

InBody

See What You're Made Of

InBody Data
(the missing link???)



Who we are.....

Founded by Dr. Kichul Cha in 1996 (as Biospace) S. Korea, InBody now has 12 overseas subsidiaries InBody with a global reach spanning +110 countries.

Working closely with academic researchers across the global InBody continues to develop more in-depth clinical applications of BIA technology, with a research database of over 6000 publications we strive to solidify our position as a global healthcare company specifying in the field of Body Composition.

**InBody
everywhere**



Mission

“InBody everywhere, dedicated to inspiring and leading people to live a healthier life”.

Vision

“It is InBody’s vision that one day health will not only be measured by knowing your weight but by having an accurate insight in your body composition.”

Company Values

Education – Application – Motivation – Innovation



Company Values

- **Education**

Focusing on “weight” alone is not enough. We are moving the conversation away from BMI and weight loss, teaching the community on the importance of fat loss and muscle gain thus championing the positive impact a healthy body composition has on your health and lifestyle.

- **Application**

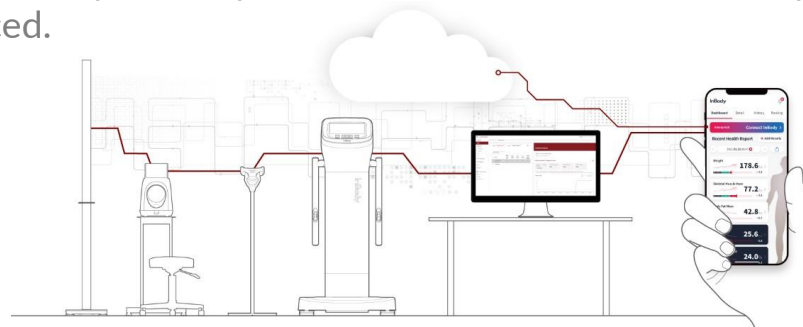
InBody results have been specifically designed to enable simple interpretation of scan output/metrics allowing direct links to be drawn between dietary and exercise habits and the impact these have on an individual's body composition and health.

- **Motivation**

Making healthy choices is hard enough as it is, we aim to assist organisations motivate communities to gain an understanding on how to transform lifestyles to create healthier and happier people.

- **Innovation**

We continuously push ourselves to be better than yesterday to create a better world for today and the generations to come. We're looking to the future with every new product that is produced.





2023

InBody Report

The first completed by a body composition company, sees InBody collate the health data it's accumulated over the last five years, to provide more up to date statistics on global health.

Today we would like to share a sample of these results and encourage you to see why this is important.

We share our findings and learnings so we can hopefully highlight the changes that are needed. In a world where we want to help people make positive changes, constant research, learning and sharing, needs to happen to ensure the information they are provided is correct.

Our support of UK Active, is because here we can align with similar minded people, and together, we can steer others in the right direction.'

SEE WHAT YOU'RE MADE OF



Data Processing Method of 2023 InBody Report

Body Composition and Health data measured by our devices, is accumulated in the cloud, in real time, here the UK we have recently surpassed, **1 million scans** that have accumulated specific data points that can be used to evaluate the Health status individuals.

The 2023 InBody Report utilized 5-years of accumulated data from around the world, between 2017 to 2022. These data points were statistically processed for input error, measurement error, etc. thus providing as general information as possible for adults aged 20yrs and older.

The table below shows the individual volume each of the 12 InBody Subsidiaries contributed to the overall report, with the UK recording **132,458** and the EU **431,877** recorded and relevant scans for the Health, Fitness & Wellbeing sector (data excluded includes specialised medical fields, military, pro-sport etc, ensuring analysis is completed on data points specific and relevant to the Health, Fitness and Wellbeing sector and its users).

