



■ ——— PREPARED FOR

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*Body composition, muscle, and metabolism measured
three ways.*



TEST DATE

12 April 2025

AGE

29

HEIGHT

161 cm

WEIGHT

50.6 kg

THREE INSTRUMENTS

InBody 270

Bioimpedance

BodyMetrix

7-site ultrasound

Breezing Pro

Indirect calorimetry

What the three tests say, in one page



- 1

Your metabolism is faster than the textbook formula

Measured at rest: 1,390 kcal per day. The standard equation predicted 1,206. You burn 184 kcal more than the formula assumes, so a slow metabolism is not what is holding your weight.
- 2

Muscle is your strongest asset

Skeletal muscle 23.6 kg, muscle index 7.8 kg/m², and every limb above 100% of the reference for your height. This is what keeps your metabolism high.
- 3

Fat is spread evenly across the body

Ultrasound shows 9.7 mm at the waist, 4.9 mm at the hip and 10.3 mm at the thigh. No single site dominates, so change tends to show everywhere at once rather than at one spot.

THE ONE-LINE VERSION

Good engine, good muscle, body fat inside the healthy band. Muscle is the domain with the most room to move.

BODY FAT

19.9 %

Average of two methods (19.4 and 20.3)

FAT MASS

10.0 kg

Inside the healthy band for your age

FAT-FREE MASS

40.6 kg

Muscle, bone, organs, water

RESTING METABOLISM

1,390 kcal

Measured by breath, not estimated

DOMAIN SCORES

Metabolism		100
Body balance		100
Body fat		100
Fat distribution		100
Hydration		94
Muscle		75

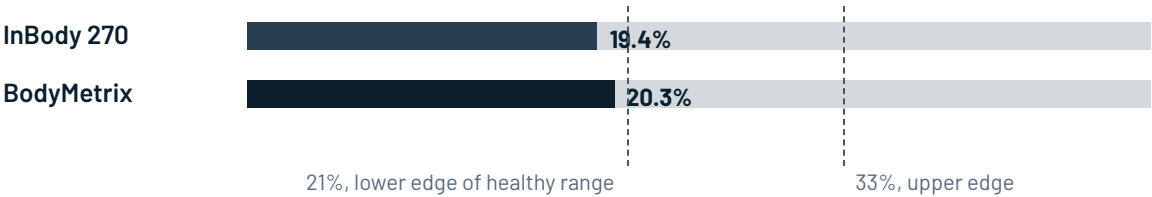
Two methods, side by side

Bioimpedance estimates from water. Ultrasound measures fat directly. Both are reported, and both are tracked against themselves over time.



MEASURE	INBODY 270	BODYMETRIX	GAP	WORKING VALUE
Body fat	19.4 %	20.3 %	0.9 pts	19.9 %
Fat mass	9.8 kg	10.3 kg	0.5 kg	10.0 kg
Fat-free mass	40.8 kg	40.3 kg	0.5 kg	40.6 kg
Body water	29.9 L	29.5 L	0.4 L	29.7 L
Resting metabolism, estimated from lean mass	1,251 kcal	1,241 kcal	10 kcal	measured: 1,390
Body mass index	19.5 kg/m ²	19.5 kg/m ²		Normal

BODY FAT BY METHOD



WHY THE TWO NUMBERS DIFFER

Bioimpedance sends a small current through the body and infers fat from how much water it finds. Ultrasound places a probe on the skin and measures the fat layer in millimetres. A gap of 0.9 points is normal and inside each device's error. Neither is "wrong"; they measure different things.

HYDRATION CHECK

73.3 % of lean mass is water

Reference is 73%. Your hydration was normal today, and the two devices' water estimates agree within 1%, so the bioimpedance reading is usable.

DISTANCE TO THE HEALTHY RANGE

0 kg of fat

You are already inside the healthy band (21 to 33%). The InBody "fat control" figure of 0.0 kg points at the middle of the band, not the edge.

