

Report For: Designer Nutrition Australia

Designer Nutrition Australia  
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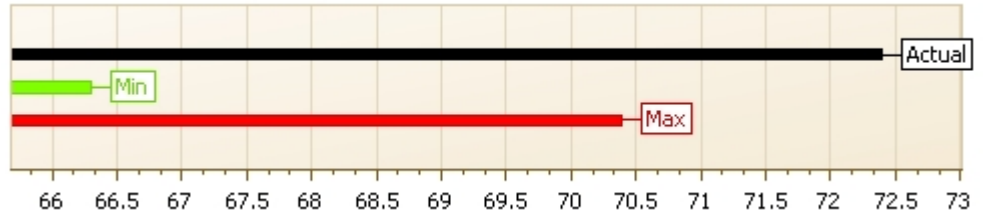
Practitioner: Joanne Gowing

### Patient Data

Resistance (R): 503.7      Height (cm): 166      Wrist (mm): 179      Gender: Female  
 Reactance (Xc): 64.3      Waist (cm): 79      Frame Size: Large

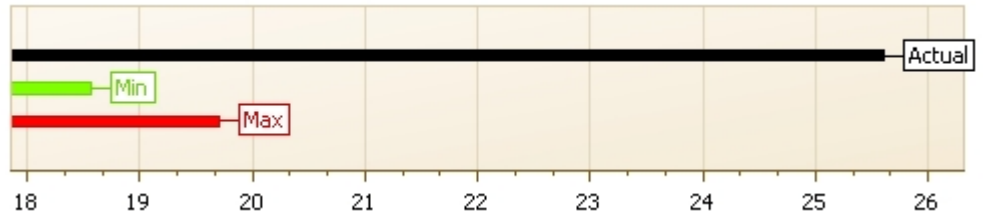
### Weight

Weight (kg): 72.40  
 Ideal Weight (kg): 68.34  
 Skeletal Tissue (kg): 8.20  
 Body Mass Index: 26.27



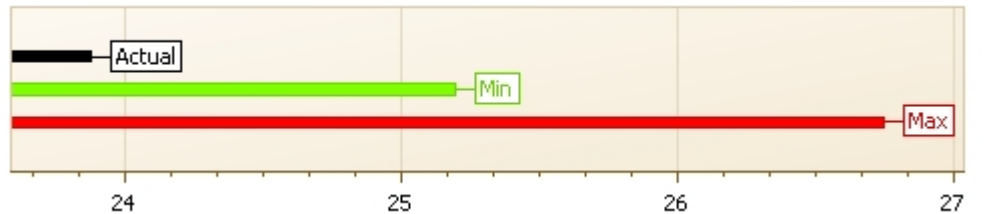
### Fat Mass

Fat (kg): 25.61  
 Ideal Fat Mass (kg): 19.14  
 Difference from Ideal (kg): 6.47  
 % of Total Weight: 35.37%  
 % of Ideal Fat Mass: 133.84%



### Active Tissue Mass

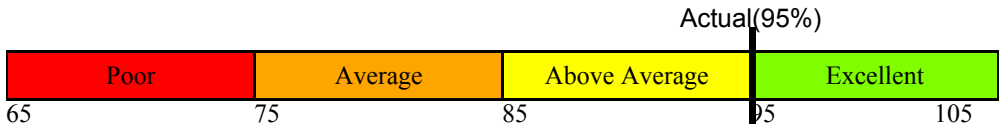
ATM (kg): 23.87  
 Ideal ATM (kg): 25.97  
 Difference from Ideal (kg): -2.10  
 % of Total Weight: 32.97%  
 % of Ideal ATM: 91.92%



### Optimal Health Indicators

Phase Angle: 7.27  
 % of Avg. Phase Angle: 112%  
 Patient Age: 42  
 Biomarker Index: 40  
 Fat/Muscle Ratio: 1.07  
 Fat Distribution: Normal

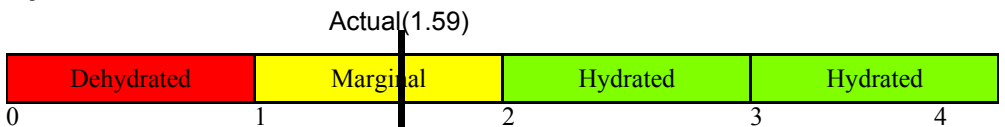
#### ATM Quality Index



#### Cellular Fluid Balance



#### Hydration



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### **Fluid Balance**

Total Body Water (litres)	33.22	Intracellular Water (litres)	17.66	Extracellular Water (litres)	15.56
Total Body Water %	45.88%	Intracellular Water %	53.16%	Ideal ECW (litres):	15.04
				Extracellular Water %	46.84%

### **Optional Assessment:**

#### **Metabolic Risk**

### **Nutritional Requirements**

Energy (calories)	1630	Calorie Adjustment	0
Energy (kilojoules)	6824	Selected Nutrition Ratios	
Protein (g)	0	Protein %	0%
Carbohydrate (g)	0	Carbohydrate %	0%
Fat (g)	0	Fat %	0%
Water (litres) (minimum)	1.51	Date Created	24-Nov-2017

\*\*\*Add 1 litre per hour of exercise.

### **Comments:**

#### **Note:**

This report is for educational purposes only and should not be used to diagnose any medical condition