	Netherland	Germany	Malaysia	Mexico	U.S.	UK	India	Japan	China	Canada	Korea	Australia
Men	40,540	89,855	10,456	36,528	1,130,993	59,649	182,353	94,686	81,855	54,028	2,409,881	158,088
Women	55,366	113,661	15,828	63,463	1,644,899	72,809	128,852	152,740	102,683	52,474	4,343,186	308,897
Total	95,906	203,513	26,284	99,991	2,775,892	132,458	311,205	247,426	184,538	106,520	6,753,067	466,985

* Number of data from 12 countries that have undergone data pre-processing



U.S.
2,775,892



UK
132,458

Netherland
95,906

Germany
203,516



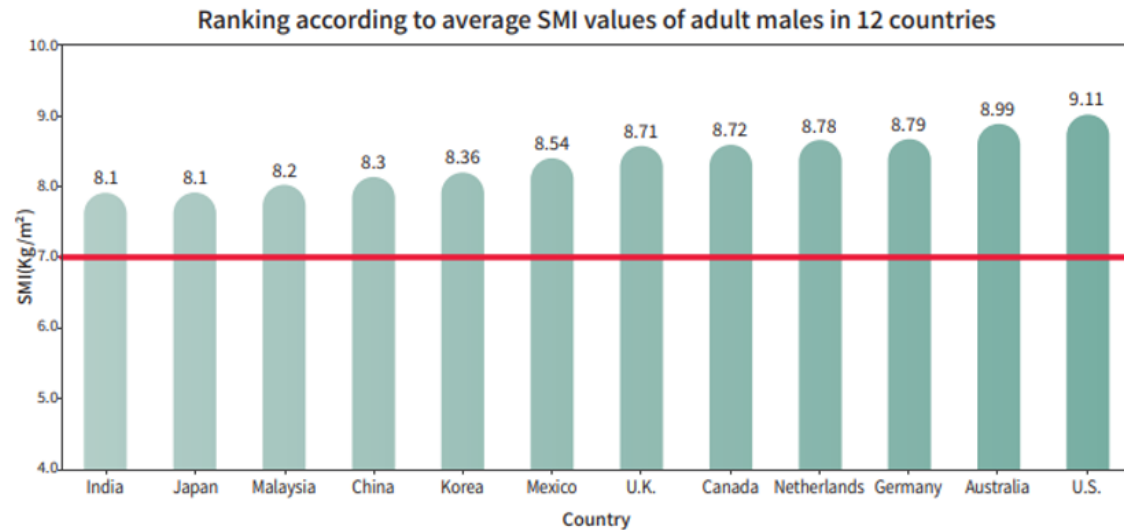
Average Skeletal Muscle Index for Men and Women by Country

Skeletal Muscle Index (SMI) is obtained by dividing muscle mass by height squared, providing an objective assessment of muscle mass by accounting for the proportional increase in height.

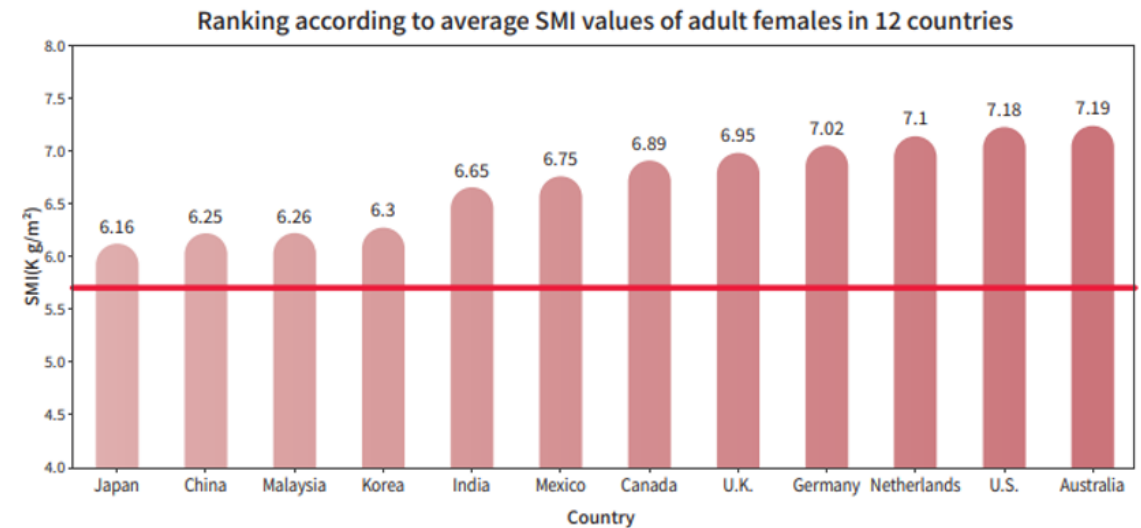
Muscle strength consists of the muscle function and muscle mass, indicated by the SMI. The SMI is an important parameter for diagnosing sarcopenia, an aging-related disease associated with the deterioration of muscle resulting in frailty among older adults and more recently witnessed in the wider population due to lack of activity/exercise daily.

