



Body Fat Percentage

What is body fat percentage?

Body fat percentage is the amount of body fat in proportion to your body weight.

Why do we want to measure body fat percentage?

Reducing excess levels of body fat has been shown to reduce the risk of certain conditions such as high blood pressure, heart disease, diabetes, and cancer.

What is a healthy range of body fat?

Men 20-40 years old	8-19%
Men 21-60 years old	11-22%
Men 61-80 years old	13-25%

Women 20-40 years old	21-33%
Women 41-60 years old	23-35%
Women 61-80 years old	24-36%

Total Body Water Percentage

What is total body water percentage?

Total body water percentage is the total amount of fluid in a person's body expressed as a percentage of their total weight.

What is total body water percentage?

Water plays a vital role in many of the body's processes and is found in every cell, tissue and organ. Maintaining a healthy total body water percentage ensures the body functions efficiently and will reduce the risk of developing associated health problems.

****Note** - body water levels fluctuate throughout the day and night. Other factors can also cause variations - eating large meals, drinking alcohol, menstruation, illness, exercising, and bathing. It is important to look at total body water levels over the long-term and should be used as a guide only.

What is a healthy range for total body water percentage?

Women - 45-60%

Men - 50-65%

Visceral Fat Rating

What is body fat percentage?

Visceral fat is the fat in the internal abdominal cavity surrounding the vital organs in the abdominal area. Unhealthy levels of visceral fat may be a risk factor for heart disease, high blood pressure and type 2 diabetes.

What is a healthy visceral fat rating?

- A rating from 1-12 indicates a healthy level of visceral fat
- A rating of 13 or above indicates an excess of visceral fat

Other considerations

- Dietary changes as well as the implementation of an exercise program can lower visceral fat
- Even if an individual has a low overall body fat rate, the visceral fat rating still may be high

Basal Metabolic Rate (BMR)

What is basal metabolic rate?

Your BMR is the minimum level of energy (calories) your body needs when it is at rest to function effectively. This functioning includes all areas and body systems.

It is interesting to note:

- About 70% of calories consumed every day are used for your basal metabolism
- Obviously, the more vigorous exercise performed, the more calories that are burned
- Increasing muscle mass will help to increase basal metabolism



Metabolic Age

What is metabolic age?

This measurement is calculated by taking an individual's BMR and indicating the average age associated with that BMR. If your metabolic age is older than your chronological age, it indicates that your metabolism should be improved.

How do I improve my metabolic age rating?

Increased exercise will build an increased muscle mass. This increase in muscle mass will increase your BMR and subsequently reflect in your metabolic age.

Muscle Mass

What is muscle mass?

This feature indicates the weight of muscle in your body. The muscle mass measurement displays the skeletal muscles, smooth muscles and the water contained in these muscles.

How do I increase my muscle mass and what are the benefits?

Increased exercise will help to build healthy muscle tissue. As your muscle mass increases, your energy consumption also increases which helps to reduce excess body fat levels.

Physique Rating

What is physique rating?

This feature assesses your physical physique based on the ratio of body and muscle mass present in the body.

What do the results tell us?

- PHYSIQUE RATING 1 - hidden obese. This person seems to have a healthy body type based on physical appearance; however, they have a high body fat percentage with low muscle mass.
- PHYSIQUE RATING 2 - medium frame obese. This person has a high body fat percentage with a moderate muscle mass.
- PHYSIQUE RATING 3 - large frame obese. This person has both a high body fat percentage and muscle mass.

- PHYSIQUE RATING 4 - under-exercised. This person has an average body fat percentage and less than average muscle mass.
- PHYSIQUE RATING 5 - standard. This person has average levels of both body fat and muscle mass.
- PHYSIQUE RATING 6 - standard muscular. This person has an average body fat percentage and higher than normal muscle mass.
- PHYSIQUE RATING 7 - thin. This person has both lower than normal body fat percentage and muscle mass.
- PHYSIQUE RATING 8 - thin and muscular. This person has a lower than normal body fat percentage while having adequate muscle mass.
- PHYSIQUE RATING 9 - very muscular/athletic. This person has lower than normal body fat while having above average muscle mass.

Bone Mass

What is bone mass?

Bone mass is an indication of how much bone is in the body (in pounds).

What is a healthy reading?

For Women:

- 110 pounds of less - 4.3 pounds average
- 110-165 pounds - 5.3 pounds average
- 165 pounds and over - 6.5 pounds average

For Men:

- 143 pounds of less - 5.9 pounds average
- 143-209 pounds - 7.3 pounds average
- 209 pounds and over - 8.1 pounds average

The following may obtain various readings and should take values given as a reference only:

- Elderly persons
- Women during or after menopause
- People receiving hormone therapy

Notes
