



UNIVERSITY OF THE
WITWATERSRAND,
JOHANNESBURG

METABOLIC REPORT

Research Number of Participant
Evaluation Date:

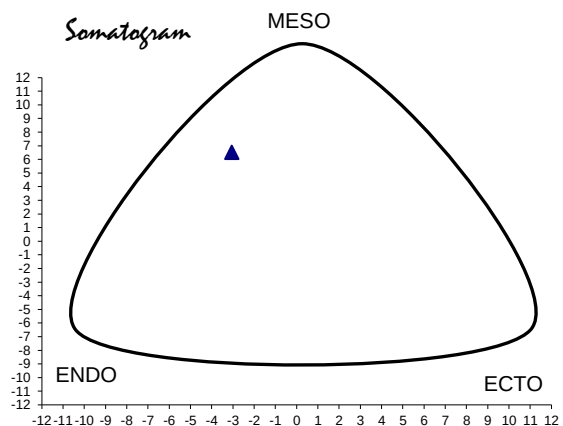
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01-May-18

BODY COMPOSITION

Body Weight [kg]	100.0
Body fat [%]	12.8
Ideal body mass [kg]	84.8
Body mass index [m/kg ²]	31.2
Waist:Hip ratio	0.81
Bone structure size [S M L]	Medium

Somatotyping

Endomorph [fat component]	2.9
Mesomorph [muscle compononet]	4.6
Ectomorph [lean component]	-0.2



BMI Body mass index is used to estimate a healthy boby weight, based on a persons weight and height. This is also used as a diagnostic tool to identify weight problem. [Healthy BMI 18-25](#) [Overweight 26-30](#) [Obese 31-35](#)

Waist-hip-ratio Women with a normal WHR have optimal levels of estrogen and are less susceptible to major diseases such as diabetes, cardiovascular disorders and ovarian cancers. [Healthy WHR 0.85-0.90](#)

Fat% Fat% is a better measurement of an individual's fitness level, as it is the only measurement which directly calculates body composition without regard to the individual's height or weight.

	Men	Women
Ideal	5-15%	15-25%
High	15-18%	25-30%
Dangerous	>18 %	>30%