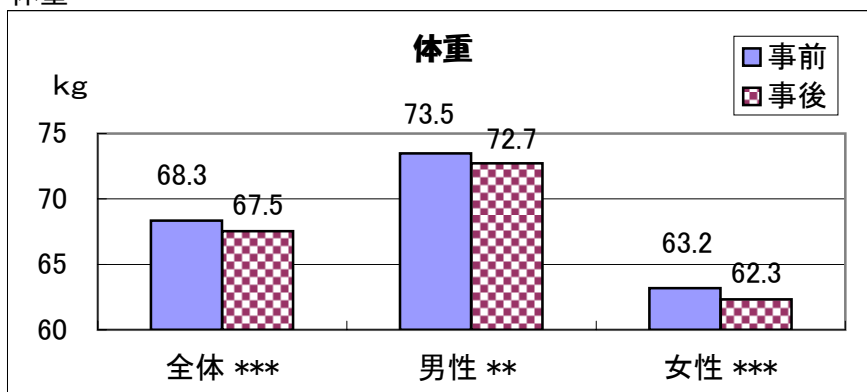


Ⅲ 分析結果グラフ

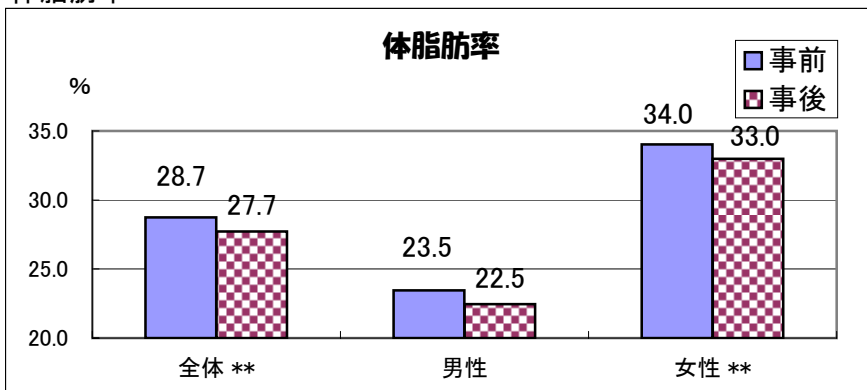
1 実施前後で改善が見られた項目

① 身体測定と生理学検査

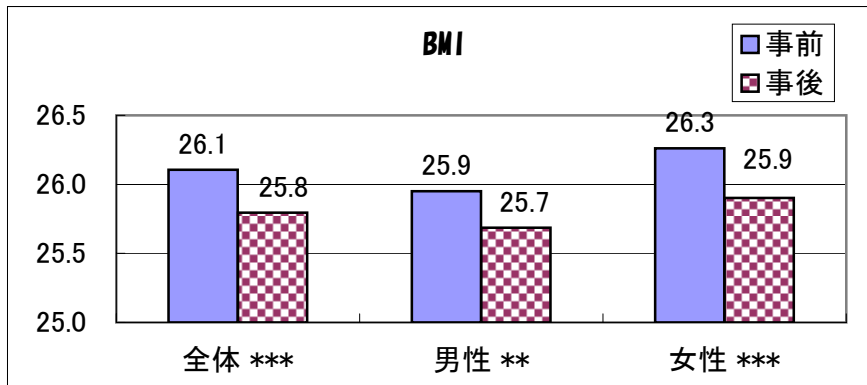
体重



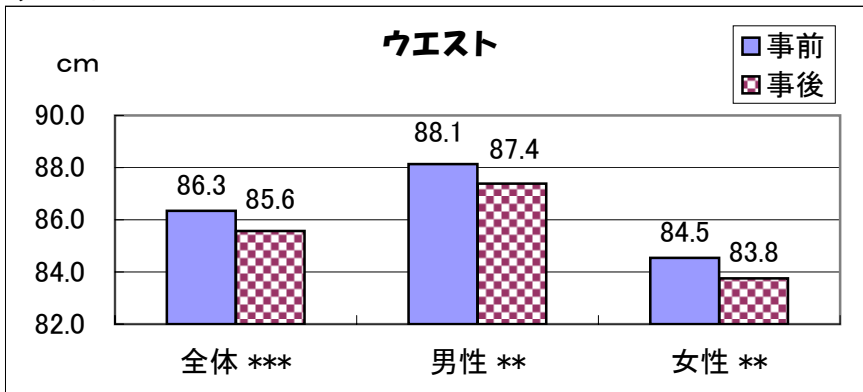
