

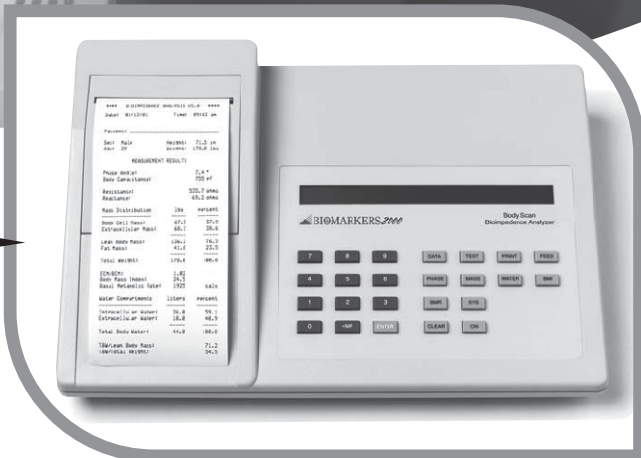
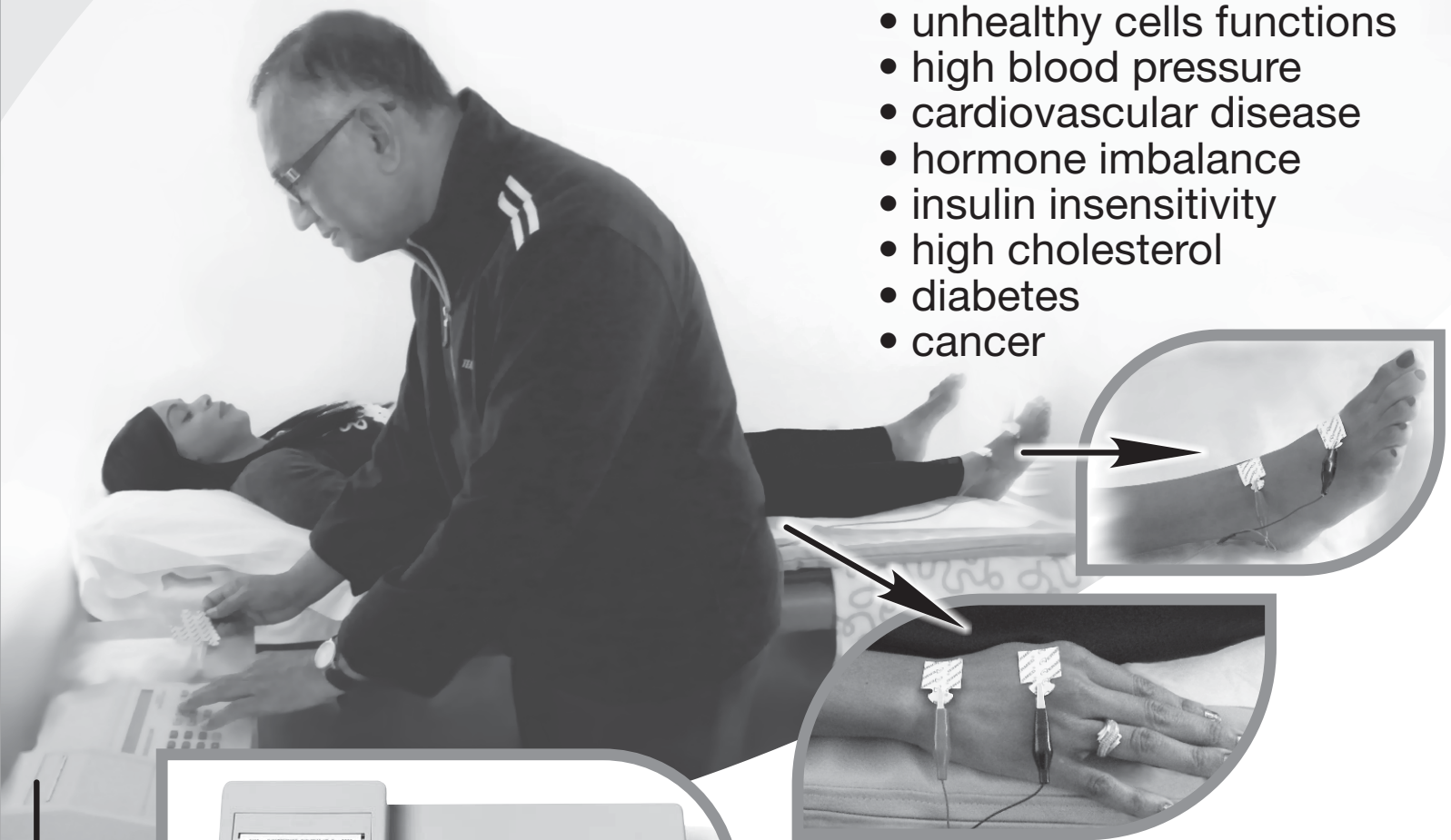
# BODY COMPOSITION

is a key indicator of

# HEALTH AND VITALITY

*Healthy body composition reduces the risk of developing*

- unhealthy cells functions
- high blood pressure
- cardiovascular disease
- hormone imbalance
- insulin insensitivity
- high cholesterol
- diabetes
- cancer



615 Yonge Street, 6th Floor      Fax 1-(888)676-2476  
 Toronto, Ontario, M4Y 1Z5      E-mail: info@urbaniv.com  
 Phone (416)463-2911      Website: www.urbaniv.com

**KNOW YOUR CELLULAR HEALTH STATUS AND PROGRESS OVER TIME**

# BIOELECTRIC IMPEDANCE ANALYSIS (BIA)

BIA A SIMPLE NON-INVASIVE IN-OFFICE TEST THAT PROVIDES MEASUREMENTS AND INFORMATION ABOUT PATIENT'S BODY COMPOSITION AND FLUID DISTRIBUTIONS.

