



ANOVATOR

HEALTH ANALYSIS REPORT

61

health score

35

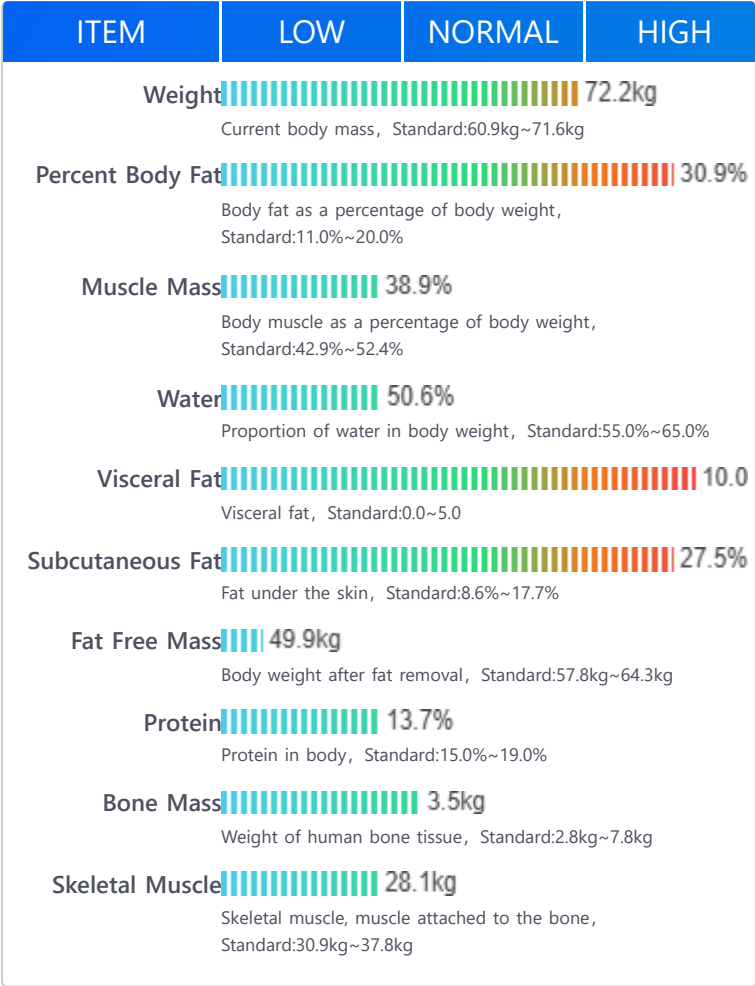
body age

Obesity

body shape

ID: 1254 Name: 1254 Age: 30 Gender: Male Height: 174.5cm

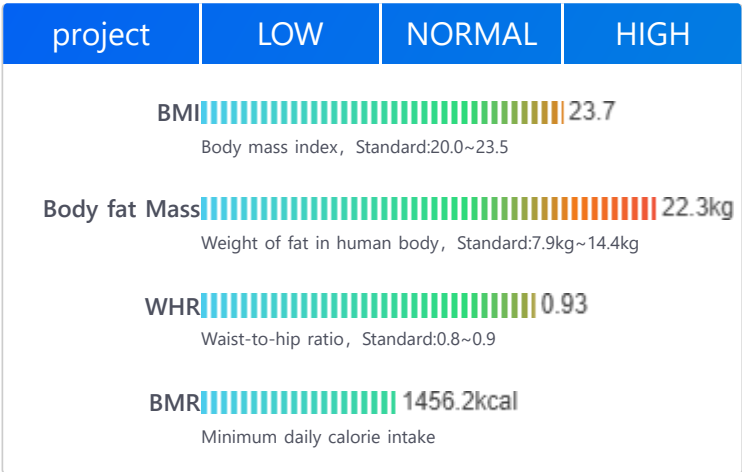
Body Composition Analysis



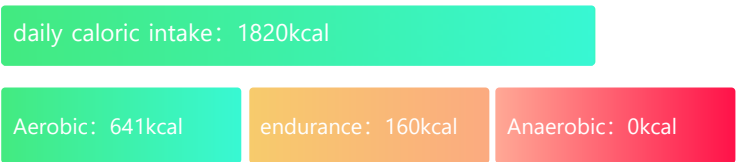
Weight Control



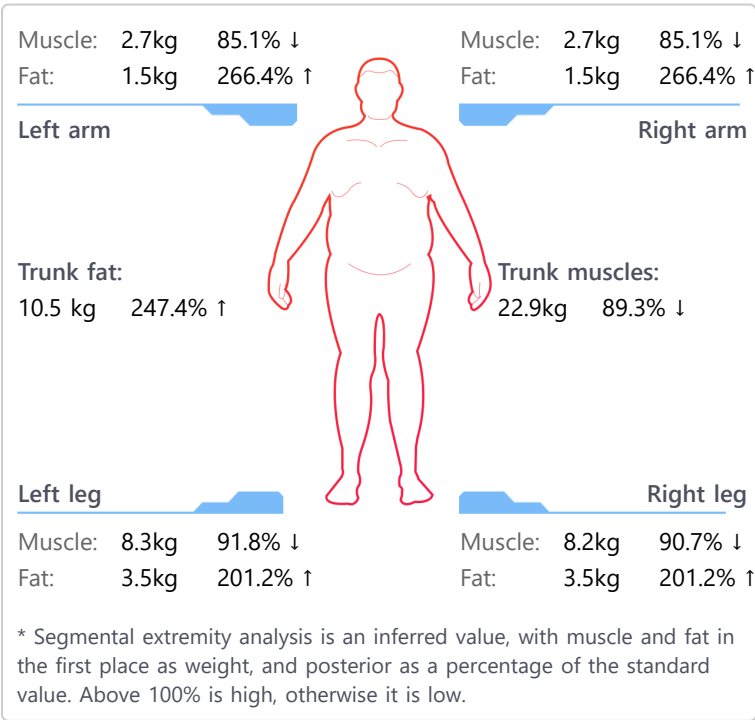
Obesity Analysis



Calorie control



Segmental analysis



Segmental bioimpedance data

Z(Ω)	20 kHz	100 kHz
Right upper limb	351.8	318.9
Left upper limb	358.9	326.4
Trunk	29.3	26.4
Right lower limb	284.9	255.6
Left lower limb	280.3	250.7

Recent trends

date	Weight(kg)	Percent Body Fat(%)
13/06/2025	72.2	30.9

Front Posture Risk Assessment and Body Measurements

Pillow spacing 15.21 cm

Refers to the distance from the outermost point of the shoulder to the side of the ear

Arm circumference 29.09 cm

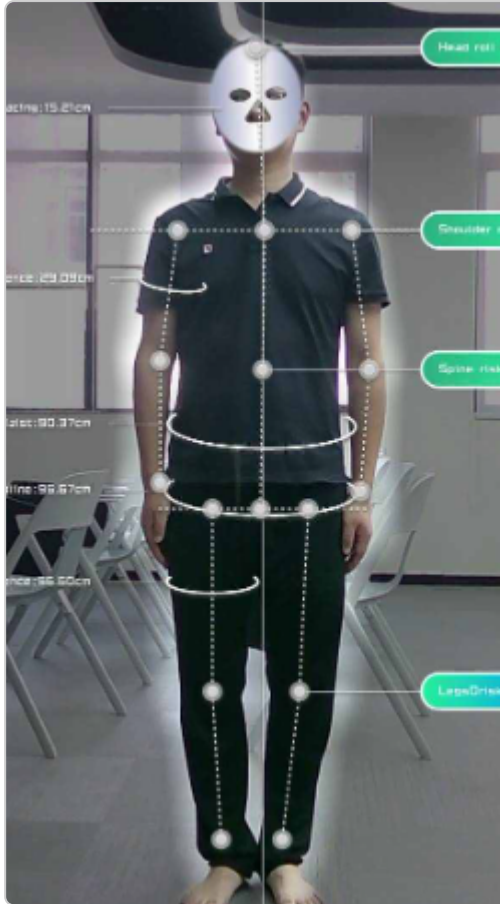
The horizontal girth at the thickest part of the biceps of the upper arm when the upper body sags naturally

Waistline 90.37 cm

The horizontal circumference of the center of the navel, or the midpoint of the line between the lowest point of the ribs and the upper margin of the iliac crest

Thigh dimension 56.60 cm

The horizontal girth of the inner thigh muscle at the most bulging point or the horizontal girth of the thigh through the gluteal groin point



Shoulder width 46.09 cm

Shoulder width refers to the straight-line distance between the left and right acromion peaks

Arm span 174.57 cm

The straight-line distance between the fingertips of the two middle fingers when the arms are extended horizontally to the maximum extent

Hip circumference 96.67 cm

Hip circumference refers to the horizontal circumference of the most prominent part of the hip backward, that is, the circumference of the widest part of the hip

WHR 0.93

Refers to the ratio of waist circumference to hip circumference, which is an important indicator for assessing body fat distribution and health status.

