

## BODY COMPOSITION SCAN



What does it  
all mean?

## What now?

Congratulations on completing your Body Composition assessment!

You've taken a meaningful step toward understanding your body on a deeper level.

This assessment isn't just a collection of numbers. It provides valuable insight into your muscle, fat, and overall body composition, helping you see how your body is truly structured.

Knowing your body's makeup allows you to train smarter, optimize performance, and achieve your health goals more efficiently. By identifying strengths and areas for improvement, you can design workouts, nutrition, and recovery strategies that are tailored to your unique needs.

This scan is more than just data - it's a tool to help you make informed decisions, track progress, and create lasting, positive changes in your body.

Understanding where you are today gives you the power to plan for tomorrow, improve your physical performance, and maintain a healthier, more resilient body over time.

If you have any questions or require any additional guidance on your journey, please don't hesitate to reach out.

Email GlobalScout at [team@globalscout.pro](mailto:team@globalscout.pro).

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## BODY MASS INDEX (BMI)

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)}^2}$$

Body Mass is the measurement of the total mass of the body, presented in kilograms (kg).

Body Mass Index (BMI) uses a calculation based off height and weight to determine where in a range an adult sits.

Generally, we stop growing in height once we reach adulthood, making BMI a guidance system, but not a definitive, reliable representation of health.

## NORMATIVE RANGES

Underweight	Healthy	Overweight	Obesity I	Obesity II	Obesity III
< 18.5	18.5 - 24.9	25 - 29.9	30 - 34.9	35 - 39.9	40

Continue through your data to truly understand what you are made of.

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### BODY FAT %

Body Fat Percentage is the amount of body fat in the body, shown as a percentage of your total body mass.

Body fat is essential for many health purposes, including regulating temperature, protecting and insulating organs, and storing energy.

The body needs a minimum of 3% to keep surviving.

However, too much body fat can have a negative effect on long-term health. Lowering body fat levels to ideal ranges has shown to have direct reductions in certain health conditions such as diabetes, high blood pressure, heart disease, and certain types of cancers.

### NORMATIVE RANGES

Gender/Age	Underweight	Healthy	Overweight	Obese
Female				
20 - 39	0% - 21%	21% - 33%	33% - 39%	39% +
40 - 59	0% - 23%	23% - 34%	34% - 40%	40% +
60 - 79	0% - 24%	24% - 36%	36% - 42%	42% +
Male				
20 - 39	0% - 8%	8% - 19%	19% - 25%	25% +
40 - 59	0% - 11%	11% - 21%	21% - 28%	28% +
60 - 79	0% - 13%	13% - 25%	25% - 30%	30% +

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## MUSCLE MASS

Muscle Mass refers to the weight of muscle in the body.

This includes skeletal muscle, smooth muscles (e.g. cardiac and digestive), and the water stored within these muscles.

As your muscle mass increases, the rate at which you burn energy also increases. This increases your Basal Metabolic Rate (BMR) and helps with reducing excess fat levels in a healthy way.

With training and exercise, your muscle mass is likely to increase, and so may your total body weight.

NOTE: Muscle weighs more than fat, so tracking your body composition rather than just the weight on the scales is hugely encouraged.

## HEALTHY RANGES

Gender/Age	Ideal Range (% of total body weight)
Female	
20 - 39	63% - 75.5%
40 - 59	62% - 73.5%
60 - 79	60% - 72.5%
Male	
20 - 39	75% - 89%
40 - 59	73% - 86%
60 - 79	70% - 84%

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### BONE MASS

Bone Mass refers to the amount of bone minerals present in the body, fundamentally estimating the weight of your bones.

This includes minerals such as calcium, phosphorous, magnesium, and other minerals associated with bone health.

Bone is living tissue made up of specialised bone cells and is constantly being broken down and renewed. Bone growth is usually near complete by the end of puberty.

By mid-30's, there is an imbalance between bone production and bone breakdown. This results in gradual decrease in both bone mass and strength with increasing age in all individuals. This imbalance is not noticeable over a short period of time.