体脂肪率



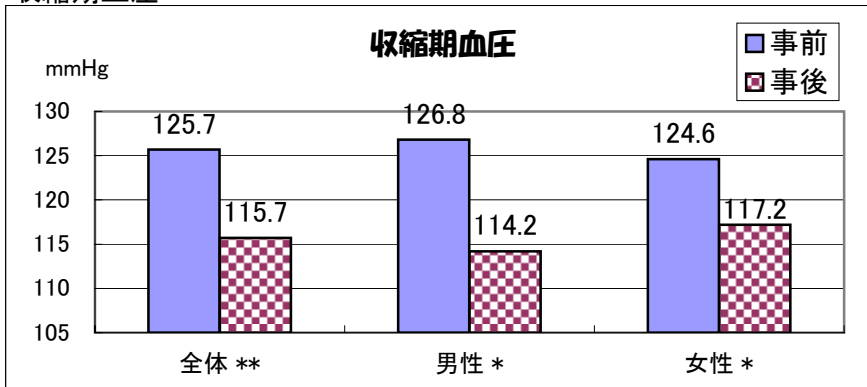
BMI



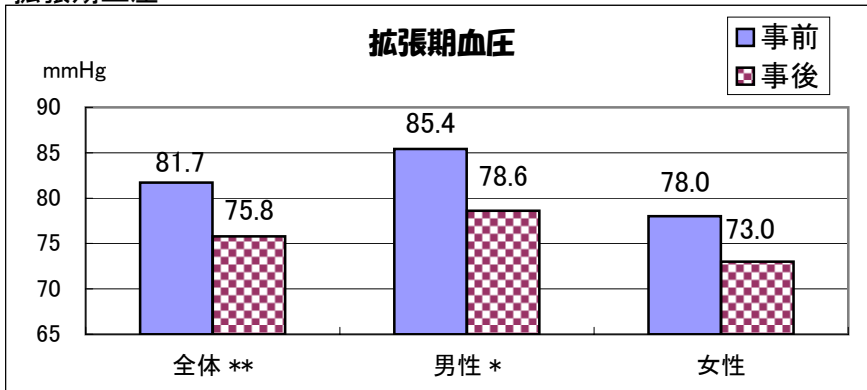
ウエスト



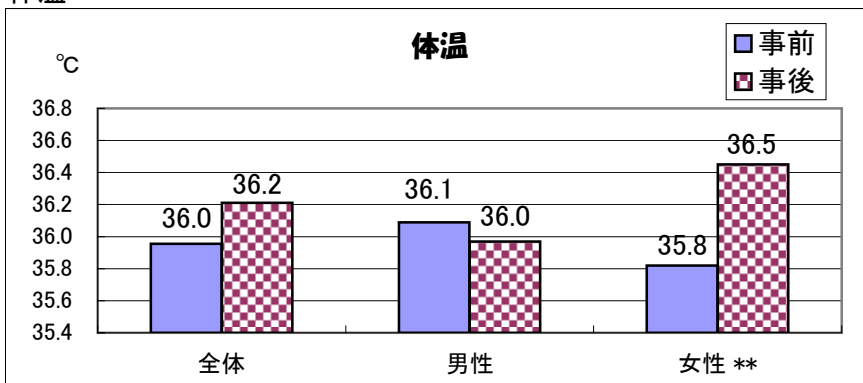
収縮期血圧



拡張期血圧

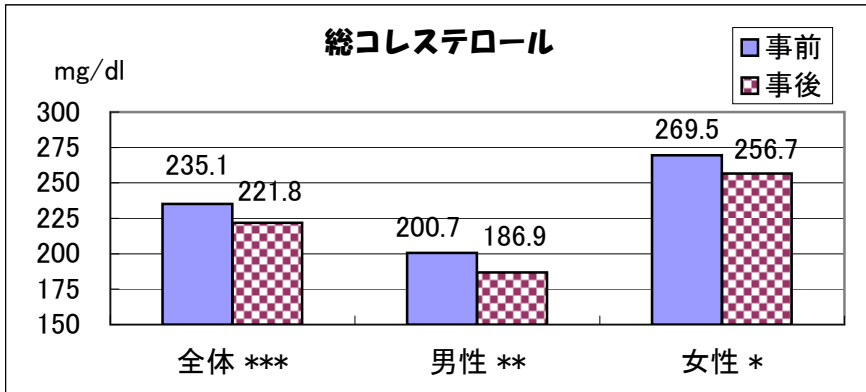


体温