ITEM	Offset	Risk Tip
	0 cm Shoulder risk: Low	Left shoulder is low 0 cm higher than the right shoulder. Uneven shoulders refer to the phenomenon where the heights of the left and right shoulders are inconsistent, primarily caused by poor sitting posture or improper backpack carrying. Severe cases can lead to skeletal development abnormalities and affect appearance. Correction typically involves adjusting poor body posture, strengthening the weaker shoulder and back muscles, and forming good sitting and force application habits.
	Left leg 3.4° Right leg 4° O-Leg risk: Mild	Left leg bends inside degrees at 3.4°, and right leg bends inside degrees at 4°. X/O-leg risk refers to the risk of leg shape abnormalities caused by poor walking posture during growth and development. Severe cases can lead to skeletal development abnormalities and affect appearance. Correction usually involves adjusting walking and running posture, strengthening leg muscles, and improving muscle strength and flexibility in the hip, knee, and ankle joints.
	0.9 cm Scoliosis risk: Low	The shoulder center point is displaced by 0.9 cm from the hip center point. Spinal scoliosis is a three-dimensional deformity of the spine, including abnormalities in the coronal, sagittal, and axial planes. Normally, the spine should appear as a straight line from the back, with symmetry on both sides of the torso.
	2.7° Head Tilt risk: Low	Head tilted at left with an angle of 2.7°. Head tilt risk: Low, head tilt is mainly due to an imbalance in the cranial base joints, causing the head and face to tilt to one side. Normally, the center line of the head and face should align with the center line of the torso.

Side Posture Risk Assessment and Body Measurements

Head length28 cm

Refers to the vertical distance from the highest point of the head to the lowest point of the chin

Upper body length93.24 cm

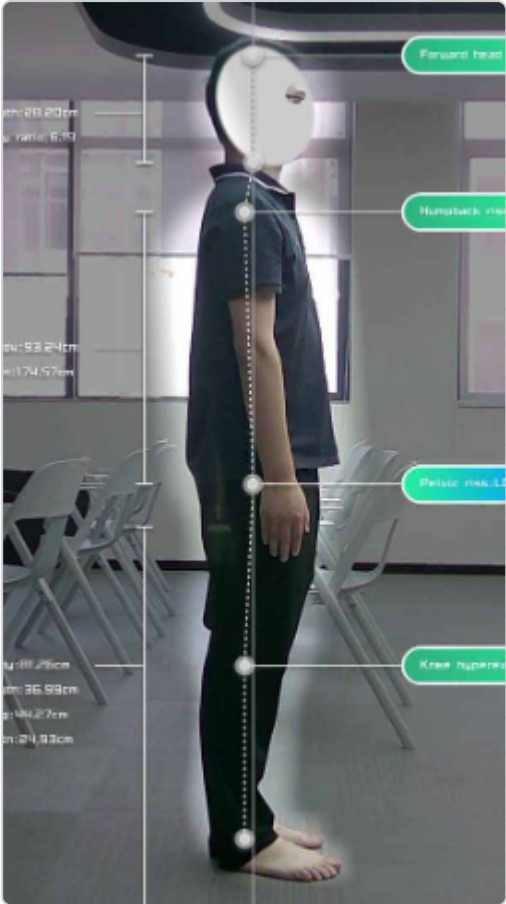
Upper body length usually refers to the vertical distance from the top of the head to the top of the torso and pelvis or above the hip joint

Lower body length81.26 cm

It refers to the height from the hip joint to the ground. The longer the lower body is, the better the body shape is

Calf length44.27 cm

Calf length refers to the length from the center point of the knee joint to the center point of the ankle joint



Head to body ratio6.19

It refers to the ratio of a person's height to the full height of the head, that is, the head-to-body ratio = height/head height

Leg-to-body ratio0.47

Refers to the ratio between the length of the lower body (i.e., leg length) and the overall height of the body

Thigh length36.99 cm

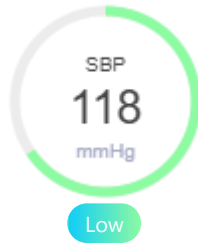
Hip circumference refers to the horizontal circumference of the most prominent part of the hip backward, that is, the circumference of the widest part of the hip

