

PONDERAL

Meaning: Ponderal relates to measurements or calculations based on weight, particularly in assessing body composition or growth.

1. The ponderal measurements of the athletes were meticulously recorded to assess their performance.
2. In the study, researchers examined the ponderal index of children to better understand their growth patterns.
3. Her ponderal assessment revealed that she had a healthy balance of height and weight.
4. Medical professionals often consider ponderal factors when evaluating a patient's overall health.
5. The ponderal calculations aimed to establish a correlation between body composition and physical fitness.

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