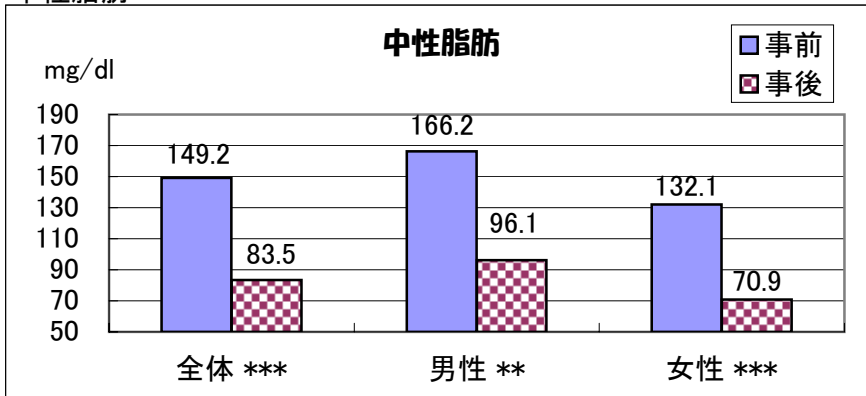


② 血液検査

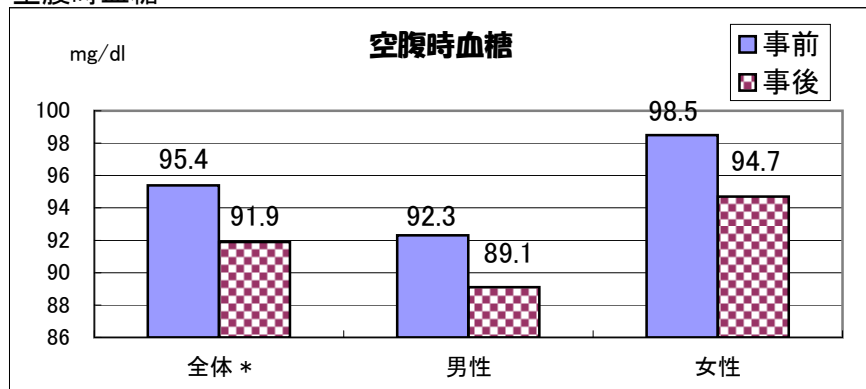
総コレステロール



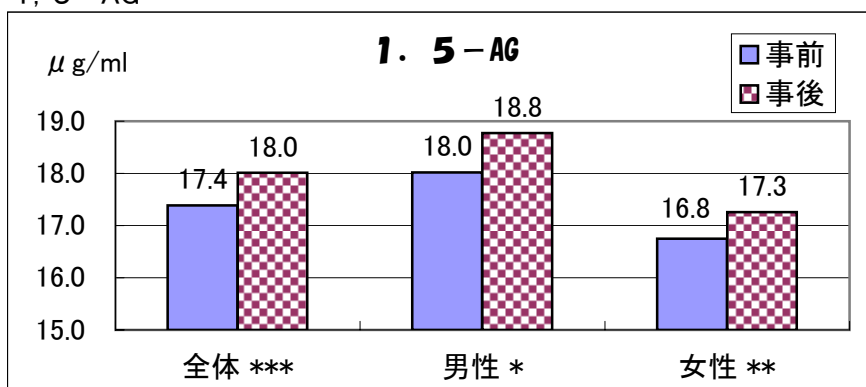
中性脂肪



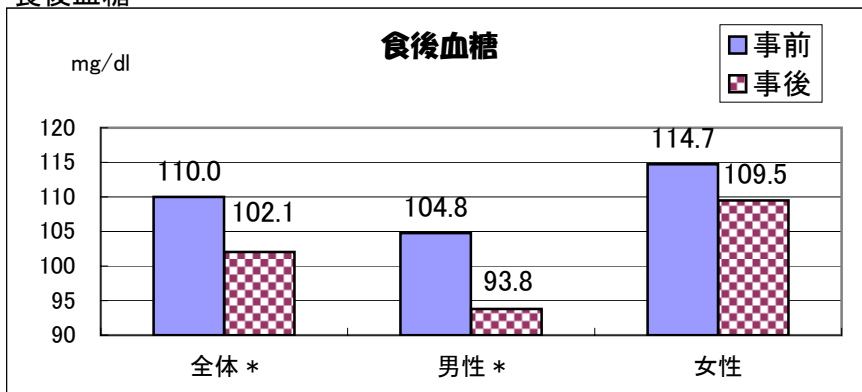
空腹時血糖



