



ECHOS

BODY COMPOSITION



ECHOLIGHT DIAGNOSTIC CENTER
O.U. Lecce

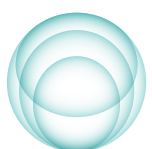
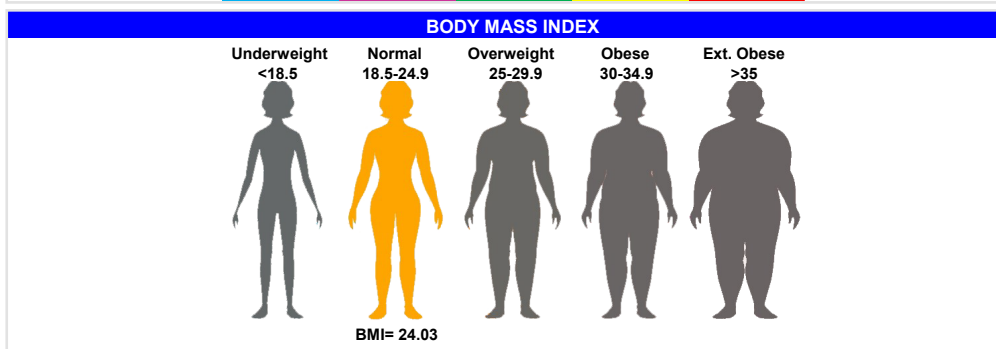
Exam date: 15/06/2020 17:34:49

Family Name: OSTEOPENIC Name: PATIENT MENOPAUSE AGE: 50

Date of Birth: 02/06/1964 Age: 56y Gender: F Weight: 60 kg H: 158 cm BMI: 24.03 kg/m²

BODY COMPOSITION		Measured	Normal Range
BMI		24.03 kg/m ²	15.5-24.9 kg/m ²
Total Body Weight		60 kg	54.92 kg
Body FAT		37.5%	31-34%
Basal Metabolism		1303.4 kcal/day	
Activity Metabolism	Sedentary	(little or no exercise):	1564.1 kcal/day
	Moderately active	(moderate exercise/sports 3-5 days):	2020.3 kcal/day
	Very active	(hard exercise/sports 6-7 days):	2248.4 kcal/day

BODY FAT					
Years	Underweight	Slim	Fit	Overweight	Obese
19-24	< 19 %	19-22 %	22-25 %	25-29 %	> 29 %
25-29	< 19 %	19-22 %	22-25 %	25-29 %	> 29 %
30-34	< 20 %	20-23 %	23-26 %	26-30 %	> 30 %
35-39	< 21 %	21-24 %	24-28 %	28-31 %	> 31 %
40-44	< 23 %	23-26 %	26-29 %	29-33 %	> 33 %
45-49	< 24 %	24-27 %	27-31 %	31-34 %	> 34 %
50-54	< 27 %	27-30 %	30-33 %	33-36 %	> 36 %
55-59	< 27 %	27-31 %	31-34 %	34-37 %	> 37 %
≥ 60	< 28 %	28-31 %	31-34 %	34-38 %	> 38 %



ECHOLIGHT

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