

YOUR bodyscan with Tanita

Fat % (percentage of fat)

The percentage of total body weight that consists of fatty tissue. In the DESIRABLE RANGE you can see, if you are within the recommended range.

Fat Mass (Fatty Tissue Mass)

The total weight of the body's fatty tissue in kilograms. Shows how many kilograms of fat are in the body. See DESIRABLE RANGE.

FFM (Fat Free Mass)

Free from fat mass. Consists of muscles, bones, tissue, organs, water and everything else that is not fatty tissue in the body (lean body mass).

BMR (Basal Metabolic Rate)

The amount of energy the body uses to maintain normal functions such as breathing and circulation at rest. It's what you burn in a day without moving.

Visceral Fat Rating (internal fat)

The term for the fat that is close to the internal organs, which is considered "dangerous" fat.

A number between 1-12:

Healthy level of fat.

A number between 13-59:

Less healthy level of fat.

Try to change your habits to minimise fat in the area.

BMI (Body Mass Index)

A measure of height in relation to weight. Calculated using the formula: your weight in kg/(your height in meters x height in meters).

<19 underweight
19-25 normal weight
25-30 overweight
30 obesity

Desirable Range

The recommended range for percentage of fat and fatty tissue mass.

Bioelectrical data

The Resistance Reactance table indicates measurements for the impedance flow at each of the two dual frequency signals.

TANITA

BODY COMPOSITION ANALYZER

24/FEB/2006 15:15
SERIAL No. 00000001

INPUT
ID No. 0000123456
BODY TYPE STANDARD
GENDER MALE
AGE 24
HEIGHT 174.5cm
CLOTHES WEIGHT 1.0kg

RESULT
WEIGHT 61.1kg
FAT % 9.1 %
FAT MASS 5.6kg
FFM 55.5kg
MUSCLE MASS 52.7kg
TBW 39.9kg
TBW % 65.3 %
BONE MASS 2.8kg
BMR 6786 kJ
1622kcal
METABOLIC AGE 12
VISCERAL FAT RATING 1
BMI 20.1
IDEAL BODY WEIGHT 67.0kg
DEGREE OF OBESITY -8.8 %

DESIRABLE RANGE
FAT % 8.0-19.9 %
FAT MASS 4.8-13.8kg

INDICATOR
*FAT %
- | 0 | + | ++
*BMI
- | 0 | + | ++
*VISCERAL FAT RATING
| 13
*MUSCLE MASS
- | 0 | +
*BMR
- | 0 | +
*PHYSIQUE RATING
STANDARD

xBIOELECTRICAL DATA
6.25khz 50khz
R 433.5 394.3
X -19.3 -29.0

Physique Rating

It is a physical grouping measured based on body fat and muscle mass. You can change your physical grouping by being more active and reducing your body fat.

Muscle Mass

Is the same as lean body mass LTM (excl. Bone Mass).

TBW (total amount of water in the body)

The total amount of water in the body in kilograms. Water is an important building block in our body's internal processes. A good recommendation is to consume 1-1.5 litres of water a day.

TBW % (TBW percentage)

Percentage of total body weight that consists of water. The body usually consists of 50-70 % water.

Bone Mass

Metabolic Age (physical age)

An expression of your physical age based on your BMR and muscle mass. If the number is higher than your biological age, you can advantageously increase muscle mass and activity level.

Ideal Body Weight

The recommended weight based on a BMI of 22.5.

Degree of obesity

Guideline deviation from current weight to ideal weight. But body shape is not taken into account in this ideal weight.

Indicator (graphical expression of the values)

With Fat %, BMI and Muscle Mass you can see how much you vary compared to the average. Visceral Fat Rating should ideally be below 13.