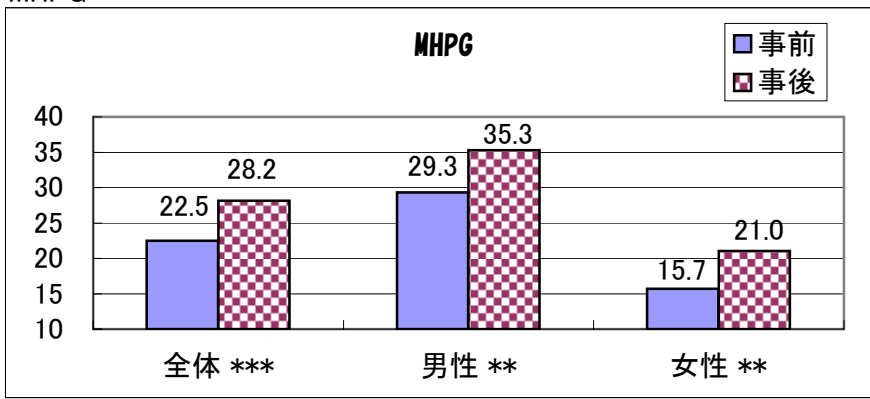
1, 5-AG



食後血糖

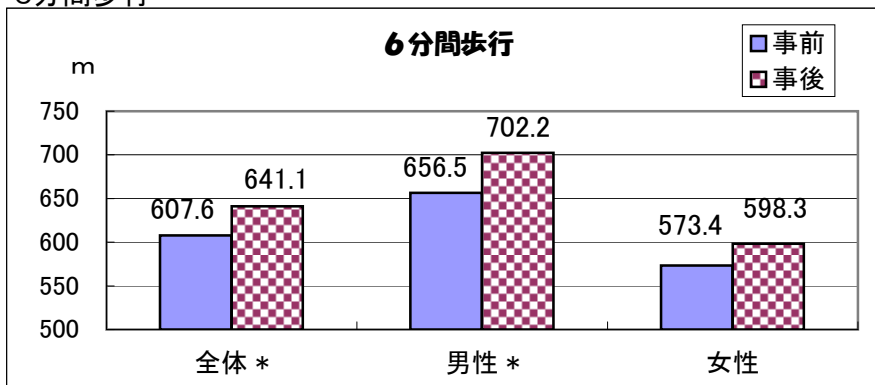


MHPG



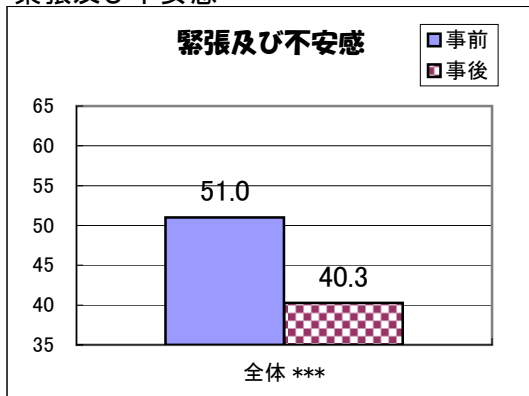
③体力測定

6分間歩行

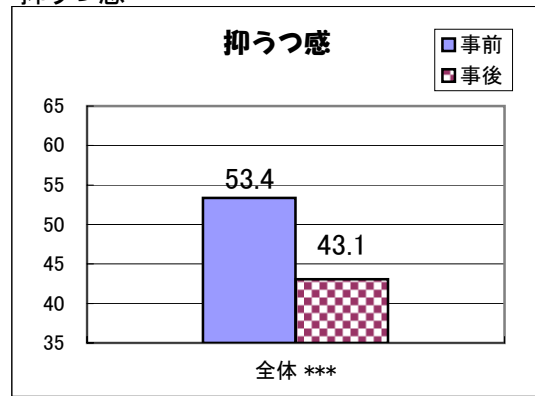


④ 心理的評価(POMS)

