TANITA
Monitoring Your Health

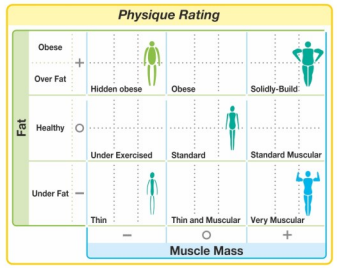
Body Composition Analyzer

MC-780

Date (DMY,H:m)	Age	Standard / Athletic
	Height cm	Male / Female
ID	Clothes Weight (PT) kg	

Details

	Result	Desirable	Target	
Body Weight	kg	kg	kg	kg
Fat %	%	%	%	%
Fat Mass	kg	kg	kg	kg
Muscle Mass	kg	kg		
Bone Mass	kg			
BMI				
Metabolic Age				



BMR VFA TBW

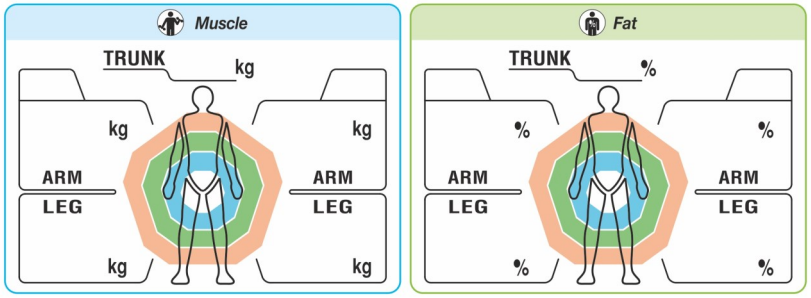
TBW kg / % | ECW kg | ICW kg

BMR kJ / kcal — Under | Normal | More

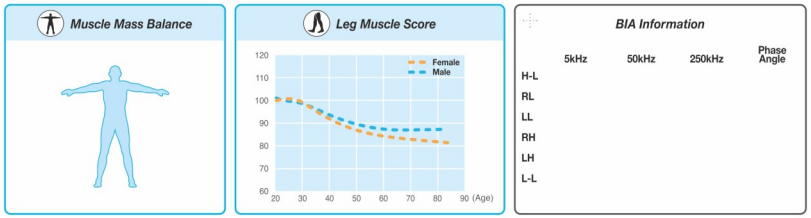
ECW/TBW % — 35% | 40% | 45%

Visceral Fat Rating — 13 | 18 — Average | High | Very High

Segmental Analysis



Balance



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Body Composition Scales is a subsidiary of Denward Ltd
Denward House, Writtle Road, Chelmsford, CM1 3BU