You should track your bone mass over time and look for any distinct changes. Regular exercise and a balanced diet assists with maintaining healthy bone mass.

### AVERAGE ESTIMATED RANGES

Gender	Total Body Weight		
Female	< 50kg	50 - 75kg	> 75kg
Ideal Bone Mass	1.95kg	2.40kg	2.95kg
Male	< 65kg	65 - 95kg	> 95kg
Ideal Bone Mass	2.65kg	3.29kg	3.69kg

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## TOTAL BODY WATER

Total Body Water Percentage is the total amount of fluid in your body as a percentage of your total mass.

Healthy total body water ensures the body is able to function efficiently and reduce the risks of developing associated health problems. The fluid in the body helps regulate body temperature and eliminate waste.

There is no definitive amount of fluid required as each person has different variables. These variables include the climatic conditions they live in and the amount of physical activity they undertake.

The School of Health and Human Performance at Central Queensland University states that daily water intake levels should equate to approximately 30 mls per kg of body weight.

Consistent consumption of fluid will assist with maintaining total body water levels.

## AVERAGE ESTIMATED RANGES

Gender	Total Body Water %
Female	45% - 60%
Male	50% - 65%

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### EXTRACELLULAR AND INTRACELLULAR WATER

#### Extracellular Water (ECW)

- The water located outside of the cells
- Approximately one third (1/3) of your fluid
- You do not want to see this number exceeding normative levels
- Excessive ECW can indicate health risks such as:
  - Inflammation
  - Renal disease
  - Obesity

#### Intracellular Water (ICW)

- The water located inside the cells
- Approximately two thirds (2/3) of your fluid
- Slightly increased ICW can signal positive changes to body composition
- Increased ICW as a result of exercise can indicate:
  - Increased lean body mass
  - Increased energy use
  - Increased strength
  - Increased immune system

### AVERAGE ESTIMATED RANGES

	Estimated Amount of Total Body Water
Extracellular Water	1/3
Intracellular Water	2/3

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### BASAL METABOLIC RATE (BMR)

Basal Metabolic Rate (BMR) is the minimum amount of energy your body needs to function effectively when at rest. This includes the energy requirements to continue function of the respiratory and circulatory organs, the nervous system, liver, kidneys, skin, and muscles.

About 70% of the calories consumed each day are used for your BMR. More energy is used when completing any form of physical activity. Increased muscle mass increases BMR as it increases the number of calories you burn and helps to decrease body fat levels.

An individual with a higher BMR will burn more calories at rest than a person with a lower BMR. The more active you are, the more muscle you build, the more calories you burn, so ensure you consume enough to keep your body fuelled, fit, and healthy.

BMR is determined by a combination of genetic and environmental factors too, such as:

- Age - BMR reduces with increased age by approximately 2% per decade
- Genetics - You can be born with a faster or slower inherent metabolism
- Gender - Men have a higher BMR due to more muscle mass and lower body fat %
- Weight - The heavier you are, the higher your BMR will be
- Body Fat Percentage - A lower body fat % will have a greater BMR
- Diet - Starvation or low calorie diets will reduce your BMR by 20-30%

### AVERAGE ESTIMATED RANGES

Gender	Average BMR
Female	5,900 kJ / day
Male	7,100 kJ / day

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## VISCERAL FAT RATING

Visceral Fat refers to the fat located deep in the core abdominal area, surrounding and protecting the vital organs.

High levels of visceral fat increase the risk of developing high blood pressure, heart disease, cancer, and diabetes.

As people age, the distribution of body fat is likely to shift to the abdominal area even if the individual maintains a constant weight and body fat percentage.

It is possible to have a lower body fat percentage and higher visceral fat rating. Males are more likely to have a higher visceral fat rating than females, however this gap reduces for most post-menopausal women.

## VISCERAL FAT RATING CATEGORIES

Level	Explanation
1 - 12	Healthy Indicates a healthy level of visceral fat. Continue monitoring to ensure you stay in the healthy range.
13 - 59	Excessive Indicates an excessive amount of visceral fat. Consider making changes in your diet and/or increasing you physical activity levels.