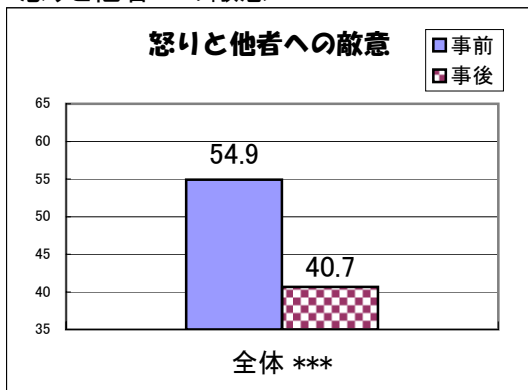
緊張及び不安感



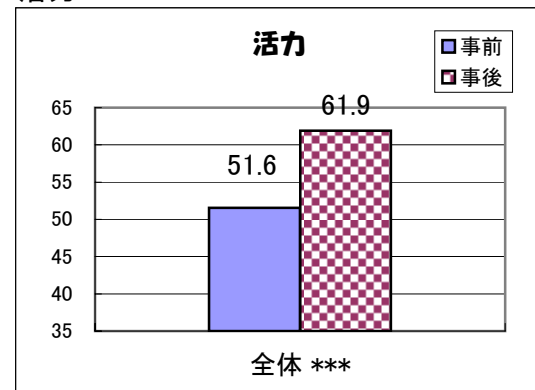
抑うつ感



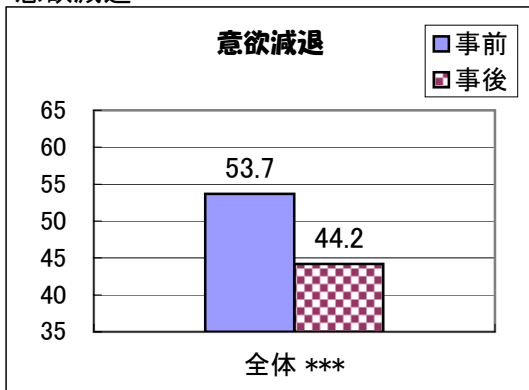
怒りと他者への敵意



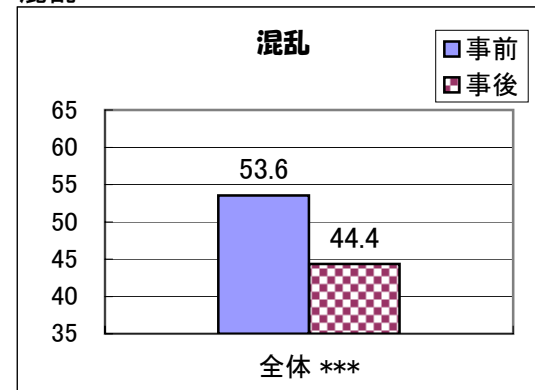
活力



意欲減退

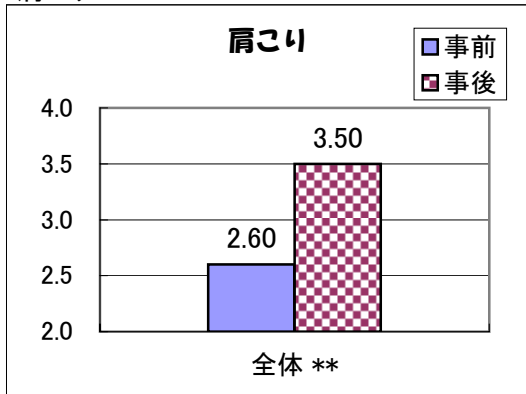


混乱

