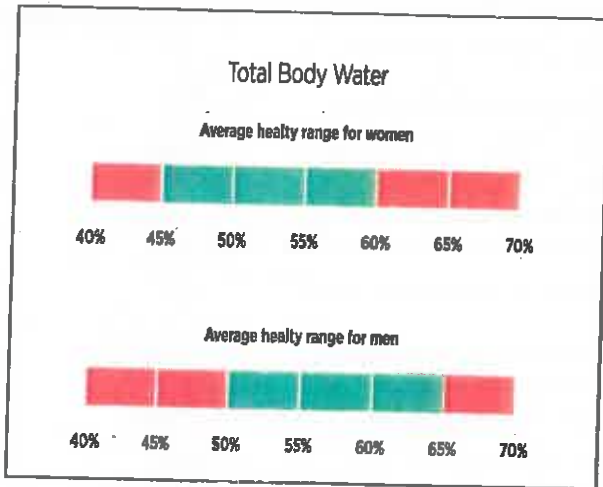
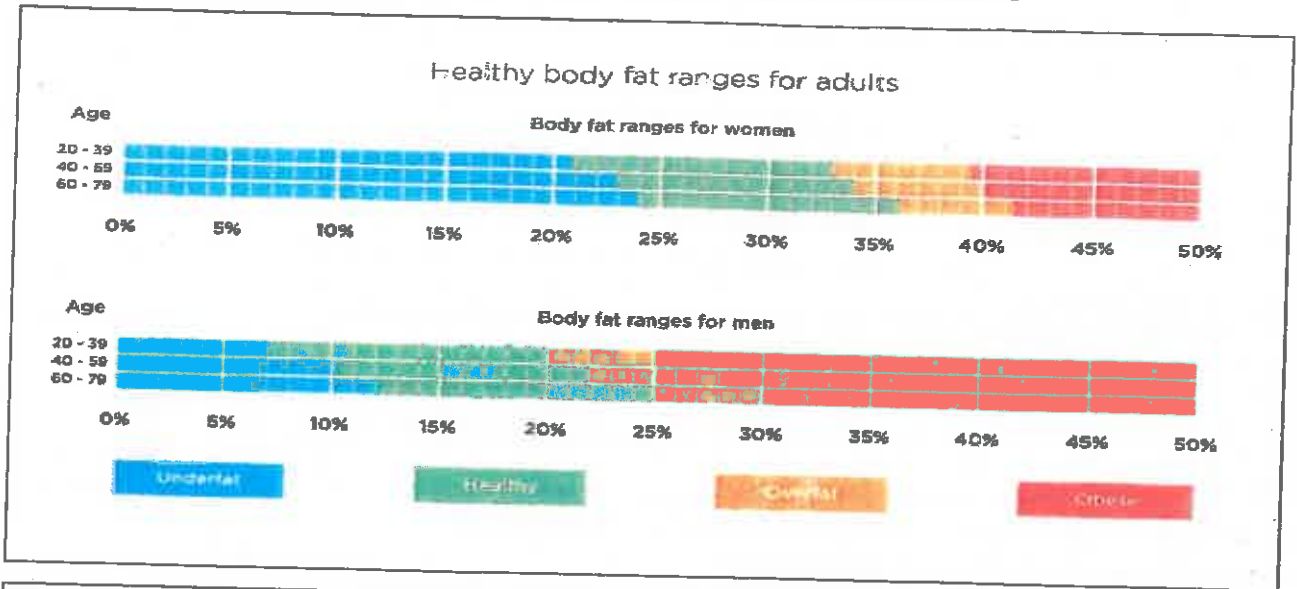


# WHAT DO MY RESULTS MEAN?



### BONE MASS

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

Weight		
Less than 110 lb (50 kg)	110 lb - 165 lb (50 kg - 75 kg)	165 lb and up (75 kg and up)
4.3 lb (1.95 kg)	5.3 lb (2.40 kg)	6.5 lb (2.95 kg)