The impact of sarcopenia can significantly impact an individual's ability to perform (complete) daily tasks, resulting in a loss of independence and resulting in potential need for long term care & medical assistance.

SMI less than 7.4kg/m² is considered sarcopenia – signified by the red line




SMI less than 5.7kg/m² is considered sarcopenia – signified by the red line





Body Fat Percentage and Skeletal Muscle Index by age and gender

Men				Women		
Number of data	Mean value of body fat percentage (%)	Mean value of skeletal muscle index (kg/m ²)		Number of data	Mean value of body fat percentage (%)	Mean value of skeletal muscle index (kg/m ²)
20,442	19.43	8.6	20s	21,632	30.54	6.82
20,244	21.65	8.77	30s	23,116	31.88	7.01
11,134	23.61	8.88	40s	14,554	33.79	7.13
5,498	25.49	8.84	50s	9,587	36.27	7.05
1,745	27.03	8.57	60s	3,006	36.68	6.78
586	27.05	8.24	70s	914	36.33	6.57

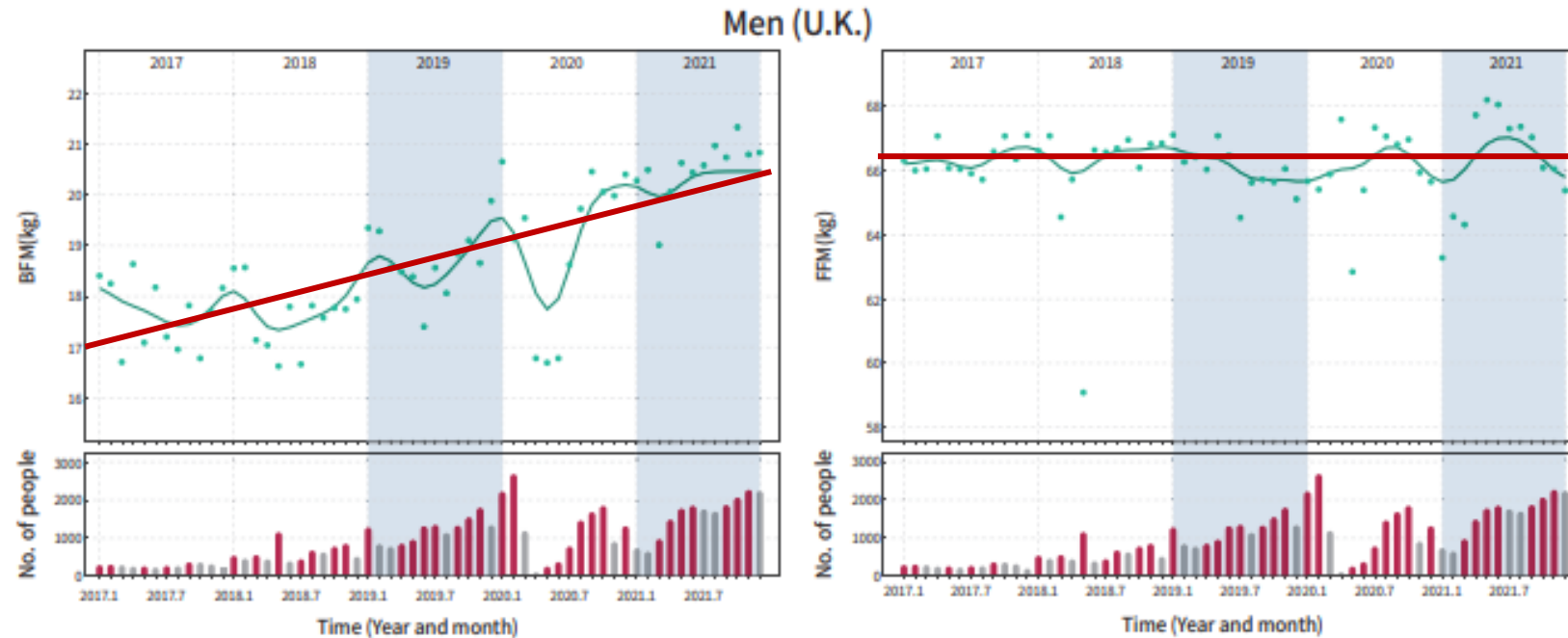
Collecting current population data is important to amending normal ranges for results.

