Body Composition Glossary (Provided by Tanita™)

Weight

-Your total body total body weight.

Body Fat %

-The amount of body fat as a proportion of your body weight.

	Underfat	Healthy	Overfat	Obese
Female Age 18-39	0-21%	21-33%	33-39%	39% +
Female Age 40-59	0-23%	23-34%	34-40%	40% +
Female Age 60-99	0-24%	24-36%	36-42%	42% +
Male Age 18-39	0-8%	8-20%	20-25%	25% +
Male Age 40-59	0-11%	11-22%	22-28%	28% +
Male Age 60-99	0-13%	13-25%	25-30%	30%+

Underfat = Below the healthy body fat range. Increased risk for health problems.
Healthy = Within the healthy body fat percentage range for your age/gender.
Overfat = Above the healthy range. Increased risk for health problems.
Obese = High above the healthy body fat range. Greatly increased risk of obesity-related health problems.

Body Water %

The total amount of fluid in a person's body expressed as a percentage of their total body weight. Your body water levels naturally fluctuate throughout the day and night. Your body tends to be dehydrated after a long night sleep and there are differences in fluid distribution between day and night. Eating large meals, drinking alcohol, menstruation, illness, exercising, and bathing may cause variations in your hydration levels. Drinking a large amount of water in one sitting will not instantly change your water level. In fact, it will increase your body fat reading due to the additional weight gain.

Every individual varies but as a guide the average total body water percentage ranges for a healthy adult are:

Female	45-60%
Male	50-65%

Note: Total body water percentage tends to decrease as percentage of body fat increases. Therefore; as you lose body fat, the total body water percentage should gradually move towards the typical range given above.

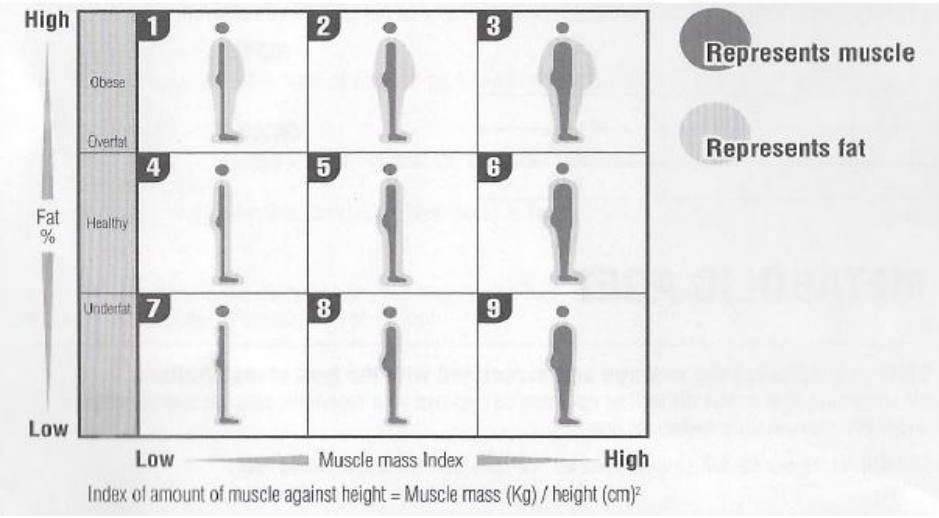
Muscle Mass

Indicates the weight of muscle in your body. This includes the skeletal muscles, smooth muscles (such as cardiac and digestive muscles), and the water contained in these muscles. Muscles act as an engine in consuming energy. As your muscle mass increases, your energy consumption increases helping you reduce excess body fat levels and lose weight in a healthy way.

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 the amount of body fat, your physique rating will also change accordingly. Even though your weight may not change, your muscle mass and body fat levels may be changing making you healthier and at lower risk of certain diseases.

Result	Physique Rating	Explanation
1	Hidden Obese	**Small Frame Obese** This person seems to have a healthy body type based on physical appearance; however, they have a high body fat % with low muscle mass level.
2	Obese	**Medium Frame Obese** This person has a high body fat percentage, with a moderate muscle mass level.
3	Solidly-built	**Large Frame Obese** This person has both a high body fat % and a high muscle mass.
4	Under exercised	**Low Muscle & Average Body Fat %** This person has an average body fat % and a less than average musc e mass level.
5	Standard	**Ave. Muscle & Ave. Body Fat %** This person has average levels of both body fat and muscle mass.
6	Standard Muscular	**High Muscle & Ave. Body Fat % (Athlete)** This person has an average body fat % and higher muscle mass level than the average.
7	Thin	**Low Muscle & Low Fat** Both body fat % and muscle mass are lower than the average.
8	Thin and muscular	**Thin and muscular (Athlete)** This person has lower normal body fat % than average while having adequate muscle mass.
9	Very Muscular	**Very Muscular (Athlete)** This person has lower normal body fat % than average, while having above-average muscle mass.



DCI (Daily Caloric Intake)

DCI is the sum of calories for basal metabolism, daily activity, and diet-induced thermogenesis (energy used in connection with digestion, absorption, metabolism, and other eating activities). It is an estimate of how many calories you can consume within the next 24 hours to maintain your current weight.

Metabolic Age

Metabolic age is an indication of the average age associated with your type of metabolism based off of your BMR/DCI. If your BMR age 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, which will improve your metabolic age.

Bone Mass

Bone Mass is 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. While bone structure is unlikely to make noticeable changes in a short period, it is important that you develop and maintain healthy bones by having a balanced diet and plenty of exercise. People worried about bone disease should consult their physician. People who suffer from osteoporosis or low bone densities due to advance age, young age, pregnancy, hormonal treatment or other causes, may not get accurate estimations of their bone mass.

Below is the result of estimated bone masses of persons aged 20-40 who are said to have the largest amounts of bone masses, by weight.
(Source: Tanita Body Weight Science Institute)

Please use the charts below as a guide to compare your bone mass reading.

Women Avg. Estimate of Bone Mass*		
Less than 110 lb	110 lb – 165 lb	165 lb and up
4.3 lb	5.3 lb	6.5 lb

Men Avg. Estimate of Bone Mass*		
Less than 143 lb	143 lb – 209 lb	209 lb and up
5.9 lb	7.3 lb	8.1 lb

Estimated Bone Mass is a value estimated statistically. It does not give a direct judgment on the hardness or strength of the bones or the risks of bone fractures.

Visceral Fat

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. Ensuring you have healthy levels of visceral fat may reduce the risk of certain diseases such as heart disease, high blood pressure, and the onset of type 2 diabetes.

Ratings from 1-12:

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

Ratings 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.

Source: Data from Columbia University (New York) & Tanita Institute (Tokyo)

Note:
*Even if you have a low body fat rate, you may have a high visceral fat level.
*For medical diagnosis, consult a physician.