



BODY COMPOSITION ASSESSMENT

We are delighted to share with you, introduction of a new service – ‘Body Composition Assessment’ at our clinic. PronoKal has procured most advanced and latest technology machine (Dual Frequency BIA: Bio-electrical Impedance Analysis) for providing highly accurate and in-depth analysis. This assessment would provide immediate results on various components such as Total Body Fat mass, Muscle mass and Total Body Water. A very special feature is that results would also provide an estimate of segmental fat & segmental lean mass i.e. fat mass and lean muscle mass separately in arms, legs and trunk.

For more details, below is the example of result sheet:

ID	CL	Height	180cm	Date	7.1.2015	PronoKal dietitians.uk@pronoKal.com
Age	23	Gender	Female	Time	12:59:53	

Body Composition	Under	Normal	Over	Normal Range
Weight	57.6 kg			59.2 ~ 80.1
Muscle Mass <small>Stripped Muscle Mass</small>	24.5 kg			26.9 ~ 32.9
Body Fat Mass	12.9 kg			13.9 ~ 22.3

TBW <small>Total Body Water</small>	32.7 kg (35.5 ~ 43.4)	FFM <small>Fat Free Mass</small>	44.7 kg (45.3 ~ 57.8)
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Obesity Diagnosis	Value	Normal Range	
BMI <small>Body Mass Index (kg/m²)</small>	17.8	18.5 ~ 25.0	$BMI = \frac{Weight_{kg}}{(Height_{m})^2}$
PBF <small>Percent Body Fat (%)</small>	22.3	18.0 ~ 28.0	$PBF = \frac{Fat_{kg}}{Weight_{kg}} \times 100$
WHR <small>Waist-Hip Ratio</small>	0.83	0.75 ~ 0.85	$WHR = \frac{Waist\ circumference_{cm}}{Hip\ circumference_{cm}}$
BMR <small>Basal Metabolic Rate (kcal)</small>	1337	1232 ~ 1424	

Muscle-Fat Control	Muscle Control	Fat Control
	+ 8.9 kg	+ 3.2 kg

Impedance					
Z	RA	LA	TR	RL	LL
20Dec	519.2	550.4	29.1	353.0	383.4
100Dec	472.3	501.3	25.7	316.3	326.5

Segmental Lean						
		Lean Mass Evaluation				
2.0kg	Normal	2.1kg	Normal			
Trunk						
19.7kg	Normal	19.7kg	Normal			
Left						
8.2kg	Over	8.3kg	Over			
Right						

Segmental Fat			
		PBF Fat Mass Evaluation	
27.3%	Under	25.2%	Under
Trunk			
21.6%	Normal	21.6%	Normal
Left			
20.7%	Under	20.7%	Under
Right			

Segmental Fat is estimated.

Exercise Planner

Plan your weekly exercises from the followings and estimate your weight loss from those activities.

Energy expenditure of each activity (base weight: 57.6 kg / Duration: 30min. / unit: kcal)											
Walking	Jogging	Bicycle	Swim	Mountain Climbing	Aerobic	Table Tennis	Tennis	Football	Oriental Fencing	Gate ball	Badminton
115	202	173	202	188	202	130	173	202	288	109	130
Racket ball	Table Tennis	Squash	Basketball	Rope Jumping	Golf	Push-ups	Sit-ups	Weight training	Dumbbell exercise	Elastic band	Squats
288	288	288	173	202	101	288	288	173	202	101	101

Calculation for expected total weight loss for a month (one month = 4 weeks)
Total energy expenditure (kcal/week) × 4 weeks ÷ 7700

• **How to do**

1. Choose practicable and preferable activities from the left.
2. Energy expenditure for each is calculated when it is done for 30 min.
3. Choose exercises that you are going to do for 7 days.
4. Calculate the total energy expenditure for a week.
5. Estimate expected total weight loss for a month using the formula shown below.

• **Recommended calorie intake per day**

1800 kcal

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The above result sheet shall be explained to you, by a Pronokal team member (Dietitian/ Nutritionist). PronoKal Team shall further provide complete guidance on achieving healthier body composition, as part of programme.

For this purpose, we shall be assessing body composition along with waist circumference measurement on fortnight basis. To make use of this new service you will be charged £15 every 2 weeks as part of your Dietetic consultation. If you would prefer to speak to use over the phone or by email we also charge £15 (£10 delivery of products to you, £5 for the consultation) but would require you to keep us up to date with your measurements.

**However, good news is that you get to avail first session of this service absolutely FREE.
For appointment, kindly contact us at 02071832391.**