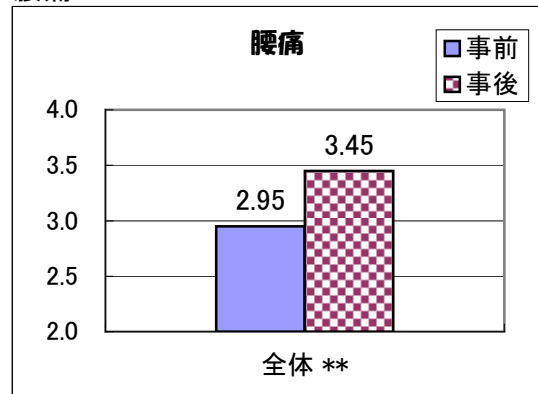


⑤ 体調の変化

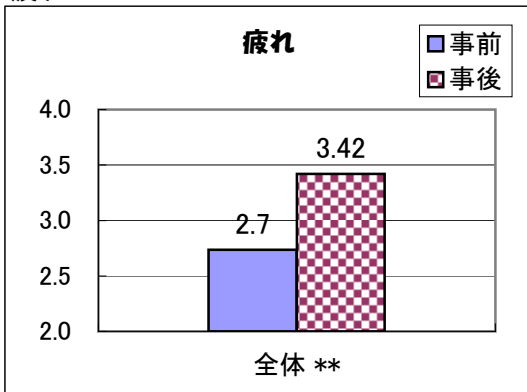
肩こり



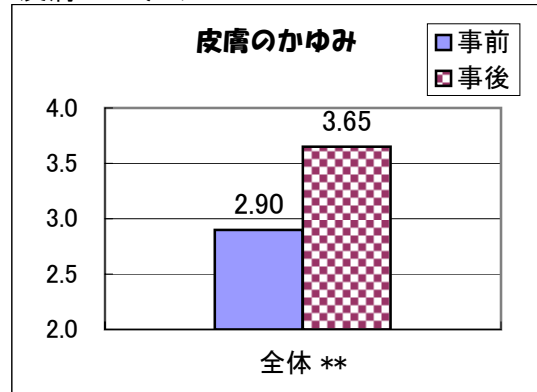
腰痛



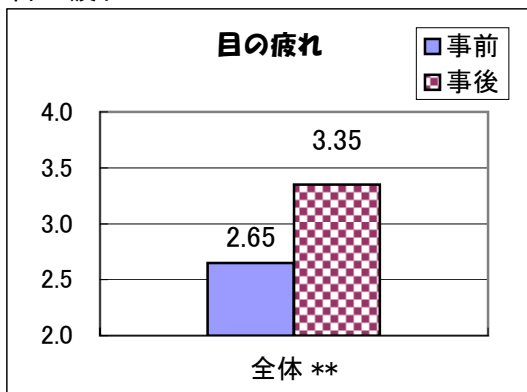
疲れ



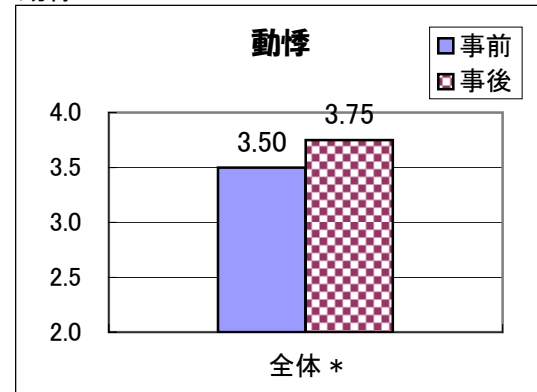
皮膚のかゆみ



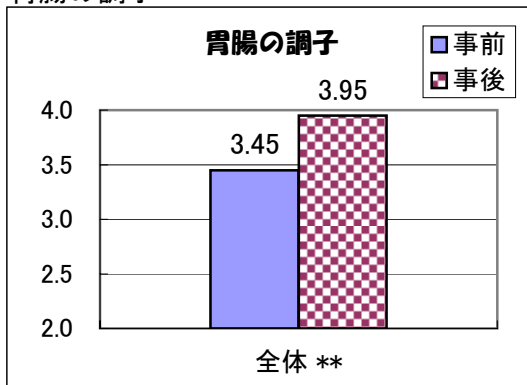
