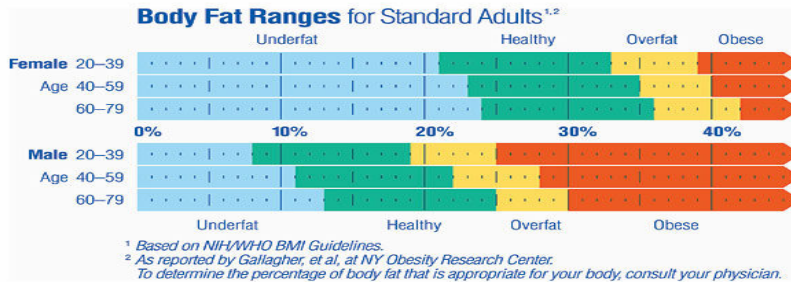


### ***What is body fat percentage?***

Body fat percentage is the amount of body fat as a proportion of your body weight. Reducing excess levels of body has shown to reduce the risk of certain conditions such as high blood pressure, heart disease, diabetes and cancer.



### ***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. 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 will ensure the body functions efficiently and will reduce the risk of developing associated health problems.

#### **Healthy Ranges**

**Female** : 45 to 60%

**Male** : 50 to 65%

### ***What is visceral fat rating?***

Visceral fat is the fat that is in the internal abdominal cavity, surrounding the vital organs in the trunk (abdominal) area. Research shows that even if your weight and body fat remains constant, as you get older the distribution of fat changes and is more likely to shift to the trunk area especially post menopause.

#### **Rating from 1 to 12**

Indicates you have a healthy level of visceral fat. Continue monitoring your rating to ensure that it stays within the healthy range.

#### **Rating from 13-59**

Indicates you have an excess level of visceral fat. Consider making changes in your lifestyle possibly through diet changes or increasing exercise.

### ***What is Basal Metabolic Rate(BMR)?***

Your Basal Metabolic Rate(BMR) is the minimum level of energy your body needs when at rest to function effectively including your respiratory and circulatory organs, neural system, liver, kidneys, and other organs. You burn calories when sleeping. About 70% of calories consumed every day are used for your basal metabolism.

### ***What is Metabolic Age?***

This feature calculates your BMR and indicates the average age associated with that type of metabolism.

### ***What is Physique Rating?***

Result	Physique Rating	Explanation
1	Hidden obese	<b>Small Frame Obese</b>
2	Obese	<b>Medium Frame Obese</b>
3	Solidly-built	<b>Large Frame Obese</b>
4	Under exercised	<b>Low Muscle &amp; Average Body Fat %</b>
5	Standard	<b>Ave. Muscle &amp; Ave. Body Fat %</b>
6	Standard Muscular	<b>High Muscle &amp; Ave. Body Fat % (Athlete)</b>
7	Thin	<b>Low Muscle &amp; Low Fat</b>
8	Thin and muscular	<b>Thin and muscular (Athlete)</b>
9	Very Muscular	<b>Very Muscular (Athlete)</b>

### ***What is Bone Mass?***

This feature indicates the amount of bone (bone mineral level, calcium or other minerals) in the body. Research has shown that exercise and the development of muscle tissue are related to stronger, healthier bones.

**Women:** Average of estimated bone mass(lb)

Weight		
Less than 110 lb	110-165 lb	165 lb and up
4.3lb	5.3 lb	6.5 lb



**Men:** Average of estimated bone mass(lb)

	Weight	
Less than 143 lb	143 lb-209 lb	209 lb and up
5.9 lb	7.3 lb	8.1 lb

