

Workforce Body Composition Baseline

De-identified aggregate. Group level only. No individual is named or identifiable.

MEASUREMENT DATE	PERIOD	PARTICIPANTS	INSTRUMENT
[Mon DD, YYYY]	Baseline · Q[N]	[82] of [120]	InBody 570

GROUP AVERAGES · ALL PARTICIPANTS

MEASURED VALUE	MEAN	P25–P75	UNIT
Visceral Fat Level	[10.4]	[7–13]	index
Percent Body Fat	[28.6]	[22–34]	%
Skeletal Muscle Mass	[64.2]	[55–72]	lb
Body Mass Index	[27.1]	[23–30]	kg/m²
Total Body Water	[41.0]	[36–46]	L
Dry Lean Mass	[12.3]	[10–14]	lb
Basal Metabolic Rate	[1,520]	[1,380–1,660]	kcal

PARTICIPATION

[68]%

of eligible measured

MEAN VFL

[10.4]

group average

MEAN SKELETAL MUSCLE MASS

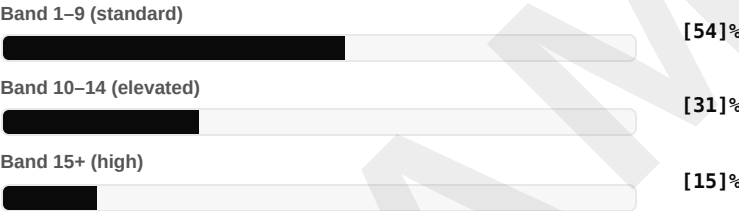
[64.2] lb

group average across all participants measured on one standard

SEGMENTAL PATTERN

Across measured segments, the workforce showed [a higher share in the elevated Visceral Fat Level band than the standard band]. Any group under five participants is withheld from segment figures to keep every individual anonymous.

Visceral Fat Level — share of workforce



Percent Body Fat — share of workforce



AGGREGATE SUMMARY

This is a de-identified picture of body composition across [Organization], measured on a single standard on the date above. **Visceral Fat Level is the leading value** because published research associates the highest levels of it with elevated long term cardiovascular risk in a cohort of 41,756 adults, reported as a hazard ratio of 2.8x in the highest quartile. That figure comes from published research and is not a finding about this workforce.

Figures are group averages only. No name, employee ID, or individual record appears anywhere in this report. In Balance Body provides measurement and reporting only. We do not diagnose and we do not treat. Any decision about an individual belongs to that person and their own doctor.

THE BASELINE

This is one measurement, a snapshot. Measured again on the same standard, it becomes a direction you can watch. This report is the point every later measurement is read against.

What this is not. No diagnosis, no treatment, no individual data, no blood pressure (the InBody 570 does not measure it). Group averages only, with any group under five participants suppressed. Sample figures shown in brackets are illustrative placeholders.

Reference: Liu et al., Journal of Cachexia, Sarcopenia and Muscle (2025). Cohort of 41,756 adults; hazard ratio 2.78 for cardiovascular disease in the highest visceral fat quartile. Cited as published research, not asserted as an In Balance Body finding.