Foot length24.93 cm

The distance from the heel to the tip of the longest toe (usually the first or second toe) of the foot

ITEM	Offset	Risk Tip
	3° Hunchback risk: Low	Shoulder and torso curved 3°, hunchback refers to the deformity of the torso with shoulders curved forward, causing the body's center of gravity to shift forward and the head to tilt forward. This posture is generally due to poor sitting habits leading to abnormal development of shoulder and back muscles. The issue can be improved by stretching shoulder and back muscles and adjusting walking and sitting habits.
	4.3° APT risk: Mild	Pelvis tilted forward by 4.3° relative to the vertical axis of the body. Anterior pelvic tilt refers to the position where the hip joints are shifted forward from the vertical axis of the body. This tilt generally shifts the body's center of gravity, increases the burden on the core muscles of the abdomen and lower back, and affects the vertical force on the spine, causing lower back muscle fatigue and soreness.
	0.8° Knee risk: Low	Hip, knee, and ankle joint angle is 0.8°. Knee hyperextension refers to excessive extension of the knee joint during walking or standing, with a knee extension angle greater than 5°. Normally, when viewed from the side, the hip, knee, and ankle joints should be in a straight vertical line when standing.
	4.8° Forward Head risk: Low	Head forward by 4.8°. Forward head posture, also known as 'head protrusion,' refers to the reduced or absent natural curvature of the cervical spine, causing the head to protrude forward. This often occurs in individuals who habitually keep their neck in a forward-leaning position under load, with the neck and upper back muscles in a prolonged, tense, and stretched state. This issue can be improved through wall-standing exercises, sitting posture training, and yoga.

Exercise risk assessment



DBP: Diastolic blood pressure refers to the pressure value generated when the arterial blood vessels elastically recoil when the heart relaxes

SBP: Systolic blood pressure is the pressure on the lining of the arteries when the heart contracts

Athletic ability assessment



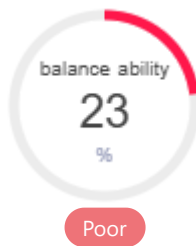
RHR: Resting heart rate refers to the number of heartbeats per minute in a quiet, awake, inactive state

Recommended cardio heart rate : 153bpm~165bpm

Recommended Physical Endurance Heart Rate : 165bpm ~ 175bpm

High-intensity anaerobic heart rate recommended : 175bpm~185bpm, The exercise time at this stage is controlled within 5 minutes)

Balance assessment



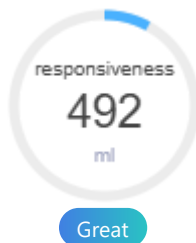
Balance ability refers to the ability to maintain body posture, especially on smaller supporting surfaces, and to control the body's center of gravity. Balance ability is the basic ability of all static and dynamic activities.

Spirometry assessment



Cardiopulmonary function is the ability of the human heart to pump blood and the lungs to inhale oxygen, and the ability of both directly affects the activities of organs and muscles throughout the body, so it is very important.,
Standard:3100.0ML~4300.0ML

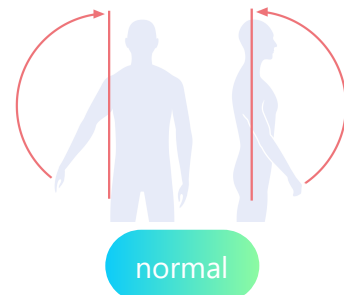
Agile response assessment



Agile response refers to the shortest reaction time that the human body can respond to the external environment. Good agile response ability helps to adapt to changes in external things. Good sports performance depends on this ability.,
Standard:550.0MS~650.0MS

Right shoulder joint mobility

outreach:
180°

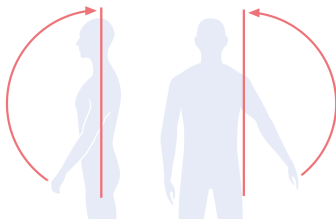


buckling:
180°

The range of motion or ability of the right shoulder joint is evaluated by measuring the range of motion of the shoulder joint in all directions.

Left shoulder joint mobility

buckling:
180°



outreach:
180°

normal

The range of motion or ability of the left shoulder joint is evaluated by measuring the range of motion of the shoulder joint in all directions.

Coaching and advice
