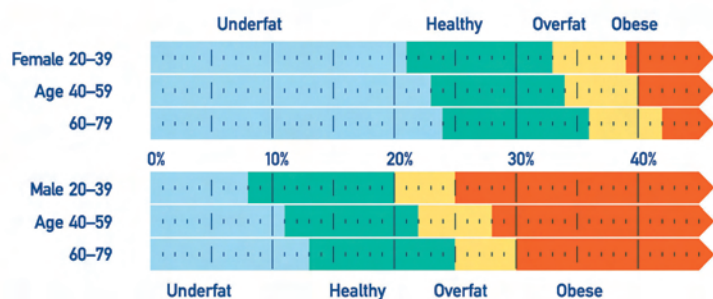


## What is Body Fat %?



We all need a bit of body fat to be healthy. It's vital for basic bodily functions such as regulating body temperature, storing vitamins and cushioning joints. But too much fat can damage your health. Reducing excess levels of body fat reduces the risk of high blood pressure, heart disease, diabetes and cancer. Tanita Fitness Monitors calculate your body composition and assesses your body fat % according to the Healthy Body Fat Range Chart below:

Body Fat Ranges for Standard Adults<sup>1,2</sup>



Healthy body fat percentage for standard adults<sup>1,2</sup>  
 1. Based on NIH/WHO BMI Guidelines.  
 2. As reported by Gallagher et al at NY Obesity Research Centre.

## How Dieting & Exercise Affects Your Body Fat Reading

To reduce body fat and lose weight, we need to combine sensible eating with physical activity.

Quick fix, fad diets, that promise dramatic weight loss, don't work. Yes you may lose weight quickly in the beginning, but once you stop following the diet (which is almost certain) you will simply put this weight back on and probably more!

The dramatic weight loss experienced is due to body water loss, not body fat.

Your body uses up the easiest available energy sources first, which are the carbohydrate stores (glycogen) in the muscles.

As water is stored with the glycogen, this means you could lose kilos in water alone. Once all the glycogen has gone, then your body uses the protein found in the muscles, leading to loss of muscle mass. Your metabolism slows down, meaning you need less and less calories in order for your body to function. To continue losing weight you need to eat even fewer calories.

When you return to your normal eating habits, your slower metabolism will store the extra calories it doesn't need as fat, meaning you regain the weight lost. Your body fat % reading will also go up, putting you at greater risk of health problems. By following a sensible long-term healthy eating plan, combined with regular exercise, you will see your body fat % decline at a slow but steady rate, along with your weight.

When you begin a new exercise routine, particularly if it includes resistance or strength training, do not be alarmed if your weight increases slightly. This is because you are building muscle tissue, which is denser than fat. But overtime your body fat % decreases. The Tanita InnerScan enables you to effectively measure such reduction.

## What is Physique Rating?



This feature assesses your physique according to the ratio of body fat and muscle mass in your body. As you become more active and reduce your Body Fat %, your Physique Rating will also change, for the better.

## What is Basal Metabolic Rate?



The Basal Metabolic Rate (BMR) is the daily minimum level of energy or calories your body requires when resting (including sleeping) to function effectively.

About 70% of calories consumed each day are used for your basal metabolism. The more vigorous your activity level, the more calories burned. Increasing your muscle mass helps raise your BMR.

## What is Metabolic Age?



This feature compares your BMR to the average age associated with that level of metabolism. If your BMR is higher than your actual age, it is an indication that you need to improve your metabolic rate. Increased exercise will build healthy muscle tissue, improving your BMR age.

You will obtain a reading between 12 and 50. Under 12 will be displayed as "12" and over 50 displayed as "50".

## What is Total Body Water %?



Total Body Water Percentage (TBW%) is the total amount of fluid in the body expressed as a percentage of your total weight. Maintaining a healthy TBW % ensures your body functions efficiently, assisting concentration, and enhances sporting performance and general well being.

### TOTAL BODY WATER:

Female:	45 - 60%
Male:	50 - 65%
Athletic Body Types:	5% higher than adult range

## What is Muscle Mass?



This is the weight of muscle in your body. Muscles act as the body's engine in consuming energy (calories). As you exercise more, your muscle mass increases which in turn accelerates the rate of energy or calories consumed. Increasing your muscle mass increases your metabolic rate helping you reduce excess body fat levels and lose weight the healthy way.

## What is Visceral Fat?



Visceral Fat is the fat in the abdominal cavity (stomach) surrounding our vital organs.

As we get older, the distribution of fat changes and is more likely to shift to our stomach area. Ensuring we have a healthy level of visceral fat reduces the risk of heart disease, high blood pressure and may delay the onset of type 2 diabetes.

### ABDOMINAL FAT RATING:

Healthy Level:	Rating of 1 - 12
Excess Level:	Rating of 13 - 59

## What is Bone Mass?



This is the weight of bone (bone mineral level, including calcium) in the body.

### BONE MASS RANGES:

Female		
W < 49 kg	50kg < W < 75kg	76kg < W
1.95 kg	2.40 kg	2.95 kg
Male		
W < 64 kg	65 kg < W < 95kg	96 kg < W
2.65 kg	3.29 kg	3.69 kg