Where the muscle is, and where the fat is

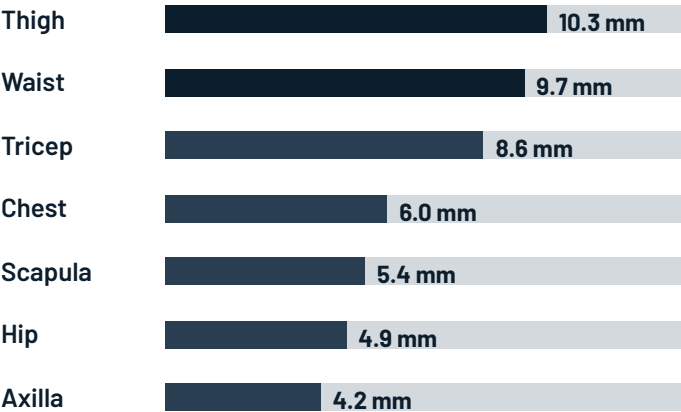


MUSCLE BY SEGMENT · INBODY, % OF REFERENCE FOR YOUR HEIGHT



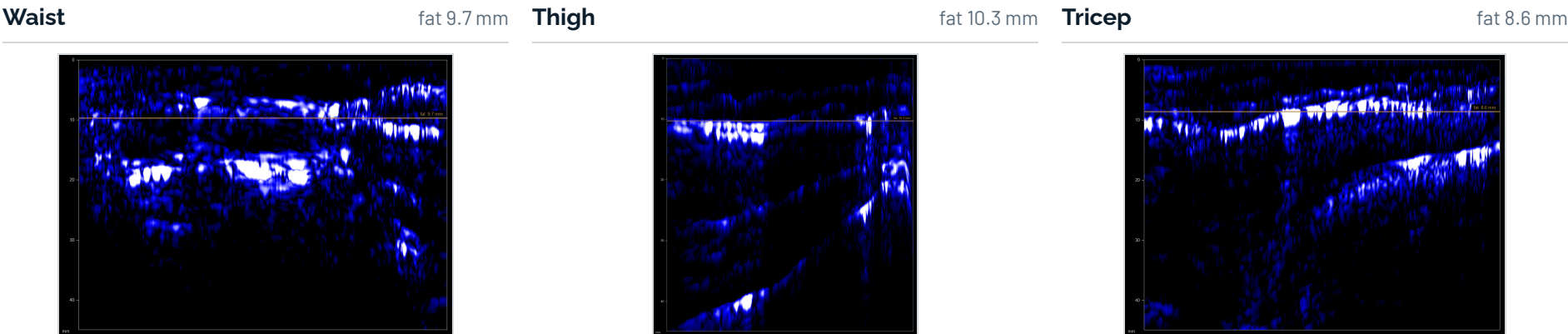
Skeletal muscle 23.6 kg (46.6% of body weight) · **muscle index 7.8 kg/m²**, low-muscle line for women 5.7. Left and right sides are within 2.0% of each other. Legs carry more muscle than average for your height; arms are the segment with the most room to grow.

FAT THICKNESS BY SITE · ULTRASOUND, MILLIMETRES



Pattern: even. No site dominates: the seven readings sit within a narrow range. This pattern carries moderate metabolic risk and changes gradually across all sites at once, so the total, not any single site, is the number to watch at a retest.

ULTRASOUND CROSS-SECTIONS · WHAT THE PROBE SAW AT WAIST, THIGH, TRICEP



Skin at the top, depth in millimetres down the left, as BodyView shows it. The bright bands are tissue boundaries; the gold line is the fat thickness measured at that site. Muscle sits below the line.

Your engine, measured by breath

Ten minutes at rest, breathing through the Breezing Pro. Oxygen in, carbon dioxide out. No formula.



RESTING METABOLISM, KCAL PER DAY · MEASURED VS ESTIMATED

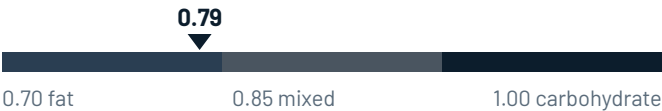


The dark bar is the measurement. The lighter bars are what each device or formula would have guessed. Yours runs 11 to 15% above every estimate. Four in five adults land within 10% of the formula; you are outside that band, on the high side.

FROM RESTING TO DAILY ENERGY, KCAL



FUEL AT REST · RESPIRATORY QUOTIENT



About 70% fat and 30% carbohydrate burned at rest.

Fat-leaning fuel after an overnight fast: at 0.79 the body is drawing mostly on stored fat. Read it with the bars on the left. This number moves within days when the diet changes, so it is tracked at retest, not scored.

BREATH DATA	VALUE
Oxygen used (VO2)	199 mL/min
Carbon dioxide produced (VC02)	157 mL/min
Breaths per minute	12
Air per breath (tidal volume)	510 mL
Energy per kg of body weight	27.5 kcal
Expected from your lean mass alone	1,212 kcal

Six domains, one number

Each domain is scored 0 to 100 against the reference for a 29-year-old woman, then weighted by its effect on health.



DOMAIN	YOUR VALUE	REFERENCE	SCORE	WEIGHT
Metabolism Breezing Pro vs Mifflin- St Jeor	115% of predicted	Four in five adults fall within 90 to 110%; higher is a faster engine	100	20%
Body balance InBody segmental lean mass, arms	2.0% left- right gap	Under 3% is even; 15% is where injury risk rises	100	10%
Muscle InBody skeletal muscle index	7.8 kg/m ²	Low muscle starts below 5.7 kg/m ² ; 8.5 is the top of the scale	75	20%
Hydration InBody water over lean mass	73.3%	Lean mass is 73% water in a well- hydrated body; 68 or 78% scores 0	94	5%
Body fat Average of InBody and BodyMetrix	19.9%	Healthy for women 18 to 39: 21 to 33%	100	30%
Fat distribution BodyMetrix 7-site ultrasound	Waist 9.7 mm	Risk rises past 18 mm at the waist site; 10 mm is lean	100	15%

Weighted total: $0.20 \times 100 + 0.10 \times 100 + 0.20 \times 75 + 0.05 \times 94 + 0.30 \times 100 + 0.15 \times 100 = 95$. Body fat carries the most weight because it is the domain that moves your health markers most. Fuel use is described on page 5 but not scored: a single fasting reading is not a trait.



HOW THE THREE TESTS AGREE

Fat: both methods land within 0.9 points. Confident reading.

Muscle and metabolism: the measured 1,390 kcal sits above both lean-mass estimates. The muscle is active, not just present.

Water: 29.9 L and 29.5 L agree within 1%. Reliable day.

WHERE THE POINTS ARE

5 points available

Muscle and hydration hold most of the room to move. Metabolism and body balance are near the top of their range.

I know how your body works.

■ ————— ■
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