponded to the degree of roundness or 'endomorphy', the second to the extent of muscularity or 'mesomorphy', and the third to the stringiness or 'ectomorphy.

For most people, you can be proportionally mixed with higher weighting of two somatotypes. For example, a mesomorph can gain weight like an endomorph. This is why it is important to know your somatotype combination for a personalised training program. Somatotypes is based on your present physical values in thoracic and abdominal surface areas, height and weight; and can vary depending on how you work your body over a period of time.





You have a Endo-Mesomorph somatotype

Your mesomorphic attribute allows you to excels in strength, agility, and speed. Their medium structure and height, along with their tendency to gain muscle and strength easily makes them a strong candidate for a top athlete in any sport. They can sustain low body fat levels and find it easy to lose and gain weight.They typically excel at both cardiovascular and resistance training activities. Your endomorphic attribute means you typically have a larger bone structure and can naturally carry a large amount of both muscle and fat mass on their frame. Sports of pure strength, like powerlifting, are perfect for your body type. They can gain weight easily and lose condition quickly if training stops. They typically have a large lung capacity which is beneficial in non-weight-bearing aerobic activities like rowing and they can increase their muscle mass much quicker.

What Suits You

Nutrition Tips

Your somatotype combination can handle a moderate level of carbs due to their ample capacity to store muscle glycogen. Weight gain will happen, however, if carbs and calories are overly high. No body type is immune to a bad diet! You can put on a lot of muscle, but they also tend to carry more adipose tissue and thus have a greater propensity to store fat. Because excess carbohydrates in the endomorph's diet end up as fat, a high carbohydrate intake will make it difficult for them to get lean or lose weight. You can do well in the middle range for carbohydrates, between 20-50% of total calories. Stick to the high-end for mass gains (30-40%), the middle range for maintenance (20-30%), and low-end for fat loss (10-20%). Protein and fat provide the remainder of your calories, with 25-50% of total calories from protein and 15-40% from fat.

Exercise Tips

Your somatotype combination is naturally strong and adapt quickly to exercise. They can tolerate heavy weight training several times a week. Staying in the 8-12 repetition range with 30 to 90 seconds of rest after each set. You must stay active to keep moving to burn calories. With this body type you must make a conscious effort to do the things your body should automatically do like bending, running, pushing and pulling. Incorporate both cardio and resistance training with weights into a daily routine. Early morning cardio workouts before breakfast will help burn up stored body fat and help increase your metabolism. Moderate intensity activities like brisk walking, bike riding, and cardio machines at the gym are ideal. You should train at a high intensity with very little rest between sets and exercises to help burn up more calories during the workouts.

Post-Workout Recovery

As this body type tolerates high volumes of exercise fairly well, there is no significant consideration needed, except to adopt a sensible approach, and not to overdo it because you can. There's still a requirement for proper rest and recovery to make good on the physical efforts–for stimulating the required gains.

Benchmarks

The following table consists of Total Daily Energy Expenditure (TDEE) and standard portions of nutrients you need to sustain your current body shape, subject to your activity levels. You can use the following table to benchmark against your goals based on your somatotype.

Lifestyle Category	Description	TDEE (calories/day)	Protein (g/day)	Fat (g/day)	Carbohydrates (g/day)
Sedentary with No Exercise	An office worker, who do not have any option to move around and won't do any exercise.	1887 - 2089	47 - 183	42 - 81	212 - 340
Sedentary with Little Exercise	An office worker, who moves around or will do little exercise every day.	2103 - 2292	53 - 201	47 - 89	237 - 372
Moderately Active	Person who works by standing or doing moderate exercises like running or swimming for an hour every day.	2305 - 2696	58 - 236	51 - 105	259 - 438
Vigorously Active	Highly active person or doing exercises like swimming or running for two hours every day.	2709 - 3235	68 - 283	60 - 126	305 - 526
Extremely Active	Athletes or sports person spending lot of time in a day practicing and doing exercise.	3249+	81+	72+	365+

Exercise Analysis

Your Basal Metabolic Rate (BMR) estimate is 1347 calories per day.
Basal Metabolic Rate (BMR) is the miniumum amount of energy expressed in calories that a person needs to keep the body functioning at rest. BMR represents 45 - 70% of your TDEE and it is determined mainly by your age, gender, body size and body composition. Knowing your BMR can help with a weight management programme because it helps you calculate how much energy you spend in a day.

