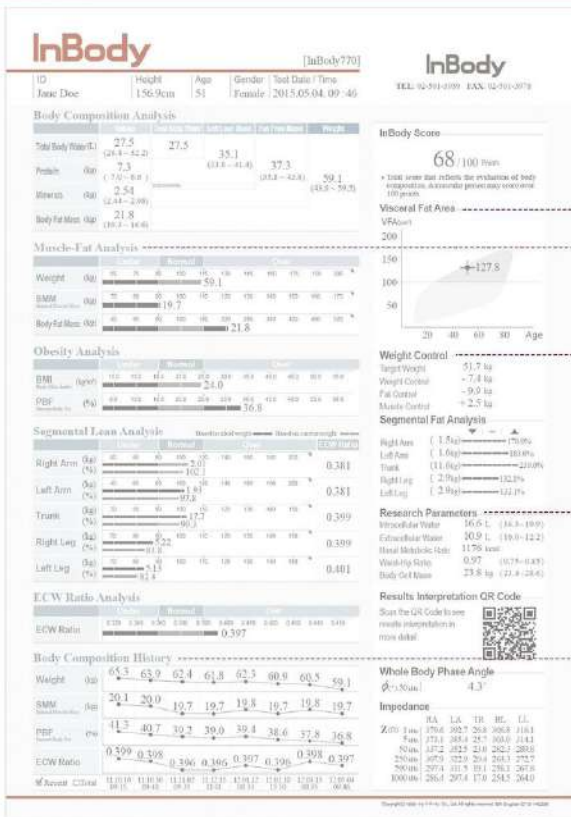


# Obesity



## Check Types of Fat & Monitor Fat Reduce

Muscle-Fat Analysis, Obesity Analysis, Visceral Fat Area

## Compare muscle mass, fat mass, and VFA

Compare the bar lengths of the Skeletal Muscle Mass (SMM) and Body Fat mass. The longer the SMM bar compared to the Body Fat mass, the stronger the body is.

SMM is the amount of muscle attached to bones while Body Fat Mass is the sum of fat. Percent Body Fat (PBF) is the percentage of body fat compared to body weight. VFA is the estimated area of fat surrounding internal organs in the abdomen. Maintain it under 100cm<sup>2</sup> to stay healthy.

## Set Target Weight

### Weight Control

See how your body measures up to the recommended weight, muscle mass, and body fat mass for a good balance. The '+' means to gain and the '-' means to lose.

The Target Weight is calculated based on your current amount of fat & muscle and ideal fat, muscle, and weight.

## Prevent Yo-Yo Syndrome

### Research Parameters & Body Composition History

### Monitor Muscle Quality & Changes with Skeletal Muscle Mass (SMM), Percent Body Fat (PBF), Extracellular water Ratio (ECW Ratio)

Basal Metabolic Rate (BMR) is the minimum number of calories needed to sustain life at a resting state, BMR is directly correlated to Fat Free mass.

Track the history of body compositional change, take the InBody test periodically to monitor your progress and prevent Yo-Yo syndrome.