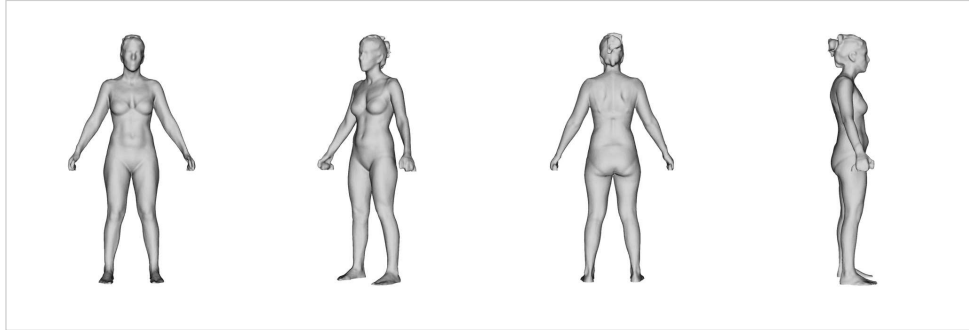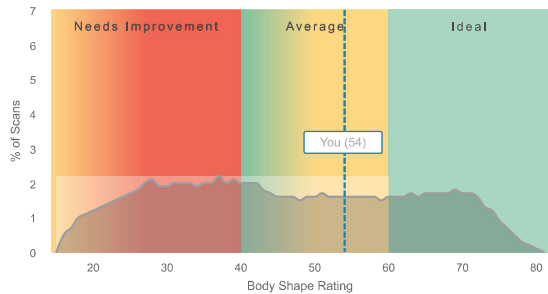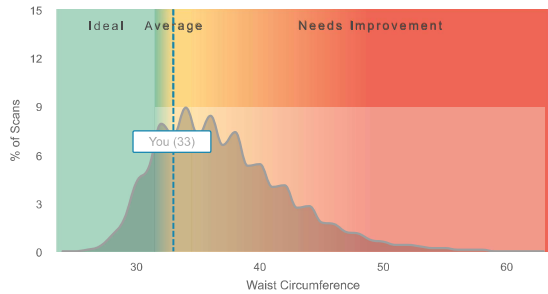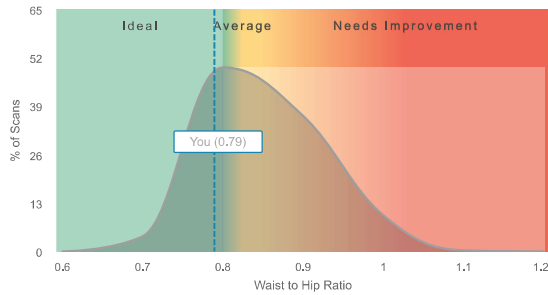# Jane Demo's Report (Full)

Scan Date:
2017-09-04 (12:34 PM)



## Wellness Metrics

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

### BODY SHAPE RATING

# 54

### 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

# 33 in.

### 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.



### WAIST TO HIP RATIO

# 0.79

### 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.



English

⑦ Support

| Wellness Metric | How do I compare to other Fit3D users? |
|---|---|

### TRUNK TO LEG VOLUME RATIO

# 1.2

## 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.



**FITNESS LEVEL**

### BASAL METABOLIC RATE (BMR)

# 1456

## What is it?

The amount of energy your body is burning while at rest. Read More.



English

# Posture

## Front/Back
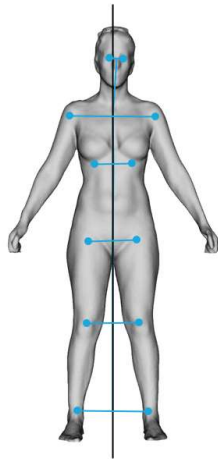


| Name | Shift (Inches) | Tilt (%) |
|------|----------------|----------|
| Head | 0.5 left | 2.4 left |
| Shoulder | 0.1 right | 0.2 left |
| Underbust | 0.1 left | 1.8 right |
| Hip | 0 | 2 right |
| Knee | 0 | 0 |

## Side
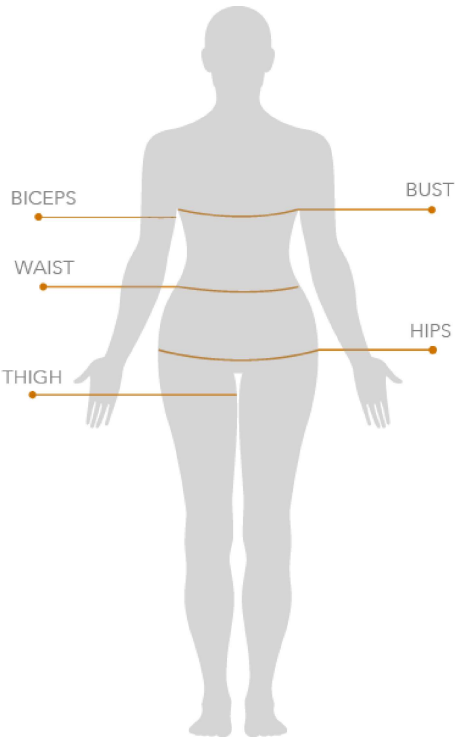


| Name | Shift (Inches) |
|------|----------------|
| Head | 2.1 forward |
| Shoulder | 0.5 forward |
| Hip | 1.2 forward |
| Knee | 1.3 forward |

English

⑦ Support

# Balance

## Balance

| Location | Percent (%) |
|---|---|
| Front Left | 26.7 |
| Front Right | 26.7 |
| Back Left | 23.3 |
| Back Right | 23.3 |

# Measurements

| Demo Location Guide (Sample Image)* | Name | Value (Inches) |
|---|---|---|
| | Neck | 14.5 |
| | Bust | 39.1 |
| | Waist | 33 |
| | Hips | 40.9 |
| | Left Biceps | 12.4 |
| | Right Biceps | 12.6 |
| | Left Forearm | 10.4 |
| | Right Forearm | 10.6 |
| | Left Thigh | 23.9 |
| | Right Thigh | 23.7 |
| | Left Calf | 14.5 |
| | Right Calf | 14.6 |

BICEPS BUST WAIST HIPS THIGH

* Note: The sample image is only used to display measurement locations and body parts. The table on the right displays the client's measurements.