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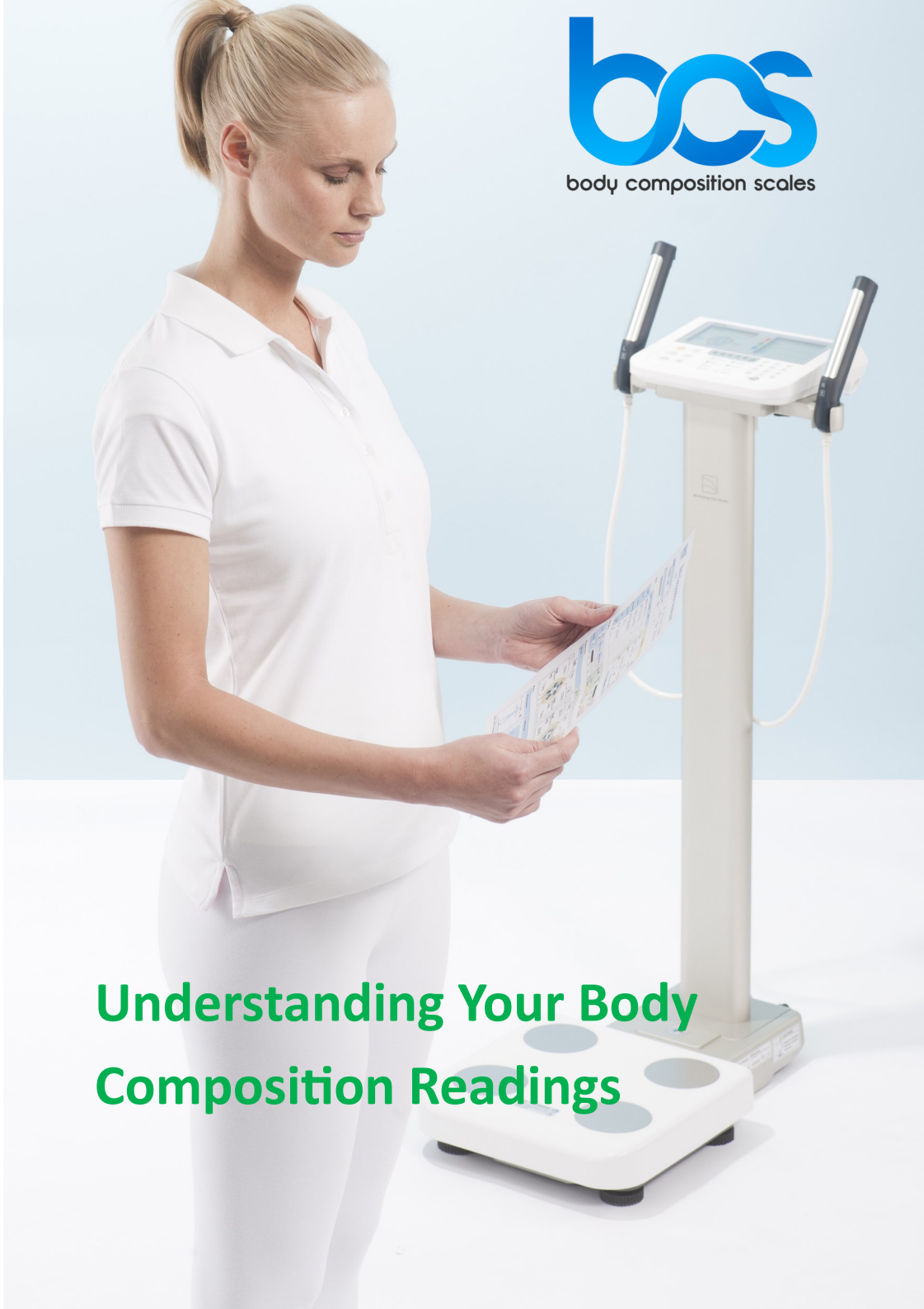

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Understanding Your Body Composition Readings

Fat % / Fat Mass

Fat Mass is the weight of fat in your body. Fat % is the proportion of Fat to the total body weight. Body Fat is essential for maintaining body temperature, cushioning joints and protecting internal organs. Yet, too much fat can damage your health. Reducing excess levels of body fat has shown to reduce the risk of certain conditions such as high blood pressure, heart disease, type 2 diabetes and cancer. Too little body fat may lead to irregular periods in women and infertility. Check your body fat results against the healthy body fat ranges shown at bottom of your printout.

Fat Free Mass (FFM)

Fat free Mass is comprised of non-fat components of the human body. Muscle, bone and water are all examples of fat free mass.

Muscle Mass

The predicted weight of muscle in your body. As you exercise more, your muscle mass increases which in turn burns more calories.

Check your muscle mass rating against the desirable range.

Body Mass Index (BMI)

Body Mass Index is a standardised ration of weight to height and is used as a general indicator of health. Your BMI can be calculated by dividing your weight (in kilograms) by the square of your height (in meters).

