



Body Composition Analysis

The InBody 120 is a portable body composition analyzer primarily used to measure various body composition metrics. Its core technology is Bioelectrical Impedance Analysis (BIA), which measures the impedance of different tissues by passing an electrical current through the body, thereby analyzing body composition.

Key measurements include:

- Weight: Total body weight.
- Muscle Mass: The amount of skeletal muscle.
- Body Fat Mass: The total amount of fat in the body.
- Body Fat Percentage: The proportion of fat to total body weight.
- Total Body Water: The total amount of water in the body.
- Basal Metabolic Rate: The minimum energy required to maintain life at rest.
- Visceral Fat Level: The accumulation of fat around the internal organs.

Through precise body composition analysis, the InBody 120 helps users gain a comprehensive understanding of their health status and provides a scientific basis for weight management, disease prevention, exercise, and nutritional management.





Cardio Pulmonary Resuscitation (CPR)

This session provides opportunities for the public to equip with CPR techniques and skills.



Cardiopulmonary Resuscitation (CPR) is an emergency lifesaving procedure performed when the heart stops beating or breathing ceases. It aims to maintain blood circulation and breathing artificially to save lives. Below is an overview of CPR training:

1. Purpose of Training

- To equip participants with the necessary knowledge and skills to perform CPR in emergencies.
- To enhance awareness and response capabilities concerning sudden cardiac events and choking.

2. Training Content

- **Basic Life Support (BLS):** Includes checking responsiveness, calling for emergency help, performing chest compressions, and delivering rescue breaths.
- **Using an Automated External Defibrillator (AED):** Learning how to correctly use an AED to address ventricular fibrillation.

5. Importance

- Timely CPR can significantly increase the survival rate of patients, especially in cases of cardiac arrest.

Through CPR training, everyone can become a lifesaver and enhance the safety of their community.