



WHAT ARE YOU REALLY MADE OF?



PLEASE FOLLOW THESE INSTRUCTIONS. SHOULD YOU NEED ASSISTANCE ASK A MEMBER OF STAFF!

THE BENEFITS OF BODY COMPOSITION MONITORING

Body Composition Monitoring offers you a vital insight into what is happening inside your body. Your reading will help you understand how changes in your daily fitness and diet routine have affected your body.

Your body composition analysis will help you;

- Find out if you are losing weight the healthy way – less fat, more muscle!
- Understand why you are not losing weight if you are exercising and dieting more.
- Fine-tune your exercise programme by tracking your muscle mass and metabolic rate.
- Reduce the risk of diabetes, hypertension and certain cancers by checking your body fat and visceral fat levels are within the healthy ranges.

A HEALTHIER, FITTER YOU

It doesn't take massive changes in your life to achieve your goals, as you'll discover, small changes can make a big difference in your health and fitness levels. Start by following 3 simple steps:

- Step 1: Eat a sensible, well-balanced diet
- Step 2: Increase your level of physical activity
- Step 3: Monitor your body composition

Please consult a healthcare professional before starting any diet or fitness program.

HOW IT WORKS

Tanita Monitors use clinically accurate Bioelectrical Impedance Analysis (BIA technology) to send a low, safe signal through the body. The signal passes freely through fluids within muscle tissue, but meets resistance when it comes into contact with body fat. The resistance reading is combined with your personal information such as weight, height, gender and age to give accurate body composition readings.

HOW ACCURATE IS MY READING?

Tanita Monitors are universally recognized as being the most accurate monitors available. This reflects over 20 years of medical research into BIA and body composition at renowned research centres worldwide.

Tanita Monitors are used worldwide by health and fitness experts to monitor changes in body composition.

BODY COMPOSITION IS NOT SUITABLE FOR THE FOLLOWING

- People with pacemakers
- Pregnant women
- Children under the age of 5 years
- Amputees
- People with metal implants such as hip replacements
- People with oedema

For further details please speak with a member of staff or alternatively visit www.tanita.eu

UNDERSTANDING YOUR BODY COMPOSITION MEASUREMENTS

BODY FAT % AND FAT MASS

Body fat % is the amount of fat as a proportion of your body weight. Fat mass is the actual weight of fat in your body. Body fat is vital to basic bodily functions such as regulating body temperature, storing vitamins and cushioning joints. 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, diabetes and cancer.

Check your body fat results with the DESIRABLE RANGES shown on your print out.

Check your body fat results on the INDICATOR section of your print out.

TOTAL BODY WATER AND BODY WATER %

Total body water is the weight of water in your body. Total Body Water Percentage (TBW%) is the total amount of fluid in the body expressed as a percentage of total weight. Being well hydrated will help concentration levels, sports performance and general well-being.

**The average TBW% ranges for a healthy adult are:
FEMALE - 45 to 60%
MALE - 50 to 65%**

BONE MASS

Bone mass is the weight of bone mineral in your body. Check for significant changes over time.

MUSCLE MASS

The weight of muscle in your body. Muscles play an important role because they act as the body's engine in consuming energy (calories). As you exercise more, your muscle mass increases, which in turn burns more calories.

Check your muscle mass rating on the INDICATOR section of your print out.

BASAL METABOLIC RATE

Basal Metabolic Rate (BMR) is the daily minimum level of energy or calories needed at rest for your body to function effectively. 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.

METABOLIC AGE

Metabolic age rating indicates what age your BMR is currently rated at compared to other age groups. If the age indicated is higher than your actual age then you need to improve your BMR by increasing exercise levels. Building muscle will burn more calories, even at rest!

VISCERAL FAT RATING

Visceral fat is the harmful fat in the stomach area, surrounding the vital organs. Ensuring you have a healthy level of visceral fat reduces the risk of certain conditions such as heart disease, high blood pressure and type 2 diabetes.

RATING FROM 1 TO 12:

Indicates you have a healthy level of visceral fat.

RATING FROM 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.

METABOLIC AGE 21.3%
BMR 200kg
BODY FAT % 50g