

Healthy Edge Lite™ Software Scale Measurement

Name Blanca Cervantes

Age/Gender 67 Female

Date/Time 1/6/25 12:13:39 PM

Height 165.0 cm

Analyzer BC-1500

Results

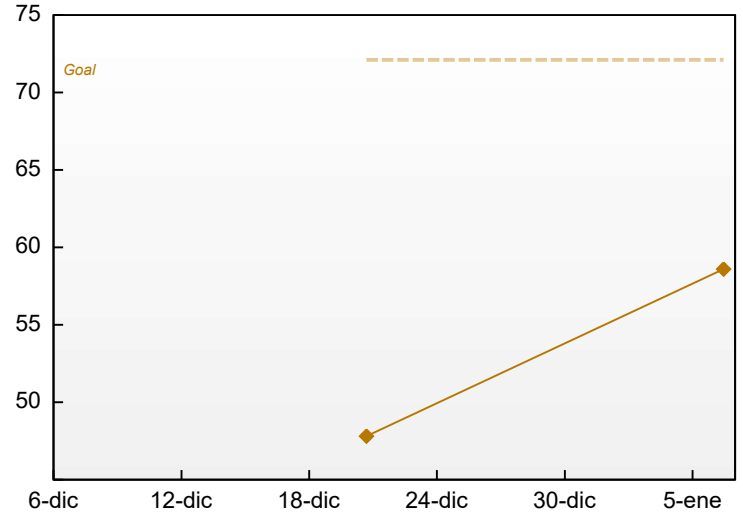
Weight	58.5 kg
Body Mass Index (BMI)	21.5
Body Fat %	30.0 %
Body Fat Mass	17.5 kg
Body Fat Range	Healthy
Fat Free Mass	41.0 kg
Visceral Fat Rating	7
Body Water %	50.3 %
Body Water Mass	29.4 kg
Muscle Mass	38.9 kg
Bone Mass	2.1 kg
Basal Metabolic Rate	1214 kcal
Metabolic Age	37.0 yrs
Daily Calorie Intake	1894 kcal
Physique Rating	5-Standard

Segmental Data

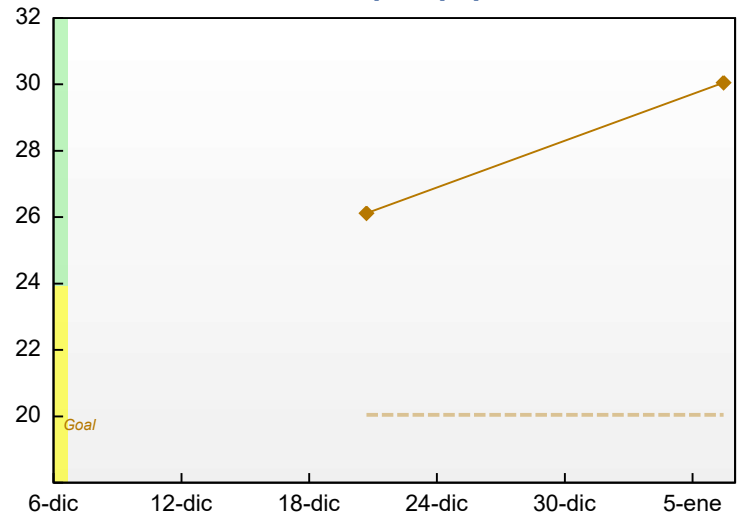
	Left Leg	Right Leg	Left Arm	Right Arm	Trunk
Fat	37.2 %	37.8 %	23.9 %	24.2 %	26.2 %
Muscle Mass	6.0 kg	6.0 kg	2.0 kg	2.0 kg	22.8 kg

Last 30 Days

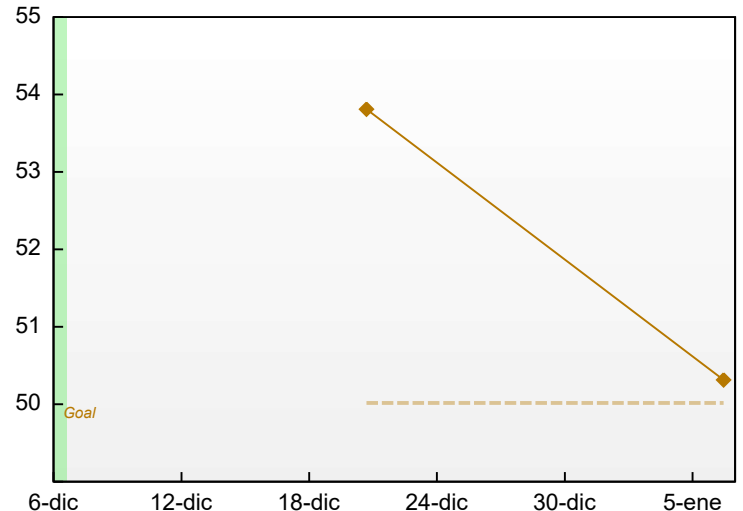
Weight (kg)



Body Fat (%)



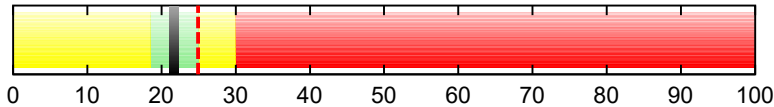
Body Water (%)



Analysis

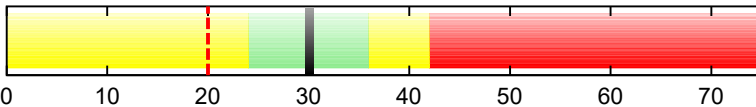
Body Mass Index (BMI)

21.5



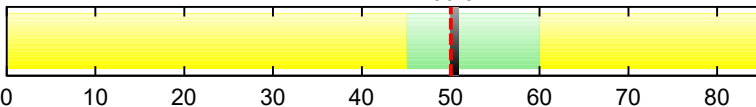
Body Fat (%)

30.0



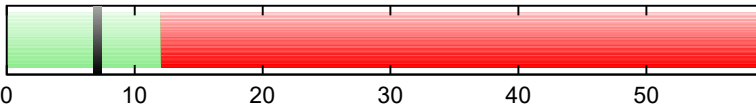
Body Water (%)

50.3



Visceral Fat Rating

7



Analysis for 67 year old Female

Goal