COLLEGE OF HEALTH
UNIVERSITY OF UTAH

PEAK Health and Fitness
801-585-7325
www.health.utah.edu/peak

Report date: 3/13/2024

Name	D.O.B.	Age	Gender	Ethnicity
Brad Hayes	[redacted]	47.4	Male	Other/Not specified

		1/14/2014	6/20/2023	9/14/2023	3/13/2024
ADP					
% Fat	%	21.0	27.6	25.6	24.4
FM	lbs	40.036	57.648	50.448	45.065
FFM	lbs	150.972	151.205	146.381	139.483
Body Mass	lbs	191.008	208.853	196.829	184.549

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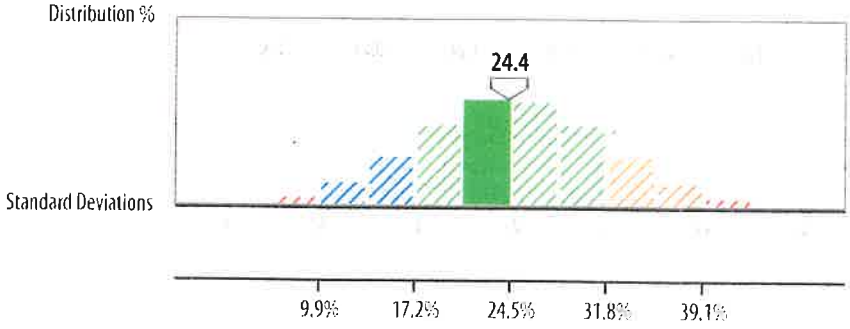
Visit Date: 3/13/2024
Printed On: 3/13/2024

Name	Gender	Age	Weight (lbs)	Height (in)	D.O.B.	BMI (kg/m2)
Brad Hayes	Male	47.4	191.01	72.0	[redacted]	25.9

BODY COMPOSITION

Device	Serial Number	Firmware Version
BOD POD GS-X	2020X025	16.12

% Fat Distribution %



Population Mean and Standard Deviation

Results obtained from the literature were used to develop population specific Mean and Standard Deviation (SD) values, assuming a normal distribution of the population. These values are shown in the Distribution Curve and are used in the Automatic Interpretation. References used are provided in the User Manual.

24.4 %	45.065 lbs	139.483 lbs	75.6 %
% Fat	FM	FFM	% FFM
184.549 lbs	80.229 L	1.0434 kg/L	4.369 L
Body Mass	Body Volume	Body Density	TGV
1715 kcal/day	2984 kcal/day	Active	
REE (ADP) e	TEE_e	Activity Level	

75.6
% FFM

Body Fat

A certain amount of "essential fat" is necessary for good health. Fat plays an important role in protecting internal organs, providing energy, and regulating hormones. However, if too much fat accumulates over time, health may be compromised.

Fat Free Mass

Fat free mass is everything except fat. It includes muscle, water, bone, and internal organs. Muscle is the "metabolic engine" of the body that burns calories and plays an important role in maintaining strength and energy. Healthy levels of fat-free mass contribute to physical fitness and may prevent conditions such as osteoporosis.

