Bodyevaluation.doc

BODY EVALUATION   be.exe

Windows 7 , 8 compatible – sends document to Documents folder
User, checks , modifies - 0body.rtf then prints & emails to person

PROGRAM FEATURES:

1. After persons details are entered into the program (height, weight, age, body fat), the
   following information specific to this person is displayed (printed if required):

- The National Academy of Sciences (NAS) RDA for ENERGY and PROTEIN for that person's age and gender
- His / her BMI
- His / her ideal body weight range for his/her frame size
- The percentage body fat and the calculated kilogram mass of body fat
- The parameters of body fat, i.e. "Excessive" / "Satisfactory" / "Inadequate"
- The calculated body lean AND body water respectively in percentages and kilograms
- Metabolic age also calculated
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Currently – This program does not store a person's information

2. Person energy and protein requirements can be calculated:
   The following equations may used: a)   Schofield (not used 2012)
                                          b)   Harris-Benedict
   Enter in the ACTIVITY FACTORS (the program defaults to those used for sedentary people who are not bed-ridden).

3. A projected weight management programme can be planned:

4. A REPORT can be printed via Documents:
   - → Body composition report 0BODY.RTF

   COST   R 1000   (includes postage)

Contact Program Management for further detailed information