- Biggest volume of scans are recorded in age population 20's and 30's.
- Body Fat Percentage increases with age as expected. With men showing a roughly equal increment increase with age.
- For women, the largest increase in Body Fat Percentage presents between 40's and 50's.
- In both men and women, the biggest Muscle Mass is recorded in the 40's.

InBody

Body Fat Mass and Fat Free Mass compared in UK Males.

Changes in BFM (body fat mass) and FFM (fat free mass) by month



- Fat Free Mass has remained relatively unchanged across the five years.
- Body Fat Mass has continued to increase.
- UK males are getting fatter but maintaining Muscle Mass.



Company Values

- **Education**

Focusing on “weight” alone is not enough. We are moving the conversation away from BMI and weight loss, teaching the community on the importance of fat loss and muscle gain thus championing the positive impact a healthy body composition has on your health and lifestyle.

- **Application**

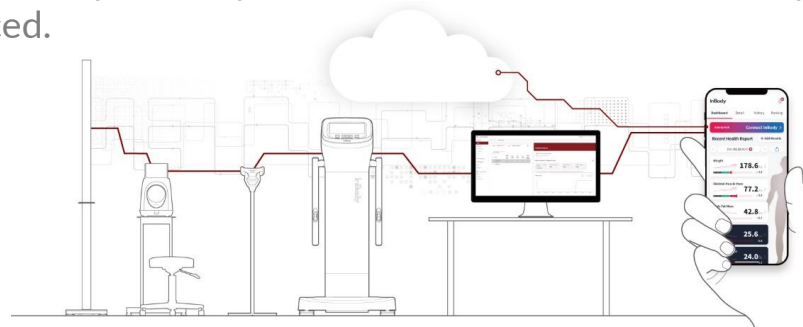
InBody results have been specifically designed to enable simple interpretation of scan output/metrics allowing direct links to be drawn between dietary and exercise habits and the impact these have on an individual's body composition and health.

- **Motivation**

Making healthy choices is hard enough as it is, we aim to assist organisations motivate communities to gain an understanding on how to transform lifestyles to create healthier and happier people.

- **Innovation**

We continuously push ourselves to be better than yesterday to create a better world for today and the generations to come. We're looking to the future with every new product that is produced.



InBody

Quote of the day

“The devil whispered in my ear,
“You’re not strong enough to withstand the
storm”

Today
I whispered in the devil’s ear,
“I am the storm”

UNKNOWN

InBody

See What You're Made Of

Jason Smithson



+44 (0)7729081224



jason.smithson@inbody.com



What is the vision 2030 for ukactive?

In 2021 ukactive set out a shared ambition for growth - five million new people regularly using gyms, pools, and leisure centres on a regular basis by 2030. This is Vision 2030, This growth would support the health and fitness needs of over 20% of the UK population



15%

10.7M Members
£5.9Bn



20%

13.55M Members
£6.2Bn

2.85m New Members
@ £551.40/Member