目の疲れ



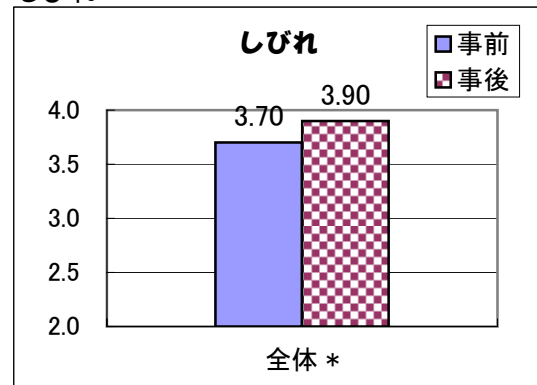
動悸



胃腸の調子



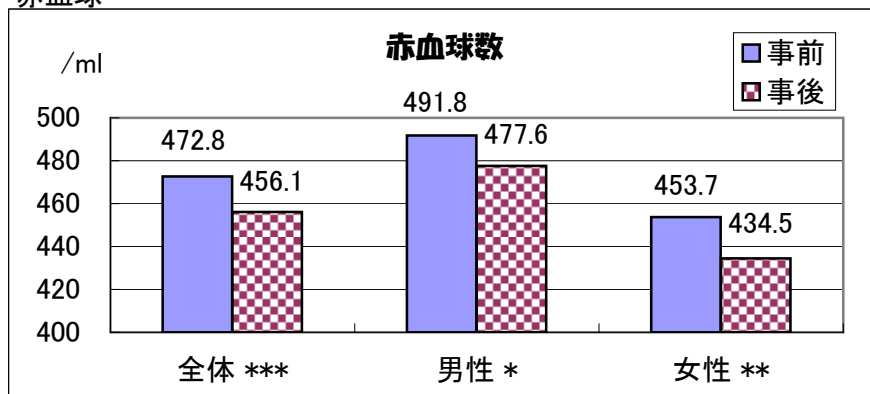
しびれ



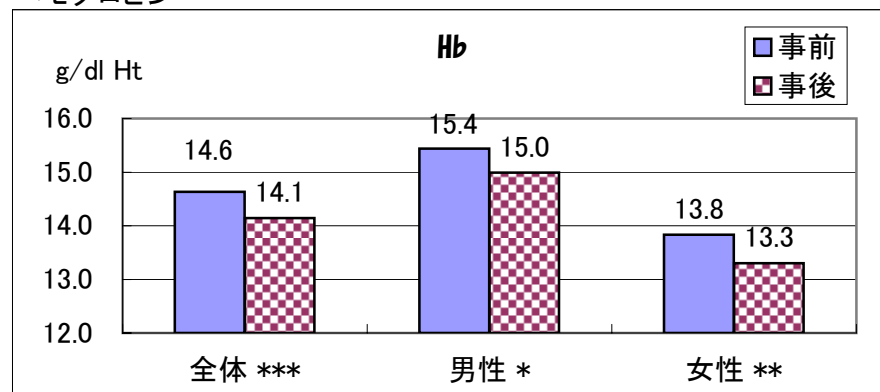
2 実施前後で変化が見られた項目

① 血液検査

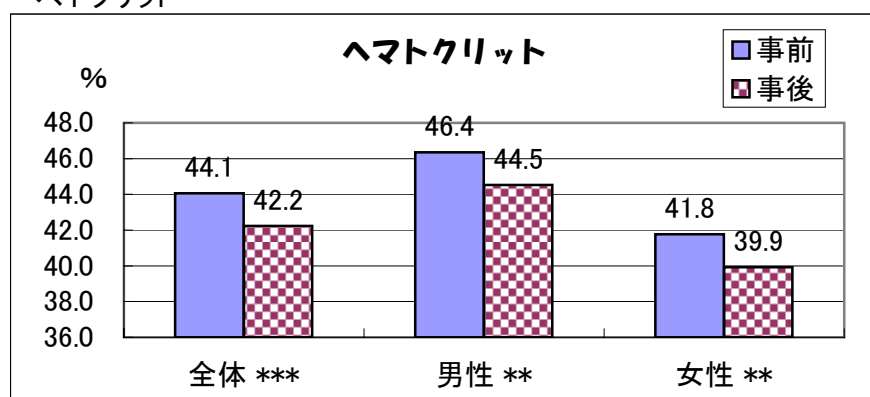
赤血球



ヘモグロビン

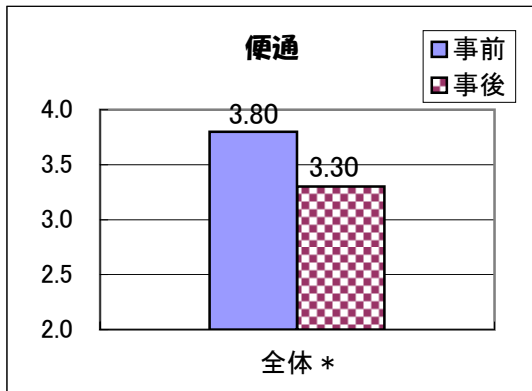