<18.5 = Under Weight

18.5—24.9 = Normal Weight

25.0 - 29.9 = Overweight

30> = Obese

BMI is a good general indicator for population studies but has serious limitations when used for individual analysis

Metabolic Age

Metabolic Age compares your best basal metabolic rate to other age groups. If the age indicated is higher than your actual age then you need to increase exercise levels. Building muscle will burn more calories,.

Bone Mass

The predicted weight of bone mineral in your body. It has been proven that increased muscle mass through sport activities promotes stronger healthier bones.

Protein

The weight of protein in the body, protein is essential for the maintenance of muscle within the body.

Basal Metabolic Rate (BMR)

Basal Metabolic Rate is the daily minimum number of calories your body needs when at total rest.

Increasing muscle mass will speed up your metabolic muscle mass will sped up your metabolic rate. A person with a high BMR can burn more calories at rest than a person with a low BMR.

Check how efficient your body is at burning calories in the indicator section of your print out.

- = low burn your body is slow at burning calories

0 = average burn, your body is efficient at burning calories

+ = high burn, your body is highly efficient at burning calories

Visceral Fat Rating

Visceral fat is located deep in the abdominal area surrounding and protecting the vital organs.

Ensuring you have a low level of visceral fat reduces the risk of certain conditions such as heart disease, high blood pressure, and type 2 diabetes.

Rating 1 to 12 indicates you have a healthy level of visceral fat. Monitor regularly to ensure you rating stays within this range.

Rating 13 to 59 indicates you have an excess level of visceral fat. Consider making changes in your lifestyle possibly through diet changes and/or increasing exercise.

Total Body Water % (TBW%)

Total Body Water Percentage is the total amount of fluid in the body expressed as a % of total weigh.

Being well hydrated will help concentration levels, sports performance and general well being. Drinking 2 litres of fluid a day will help ensure good hydration levels.

The average TBW% ranges for a healthy person are:

Female 45 to 60%

Male 50 to 60%

Children 60 to 75%

Intra Cellular Water (ICW)

Intracellular Water is the fluid inside cells. Usually 40% of your body weight is intracellular water.

Extra Cellular Water (ECW)

Extracellular Water is the body fluid found outside of cells.

The healthy ration of Extra Cellular Water and Total Body Water is around 40%. In some cases malnutrition, aging and high fat levels may cause the ratio to be higher than 40%. Athletes tend to have a lower ration of less than 36%.

Physique Rating

Physique rating assesses muscle and body fat rating into 9 body types.

As your activity level changes over time the balance of body fat and muscle will gradually alter.

Segmental Body Analysis

Segmental Muscle Mass

The Shaded blue area indicates the average person. The black line represents your muscle mass distribution. The muscle mass rating for the trunk, each leg and arm is shown:

Minus figures = low muscle tone

Zero = healthy muscle tone

Plus figures = high muscle tone

Ideally you should aim for Zero or plus figures to be healthy.

Segmental Fat Rating

The shaded green area indicates the average person. The black line represents your fat mass distribution. The fat mass for the trunk, each leg and each arm is shown:

Minus figures = low fat level

Zero = healthy fat level

Pus figures = high fat level

Ideally you should aim for zero or a little under to remain healthy.

Muscle Mass Balance

Compares the balance of muscle mass between the left and right side of the body

Leg Muscle Score

A score is given for your physical condition, and plotted against average healthy values for gender and age. The score is based on your leg muscle mass divided by your body weight, e.g. a healthy 20-25 year old should achieve a score of 100

Body Fat Distribution

The ratio of upper to lower body fat is calculated and plotted against average healthy values for gender and age.

History

Body composition results for weight, muscle mass and fat are stored over time to assist in tracking of results over time.

Reactance & Resistance

The Reactance Resistance table at the bottom of the page indicates measurements for the impedance flow at each of the multi frequency levels.

H-L = Hand –Leg

RL = Right Leg

LL = Left Leg

RH = Right Hand

L-H = Left Hand

L-L = Leg to Leg