

1) BMI (Body Mass Index, kg/m²)

The body mass index is used to distinguish between underweight, normal weight and overweight. The BMI is not very conclusive as an absolute value. It must be associated with the gender and age of the person.

BMI Category			
Underweight	Normal	Overweight	Obese
<18.5	18.5-24.9	24.9-29.9	>29.9

2) Body Age

Body age is a measurement of how old you are biologically based upon your health and fitness level as opposed to what your birth certificate indicates. The person with higher muscle mass and BMR will have a younger body age.

3) BFR (Body Fat Rate)

Body fat rate of a human is the total mass of fat divided by total body mass, the body fat rate is a measure of fitness level. A normal balance of body fat is associated with good health and longevity. Excess fat can greatly increase risks for cardiovascular disease diabetes, and more.

General Body Fat Rate Categories								
Age	Female				Male			
	Underweight	Normal	Overweight	Obese	Underweight	Normal	Overweight	Obese
18-39	<21%	21-33%	33-39%	>39%	<8%	8-20%	20-25%	>25%
40-59	<23%	23-34%	34-40%	>40%	<11%	11-22%	22-28%	>28%
>60	<24%	24-36%	36-42%	>42%	<13%	13-25%	25-30%	>30%

4) Body Shape

Body shape is determined by BFR and BMI. Please refer to the following table for body shape results Interpretation.

Body Shape Interpretation					
BMI	>24	Muscular		Muscular obese	Obese
	21-24	Muscle		Fitness	Obese
	18.5-21	Slim with muscle	Slim		Occult obesity
	<18.5	Lean	Essential fat		
BFR	female	<18%	18%-23%	23%-28%	>28%
	male	<10%	10%-15%	15%-20%	>20%

5) Muscle Mass

The muscle mass is calculated from the weight of the muscles which include skeletal muscle, smooth muscle and water contained in the muscles of your body.

Muscle Mass							
Height	Female			Height	Male		
	Low	Standard	High		Low	Standard	High
<150cm	<29.1kg	29.1-34.7kg	>34.7kg	<160cm	<38.5kg	38.5-46.5kg	>46.5kg
150-160cm	<32.9kg	32.9-37.5kg	>37.5kg	160-170cm	<44kg	44-52.4kg	>52.4kg
>160cm	<36.5kg	36.5-42.5kg	>42.5kg	>170cm	<49.4kg	49.4-59.4kg	>59.4kg

6) Bone Mass

The predicted weight of bone mineral in your body. While your bone mass is unlikely to undergo noticeable changes in the short term, it's important to maintain healthy bones by having a balanced

diet rich in calcium and by doing plenty of weight-bearing exercise.

Bone Mass		
Gender	Weight	Standard
Female	<45kg	1.8kg
	45-60kg	2.2kg
	>60kg	2.5kg
Male	<60kg	2.5kg
	60-75kg	2.9kg
	>75kg	3.2kg

7) Body Water

Body Water is the total amount of fluid in the body expressed as a percentage of total weight. The amount of fluid needed every day varies from person to person and is affected by climatic conditions and how much physical activity you undertake. Being well hydrated helps concentration levels, sports performance and general wellbeing.

Body Water Healthy Range					
Female			Male		
Low	Normal	Elevated	Low	Normal	Elevated
<50%	50-55%	>55%	<60%	60-65%	>65%

8) Visceral Fat Range

Visceral fat is located deep in the core abdominal area, surrounding and protecting the vital organs. Visceral fat is generally expressed with grades, 10 grade is equivalent to an area of 100 cm² of visceral fat. High visceral fat grade may lead to hyperlipidemia, arteriosclerosis, hypertension, myocardial infarction, cerebral thrombosis, cerebral hemorrhage, diabetes, fatty liver and other disorders.

Visceral Fat Range		
1-4.5	Healthy	Continue to maintain balanced diet and moderate exercise.
4.5-9.5	High	Exercise in moderation, control calorie intake
9.5-14.5	Very High	More exercises are required, control diet, reduce calorie intake.
over 14.5	Excessive	It's better to consult a doctor for medical diagnosis.

9) BMR (Basal Metabolic Rate)

The basal metabolic rate (BMR) is the amount of energy required by the body at complete rest in order to maintain its basic functions.

A person with low fat and more muscle has a higher basal metabolism rate than the persons with the same weight, and consumes more energy. People with high muscle mass and high basal metabolism rate will not have the tendency to become fat. On the contrary, low basal metabolic rate will cause fat accumulation, which is the cause of obesity. People may have low basal metabolism rate during long - term hunger or malnutrition.

BMR Healthy Standard		
Age	Female	Male
18-29	1390	1820
30-49	1340	1740
50-69	1270	1580
>70	1170	1410

10) Protein

Protein is a solid organic compound that consists of nitrogen and can be found in body cells. Protein is also the main component, along with body water, of Soft Lean Mass. Protein is directly related to intracellular water. Therefore, a lack of protein indicates a lack of intracellular water, which in turn implies poor cell nutrition.

Protein Mass Healthy Range		
Low	Normal	Elevated
<16%	16-20%	>20%

11) Body Score

Body Score is an index used to help the examinee easily understand the state of his/her body composition, including BMI(40%), BFR(40%), Muscle(10%), and other factors(10%). The higher the score, the better the physical condition.

Body Score	
0-70	Weak or obese type that need exercise and diet control
70-80	General
80-90	Normal, health type
90-100	Robust type with well-developed muscle