IT IS PERFORMED BY A HEALTH PRACTITIONER AS A PART OF COMPREHENSIVE WELLNESS EVALUATION AND LIFESTYLE ASSESSMENT TO ESTABLISH CHANGES NEEDED FOR REDUCTION EXCESS FAT MASS WHICH CAN AFFECT HEALTH STATUS AND RECOMMEND TREATMENT REGIMENT.

**PHASE ANGLE** - indicator of cellular health independent of age, weight or body fat. Normal values vary with age and gender. A low phase angle is indicative of diminished cellular integrity (either cell death or a breakdown of the cell membrane). A higher phase angle suggests larger quantities of intact cell membranes and thriving health.

**REACTANCE** - the ability of cells to store energy (related to the quantity of healthy cell membranes in the body).

**RESISTANCE** - related to body water. Since more water is stored in fat-free mass, a higher value indicates healthier, lean tissue.

**BODY MASS INDEX (BMI)** correlates with a person's health. Studies show even moderate BMI shifts mean health consequences. Lower is better. Can be altered using a prescribed program.

**BASAL METABOLIC RATE (BMR)** - the amount of calories a person burns during a 24 hour period while at rest. This is the minimum level of energy a body needs when at rest to function effectively including respiratory and circulatory organs, neural system, liver, kidneys, and other organs.

A person burns calories when sleeping. Having a higher basal metabolism will increase the number of calories used and help to decrease the amount of body fat - more lean body mass will increase the BMR. A low basal metabolic rate will make it harder to lose body fat and overall weight. Each person is very unique. BMR is essential in establishing a proper health program.

| ***** BIOIMPEDANCE ANALYSIS ***** |            |                   |           |
|-----------------------------------|------------|-------------------|-----------|
| Date:                             | 11/17/05   | Time:             | 03:13 pm  |
| Patient:                          | _____      |                   |           |
| Sex:                              | Male       | Height:           | 71.5 in   |
| Age:                              | 39         | Weight:           | 178.0 lbs |
| MEASUREMENTS RESULTS              |            |                   |           |
| Phase Angle:                      | 7.4 °      | Body Capacitance: | 755 pF    |
| Resistance:                       | 535.7 ohms | Reactance:        | 69.2 ohms |
| Mass Distribution                 | lbs        | percent           |           |
| Body Cell Mass:                   | 67.5       | 37.9              |           |
| Extracellular Mass:               | 68.7       | 38.6              |           |
| Lean Body Mass:                   | 136.2      | 76.5              |           |
| Fat Mass:                         | 41.8       | 23.5              |           |
| Total Weight:                     | 178.0      | 100.0             |           |
| ECM/BCM:                          | 1.02       |                   |           |
| Body Mass Index:                  | 24.5       |                   |           |
| Basal Metabolic Rate:             | 1925       | cals              |           |
| Water Compartments                | liters     | percent           |           |
| Intracellular Water:              | 26.0       | 59.0              |           |
| Extracellular Water:              | 18.1       | 41.0              |           |
| Total Body Water:                 | 44.1       | 100.0             |           |
| TBW/Lean Body Mass:               |            | 71.4              |           |
| TBW/Total Weight:                 |            | 54.6              |           |

**BODY CAPACITANCE** is the ability of a body to store an electrical charge measured in picofarads. A high capacitance is an indicator of large quantities of intact cellular membranes. A low capacitance indicates lower quantities of intact cellular membranes.

Ratio of **EXTRACELLULAR MASS** (non-metabolically active) to **BODY CELL MASS** (metabolically active). Low value is desirable. Upward shift suggests imbalanced weight loss. Downward shift suggests balanced weight loss.

**INTRACELLULAR WATER** >60% is optimal

**EXTRACELLULAR WATER** Water volume outside of the body cell mass. Higher values may be related to fluid retention. An increase of extracellular water may indicate disturbance in the cellular membrane.

**TBW - TOTAL BODY WATER/ TOTAL WEIGHT**

Percentage of total weight that is water. Declines with age. Shows dehydration if person is significantly overweight.

## TOTAL BODY WATER/LEAN BODY MASS

Percentage of fat-free mass that is water. This marker refers to the hydration of the patient. Must be higher than 69% for a test to be valid. Values below 69% indicate dehydration. If lower than 69%, patient should be put on hydration protocol and retested in 24-48 hours. Higher is typically better.

THE ASSESSMENT OF BODY COMPOSITION ALLOW TO MONITOR AND FURTHER REFINE THE HEALTH PROGRAM ONES PRESCRIBED BY A QUALIFIED HEALTH CARE PROFESSIONAL.