

InBody

See What You're Made Of

**Linking your Health, Fitness & Wellbeing services
to the wider community.**



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



2023

InBody Report



SEE WHAT YOU'RE MADE OF

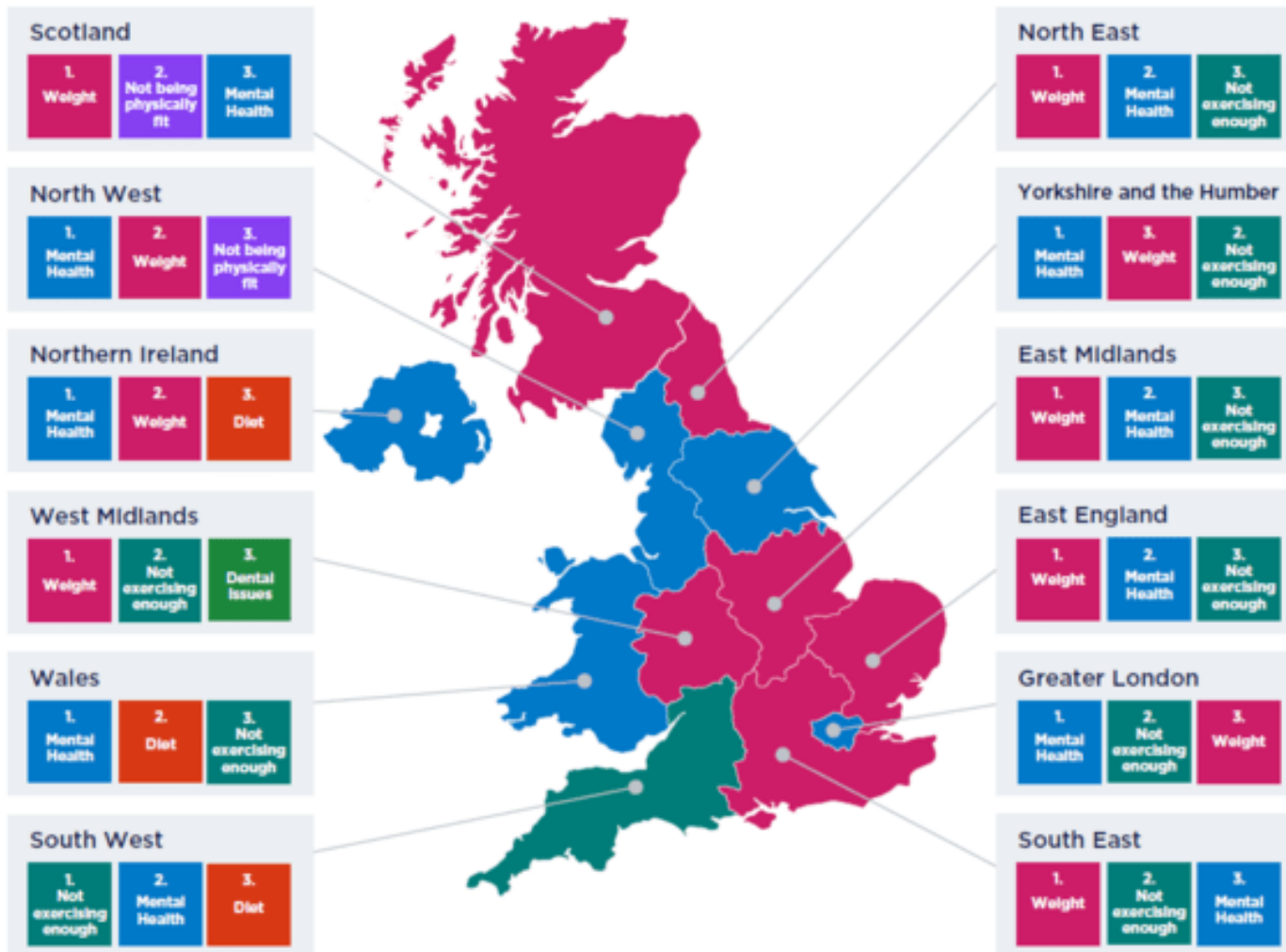
The first completed by a body composition company, sees InBody collate the health data it's accumulated over the last five years, to provide more up to date statistics on global health.

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.'

InBody



Top UK Health Concerns

- Weight – 10/36
- Diet – 3/36
- Not being physically active 2/36
- Not exercising enough 9/36
- Mental Health- 11/36
- Dental Health 1/36

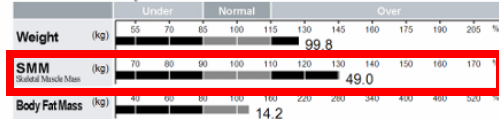
“BUPA Health and Wellbeing 2023”

ID	Height	Age	Gender	Test Date / Time
07921222484	188.8cm	41	Male	23.11.2024. 10:59

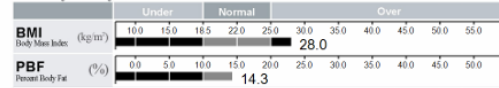
Body Composition Analysis

	Volume	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
Total Body Water (L)	62.7 (44.1-53.9)	62.7	80.7 (56.6-69.2)	85.6 (60.0-73.3)	99.8 (66.6-90.2)
Protein (kg)	17.0 (11.8-14.4)				
Minerals (kg)	5.92 (3.00-0.00000)				
Body Fat Mass (kg)	14.2 (9.4-18.8)				

