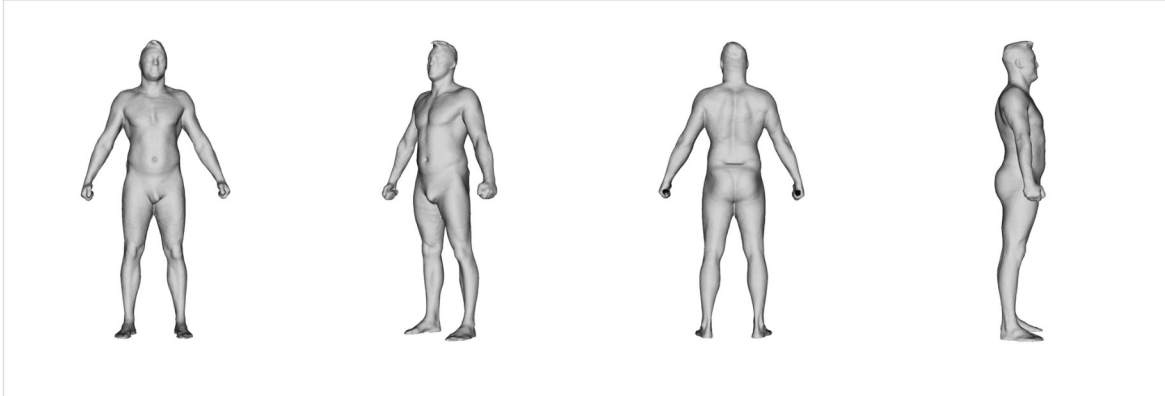SUCCESS HUB

Scan Date:
2023-12-02 (02:12 PM)

Wellness Metrics

Wellness Metric	How do I compare to other Fit3D users?
	BODY SHAPE

BODY SHAPE RATING

36

What is it?

Body Shape Rating (BSR) is a wellness score based on the relationship of your body shape to cardiovascular related risk factors. It answers the question, Is my body shape making it more likely for me potentially develop certain cardiovascular related health issues? BSR is on a 0-100 range where 50 is average and the higher the score the lower the risk. Read More.

WAIST CIRCUMFERENCE

96.8 cm

What is it?

A larger waist circumference can mean more "deep" (visceral) fat which is an unhealthy type of fat that wraps around internal organs and can lead to additional health risks. Generally a lower waist circumference is better. Waist circumference has been widely used in the past due to its simplicity. Read More.


English

Wellness Metric	How do I compare to other Fit3D users?
WAIST TO HIP RATIO **0.91** **What is it?** Waist to hip ratio describes body shape using a ratio between waist and hips. A lower ratio generally means lower risk for certain health issues. If you have heard of body shapes described as apple or pear, these are two ends of the WHR spectrum where pear has a lower WHR ratio and therefore lower risk for certain health issues. Read More.	
TRUNK TO LEG VOLUME RATIO **1.3** **What is it?** Similar to WHR where body shape is described using a ratio, but instead of waist and hips circumferences, body trunk/torso and leg volumes are used. By using volume it captures a more detailed view of body shape. A lower trunk to leg volume ratio generally means lower risk for certain health issues. Read More.	

BODY COMPOSITION

BODY FAT PERCENT **23.44**% **What is it?** Body fat percentage is the user's total fat mass divided by the total body mass. Fat is an essential component of the body, however, too much body fat can negatively affect overall health. Read More.	
WEIGHT **97** kg **What is it?** Body weight is a person's mass or weight. Read More.	

Wellness Metric	How do I compare to other Fit3D users?
FAT MASS **22.7** kg ### What is it? The total amount of fat in the body. There are multiple types of fat in the body which have very different effects on overall healthy. The body shape tab can provide more insight into how fat distribution factors into potential health risks. Read More.	
LEAN MASS **74.3** kg ### What is it? Lean mass is the muscle tissue, skeletal tissue, and water in the body. Lean mass burns more energy than fat mass, so increasing lean mass can help continue to reduce fat mass. Read More.	
	FITNESS LEVEL
BASAL METABOLIC RATE (BMR) **2003** ### What is it? The amount of energy your body is burning while at rest. Read More.	

Posture

Front/Back
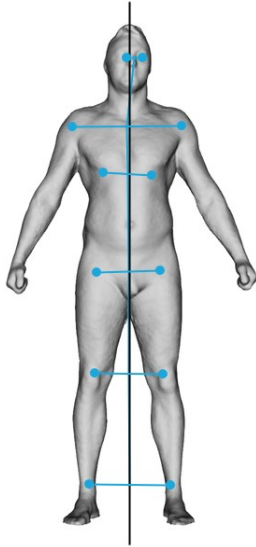
Name	Shift (cm)	Tilt (%)
Head	1.7 left	7.9 right
Shoulder	1 right	1.9 right
Underbust	0.8 right	8 left
Hip	0.6 right	2.9 right
Knee	0.4 right	1.8 left

Side

Name	Shift (cm)
Head	6.6 forward
Shoulder	4.6 forward
Hip	6.9 forward
Knee	4 forward

Balance

Balance

Location	Percent (%)
Front Left	25.8
Front Right	14.9
Back Left	32.4
Back Right	26.9

Measurements

Demo Location Guide (Sample Image)*	Name	Value (cm)
	Neck	45.7
	Chest	115.6
	Waist	96.9
	Hips	105.7
	Left Biceps	40
	Right Biceps	39.1
	Left Forearm	31.4
	Right Forearm	29.7
	Left Thigh	64.8
	Right Thigh	65.6
	Left Calf	39.3
* Note: The sample image is only used to display measurement locations and body parts. The table on the right displays the client's measurements.	Right Calf	39.7