

BODY MASS INDEX

WEIGHT AND MORTALITY RISK FOR WOMEN

This study of Dr. JoAnn E. Manson, published in the New England Journal of Medicine, was reprinted in the New York Times, September, 1995. The study of the mortality risk of non-smoking women ages 30 to 35 years, followed by 16 years was based upon their Body Mass Index and Weight.

Your BODY COMPOSITION ANALYSIS includes calculation of your Body Mass Index.

| BODY MASS INDEX | WEIGHT | MORTALITY RISK (%) |
|-----------------|------------------|--------------------|
| Less than 19 | Less than 120 | Low Risk |
| 19 - 24.9 | 120 - 149 | 20% |
| 25 - 26.9 | 150 - 160 | 30% |
| 27 - 28.9 | 161 - 175 | 60% |
| 29 - 31.9 | 176 - 194 | 110% |
| Greater than 32 | Greater than 195 | 120% |