ヘマトクリット

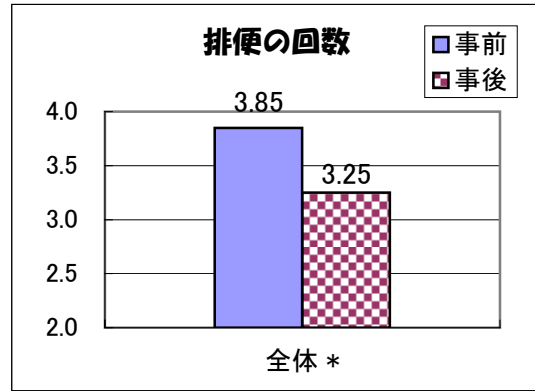


② 体調の変化

便通

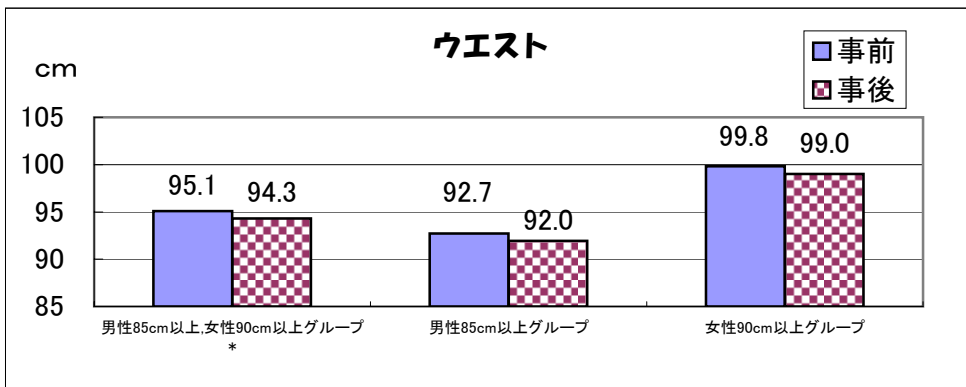


排便の回数

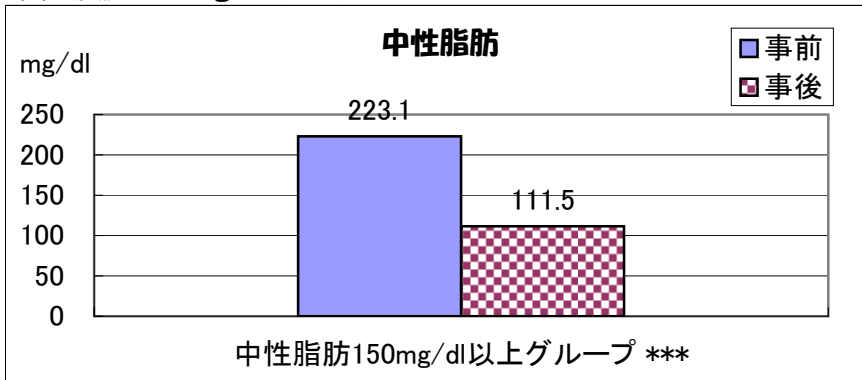


3 ハイリスクグループ等における実施前後での改善

ウエスト男性85cm以上, 女性90cm以上グループ



中性脂肪150mg/dl以上グループ



血圧130mmHgまたは85mmHg以上グループ