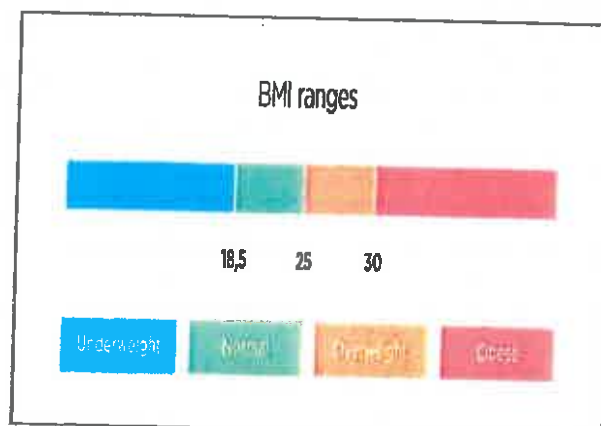
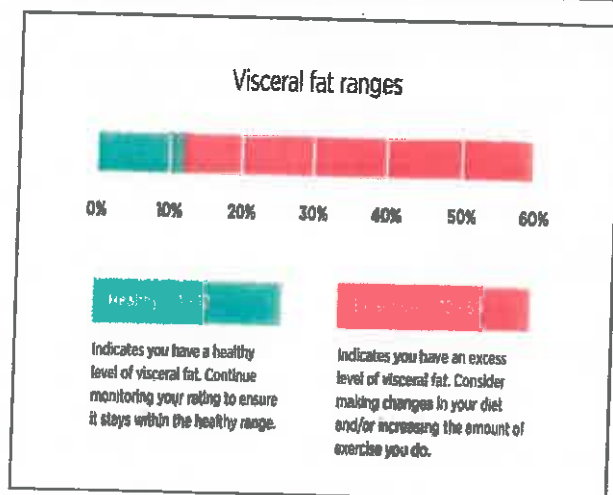
**Men: Average of estimated bone mass (lb)**

Weight		
Less than 143 lb (65 kg)	143 lb - 209 lb (65 kg - 95 kg)	209 lb and up (95 kg and up)
5.9 lb (2.66 kg)	7.3 lb (3.29 kg)	8.1 lb (3.68 kg)

### Metabolic Age

Compares your BMR to an average for your age group.

This is calculated by comparing your basal metabolic rate (BMR) to the BMR average of your chronological age group. If your metabolic age is higher than your actual age, it's an indication that you need to improve your metabolic rate. Increased exercise will build healthy muscle tissue, which in turn will improve your metabolic age.



# WHAT DO MY RESULTS MEAN?

## Fat % & FAT MASS

Fat is important for warmth, storing vitamins and cushioning joints. Too much fat can damage your health. Fat % is the amount of body fat as a proportion of body weight. Fat Mass is the total weight of fat mass in the body.

## FFM - Fat Free Mass

Muscle, bone, tissue, water - anything in your body that is not fat.

## Muscle Mass

Muscles use energy. Regular exercise including resistance exercises can increase muscle mass which uses more energy.

## TBW - Total Body Water

Total Body Water is the amount of water retained in the body. TBW is said to comprise between 50% - 70% of total body weight. Generally, men tend to have higher water weight than women due to a greater amount of muscle.

## Bone Mass

It is important to develop and maintain healthy bones to reduce the risk of poor posture, injuries and development of osteoporosis (brittle bone disease).

## BMR - Basal Metabolic Rate

How much energy your body burns at rest. Higher BMR's burn more energy and can be increased by regular exercise.

## Metabolic Age

Shows how well your body is working and how it is aging. Metabolic age is evaluated young when a muscular amount is larger, and BMR is higher. If your result is higher than your actual age, it is an indication that you need to improve your metabolic rate by increasing exercise.

## Visceral Fat

Harmful fat that is stored around your internal organs such as your liver and kidneys. Too much changes the way they work which increases your risk of heart disease, high blood pressure and type 2 diabetes.

## BMI- Body Mass Index

Puts your weight in proportion to your height.

**TANITA**  
BODY COMPOSITION  
ANALYZER  
BC-550ST

21/MAY/2015 12:57  
SERIAL No. 00000001

INPUT  
BODY TYPE STANDARD  
GENDER FEMALE  
AGE 32  
HEIGHT 5ft 4.0in  
CLOTHES WEIGHT 0.8lb

WEIGHT 62.0kg  
96t12.0lb  
FAT % 29.9 %  
FAT MASS 26t12.4lb  
FFM 66t18.6lb  
MUSCLE MASS 66t 5.8lb  
15% 46t12.4lb  
TBW % 49.8 %  
BONE MASS 5.0lb  
BMR 5810 kJ  
1343kcal  
METABOLIC AGE 30  
VISCERAL FAT RATING 3  
BMI 23.7  
IDEAL BODY WEIGHT 66t 2.2lb  
DEGREE OF OBESITY 7.0 %

FAT % 21.0-32.9 %  
FAT MASS 6t12.0lb - 36t 5.8lb

INDICATOR  
FAT %

- | 0 | + | H |

BMI

VISCERAL FAT RATING

MUSCLE MASS

AGE

HEIGHT

WEIGHT

• ZPW RANGE 542 0