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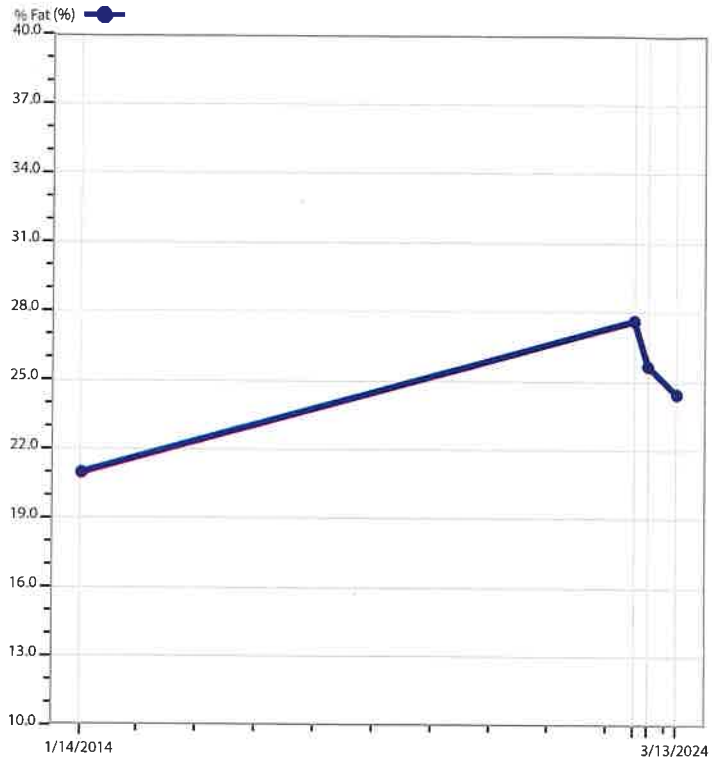
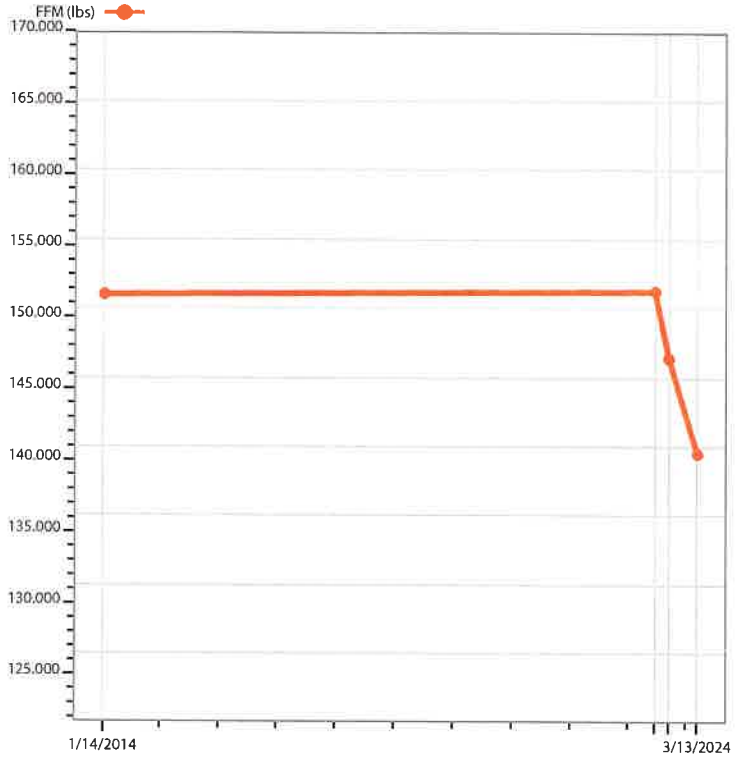
TREND

Start Date: 1/14/2014
End Date: 3/13/2024

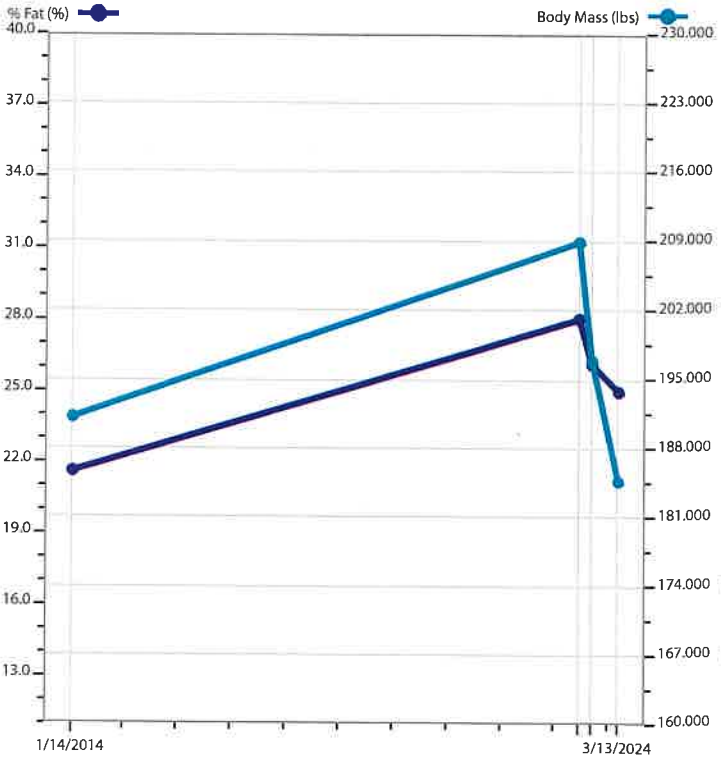
% Fat vs t



FFM vs t



% Fat, Body Mass vs t



FFM, Body Mass vs t