‘INBODY’ 3.0 DETECTS YOUR BONE, FAT AND WEIGHT IN 3 MINUTES

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The Office of Physical Education (OPE) has recently bought an “InBody 3.0 Precision Body Composition Analyzer”, which can detect your body composition within three minutes. According to OPE, the newly purchased analyzer will be opened to the whole faculty and students on given days after the manpower is arranged.

Wang Yi-hsiang, Director of OPE, said that the analyzer is an important teaching aid for the physical education and a good care for health of the whole faculty and students. The data detected by the analyzer showed that he should engage in sports since his body fat is slightly high. In order to cooperate the use of this instrument, OPE will purchase more instruments shortly to improve the health of the whole faculty and students.

The analyzer costing between NT$700,000 and NT$800,000, has equipped with a magical function. One could find his potential health conditions at a basic cost of NT$5.00 or NT$10.00 printing out the data. The effect can be in parallel with those of hospitals, which should spend more than NT$20,000 for a test. The instrument can also remind us of paying attention to our diet, Wang said. One of the TKU Goodwill Ambassadors said after the test that the machine was “very wonderful but very cruel” to reveal the truth. It is a universal belief that the chubby figure contains high fat quantity and the lean one contains low fat quantity. However, how remarkable it is that the machine can tell the opposite data from appearances.

The person who is tested should test his weight and height first, then standing on the analyzer with his feet pressing on the electrode apparatus and his two hands holding the electrode handle. A beautiful medical certificate will come out within three minutes. Lee Yi-hsuan, a freshman of Department of Chinese who has tested the instrument, said: “It is so

interesting to find out your health conditions within a few minutes.

The instrument can analyze the body composition, classify the elements of the body such as the inner and outer liquid of cells, the weight of protein, bone, fat contained and further calculate the distribution of fat and muscle—the fat diagnosis such as body height and weight, the weight of muscle, the weight of body fat and the fat distribution. The standard value for male is averaged between 11-20 percent while between 18-28 percent for female Body fluid diagnosis—to weigh the fluid distributions in body and in four limbs. For instance, if your fat weight is too high, it indicates that you should pay attention to your health conditions because you have stored too much of pig' s belly.

The medical certificate will give a health grade. For instance, if we take the muscle as grading basis, the more muscle quantity the more fractions. The general average value is between 75 and 85. If the value is higher than 90, his condition is strong while the value is lower than 70, indicating his condition weak.