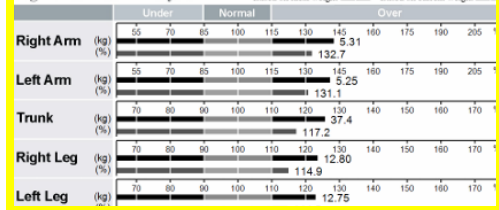
Muscle-Fat Analysis



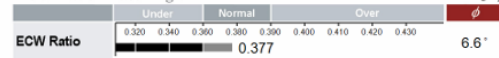
Obesity Analysis



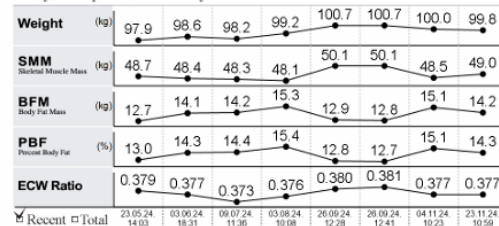
Segmental Lean Analysis



ECW Ratio-Phase Angle



Body Composition History



InBody Score

99/100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Whole Body Phase Angle				
φ (°)	50 kHz	6.6°		
6.7	6.4	6.4	6.5	6.6
03.09.24. 10:09	26.09.24. 12:28	26.09.24. 15:41	04.11.24. 10:23	23.11.24. 10:59

SMI

10.1 kg/m²				
9.8	10.3	10.3	10.0	10.1
03.09.24. 10:09	26.09.24. 12:28	26.09.24. 15:41	04.11.24. 10:23	23.11.24. 10:59

Weight Control

Target Weight	99.8 kg
Weight Control	0.0 kg
Fat Control	0.0 kg
Muscle Control	0.0 kg

Nutrition Evaluation

Protein	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> Deficient
Minerals	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> Deficient
Body Fat	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> Deficient <input type="checkbox"/> Excessive

Obesity Evaluation

BMI	<input type="checkbox"/> Normal <input type="checkbox"/> Under <input checked="" type="checkbox"/> Slightly Over <input type="checkbox"/> Over
PBF	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> Slightly Over <input type="checkbox"/> Over

Body Balance Evaluation

Upper	<input checked="" type="checkbox"/> Balanced <input type="checkbox"/> Slightly Unbalanced <input type="checkbox"/> Extremely Unbalanced
Lower	<input checked="" type="checkbox"/> Balanced <input type="checkbox"/> Slightly Unbalanced <input type="checkbox"/> Extremely Unbalanced
Upper-Lower	<input checked="" type="checkbox"/> Balanced <input type="checkbox"/> Slightly Unbalanced <input type="checkbox"/> Extremely Unbalanced

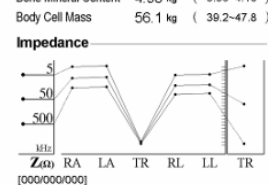
Research Parameters

Intracellular Water	39.1 L (27.4-33.4)
Extracellular Water	23.6 L (16.7-20.5)
Basal Metabolic Rate	2218 kcal (2019-2386)

Visceral Fat Level

Visceral Fat Level	6 (1-9)
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Impedance



Skeletal Muscle Mass & Skeletal Muscle Index

An important parameter to measure the body composition. Low SMI indicates the presence of sarcopenia, a condition generally induced by multiple causes including lack of exercise, endocrine dysfunction, chronic diseases, systemic inflammation, and malnutrition.

Segmental Lean Analysis

Displays your Lean Body Mass (Fat-Free Mass) in all body segments and its sufficiency to support your body weight as a percentage, this assists in determine if enough Lean Body Mass is present to support your body weight and complete daily activity/tasks.

Body Fat Mass

Value indicated how much body fat, both surface level (subcutaneous) and internal (visceral), makes up your weight. Levels above the norm contribute to serious health consequences such as cardiovascular disease (mainly heart disease and stroke), type 2 diabetes, musculoskeletal disorders like osteoarthritis, and some cancers (endometrial, breast and colon). But remember there is a necessity for an essential amount of fat to maintains life and reproductive functions.

Whole Body Phase Angle

A direct measurement of your cell integrity, providing a remarkable window into how the body responds to changes in health – for better or worse. PhA goes up when you're healthy and down when you're ill. It also goes down as you age conversely when you increase your Phase Angle, you slow down aging.



10:32



InBody

2484

TOUCH



Dashboard

Detail

History

Ranking

InBody Test Summary



Share

+ Add Result(s)





Investment Rational??

Invest in more equipment or invest in a Health and Wellness service?

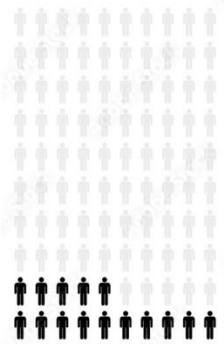
Investment Considerations	Cardio Equipment	InBody Device
Investment Cost Per Device	£5-15k	£6-16k
Data Provided to User	Speed, Distance, Time, Incline	20+ Health Markers
Time Taken to Operate	5-60mins	15-90 seconds
Space Required on the Gym Floor	2m-60m ²	1m ²
% Of Members Usage	5-25%	99%+
Integrated Services	Runners, Walkers	All Membership Services
Integrated Activity to Platforms	Some Models	All Devices
Secondary Revenue Driver i.e Personal Training	No	Yes
Member Retention Service	No	Yes
Age Range of Member Usage	13 upwards	3-99
Enhanced Membership Service Levels	No	Yes
Enhanced Coach & Employee Competencies	Few Models	All Devices
Outreach & InReach Lead Generator	No	Yes

Open market trade in values for used equipment 5yrs old (1 removed from top level) - £3200

Cross-Trainer - £520, Upright Bike - £360, Recumbent Bike - £360, Treadmill - £760, Stair Climber - £1200



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.



15%

10.7M Members
£5.9Bn



20%

13.55M Members
£7.47Bn

2.85m New Members
£551.40/Member
£223,997/Facility



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