Your Target Heart Rate Zones

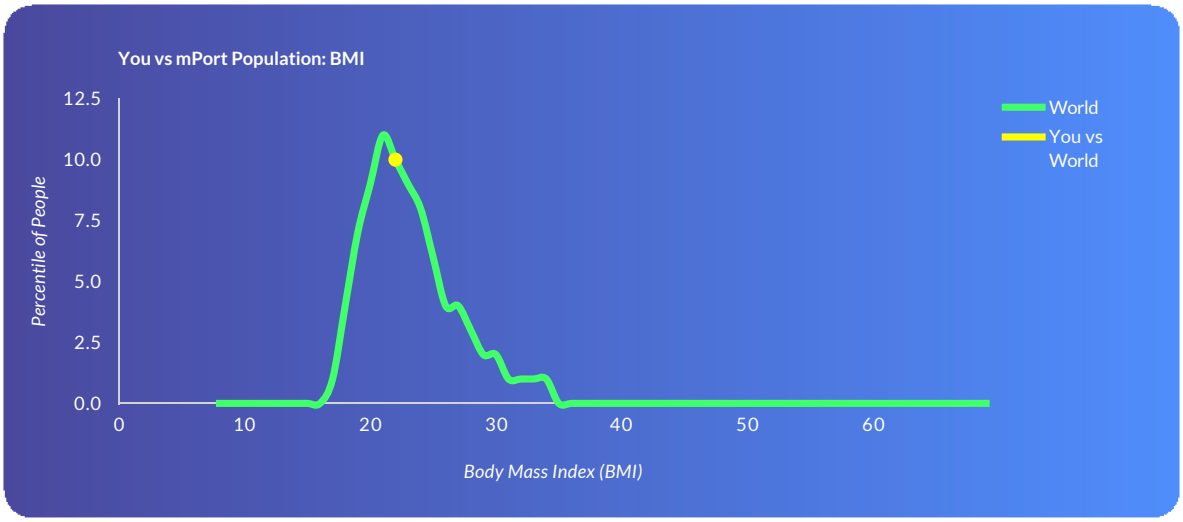
Healthy Heart Zone 50 - 60% of max bpm	**97 - 116 bpm** **Intensity:** Gentle **Frequency:** Every day for 30 mins minimum You will get healthier in this zone but not fitter. It will reduce your blood pressure and cholesterol and your risk of heart disease and diabetes. This is the perfect zone if you are sick or simply out of shape.
Maintenance Zone 60 - 70% of max bpm	**116 - 136 bpm** **Intensity:** Very Comfortable **Frequency:** 4-6 days for 45-60+ minutes Perfect zone for overall cardiovascular fitness and increasing overall muscle strength. Training in this zone increases your cardio-respiratory capacity- meaning you can exercise longer before becoming fatigued.
Aerobic Fitness Zone 70 - 80% of max bpm	**136 - 155 bpm** **Intensity:** Comfortable **Frequency:** 3-5 days for 20-60 minutes Anything above 75% of your Max Heart Rate is a great for weight loss. 75%-80% of your Max Heart Rate is ideal simply because you can maintain for a longer period of time ie 60 minutes which makes it very effective for burning calories!
Anaerobic Zone 80 - 90% of max bpm	**155 - 175 bpm** **Intensity:** Tolerable **Frequency:** 1-2 days for 10-30 minutes You are working hard and breathing heavily - When you reach this zone your body cannot remove lactic acid as quickly as it produces it - this is where you 'feel the burn baby! This zone improves performance and increases the lactate threshold.
Red Line Zone 90 - 100% of max bpm	**175 - 194 bpm** **Intensity:** Uncomfortable Reserved for the Elite! Working out in this zone will increase speed. You should only venture into this zone if you are very fit and even then for a short period of time. It is important to know that medications (i.e. for blood pressure) may alter your heart rate response to exercise. You should see your Doctor or medical advisor for more information, as alternative methods of monitoring exercise intensity may be more appropriate.

Your Ranking

These are your health rankings against all other Bodymapp customers in the same demographic (age bracket and gender) across the world. Your percentile is your position in relation to the rest of the population along the health spectrum. This should be interpreted with caution as the rankings are not necessarily reflective of your health status i.e. the higher or lower ranking may not correspond to better health. The key is to be able to use these figures to motivate yourself to get to a better you.

Age Bracket: 25 - 29 years old

Your percentile for BMI: 41st
This means that 41% of 25841 females aged between 25-29 years old have a BMI value lower than you.



Your percentile for Body Fat Estimate: 15th
This means that 15% of 24731 females aged between 25-29 years old have a body fat percentage lower than you.