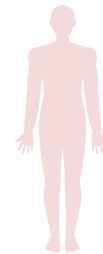


BODY COMPOSITION ANALYSIS

Our bodies are complex structures made of many different components including water, fat and muscle. Simply tracking body weight on a traditional scale does not provide a true indicator of personal health.

In less than a minute, the InBody provides a simple way to regularly monitor:

- Your **body water**
- The **amount of muscle** you have and how it is distributed,
- An estimate of your **Basal Metabolic Rate (BMR)**
- The number of calories your body burns off at rest.
- The amount of **visceral & body fat**



Body composition: We use the InBody 570 at our office. Clinically, body composition is a key component to assess **visceral fat, lean body mass (muscle & bone) and body fat percentage**. It is a resourceful tool to optimize health and longevity.

Health is not limited to weight and BMI (Body mass index), but our muscle mass, body fat percentage and visceral (fat surrounding the organs = unhealthy fat) are important parameters to determine good health.

DID YOU KNOW?

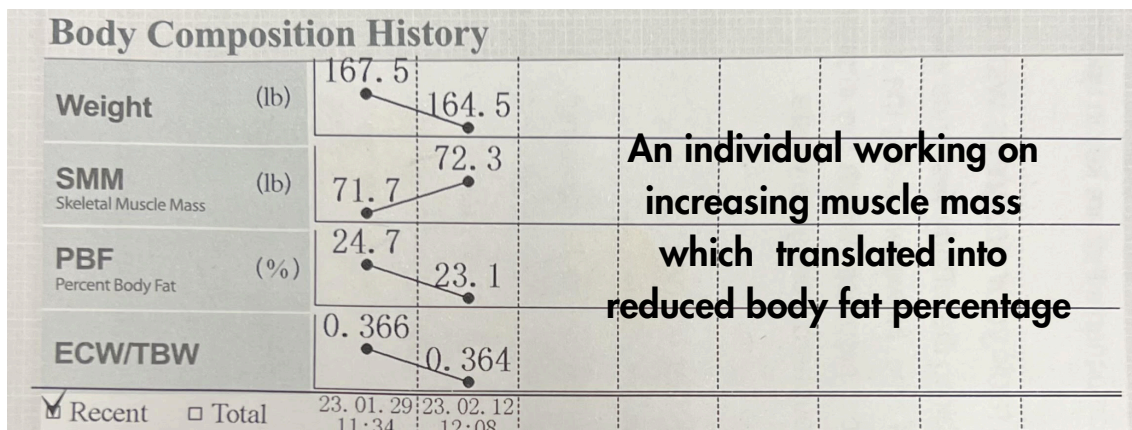
Human body loses lean body mass (muscle + bone) as we age. Weight loss injectables like Ozempic, Wegovy, Mounjaro, Zepbound etc cause weight loss but also muscle loss. Hence lifestyle interventions - muscle strength exercises are crucial.

Body composition helps to assess muscle mass and implement personalized changes to strengthen and improve lean body mass.

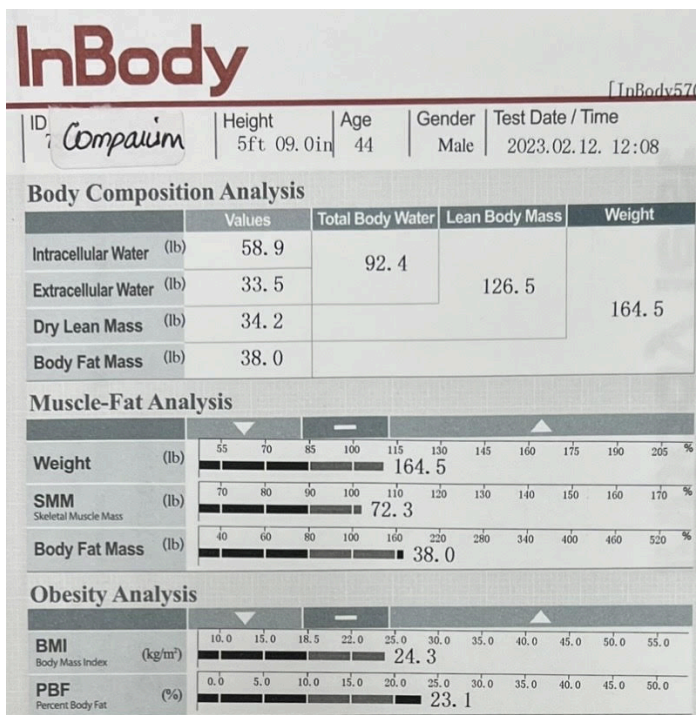


Clinical Use of Body Composition Analysis

The machine tracks your results so every time you get on it you can see where you've made progress or if you need to get back on track. Visceral fat is associated with adverse lipid levels and increased risk for cardiovascular disease and diabetes. Body composition analysis shows the level of visceral fat around organs, it can be used to support preventative lifestyle changes. There are various type of devices used for assessing body composition. InBody devices use a method called Bioelectrical Impedance Analysis (BIA) to measure body composition.



While tracking progress with a scale can show weight loss. Having a quick body composition analysis every few months will give you insights into how your body is changing and how you should modify your plan.



Clinical Pearls:

- 1. Modify dietary selection** of foods based on Visceral Fat level (*also helps to lower lipid levels, A1C, insulin resistance, liver enzymes related to fatty liver disease*).
- 2. Optimize muscle mass** and then translates into lower body fat over time with consistent food choices and exercise.
- 3. Empowers individuals** to understand their body composition and actively take steps to transform their health.
- 4. Improve metabolic health** by learning about the "inside of the body"

A resourceful tool for health optimization when combined with right medical expertise, blood test, nutrition and exercise.

-Chhaya Makhija, MD

Disclaimer: Please have a discussion with your healthcare team before making major dietary or exercise changes.

