



Weight



Body Mass Index

A standardised ratio of weight to height, used as a general indicator of health.



Body Fat Mass

The actual weight of fat in your body.



BMR (Basal Metabolic Rate)

The minimum amount of calories your body requires daily to function effectively when at rest.



Body Fat Percentage

The weight of the body fat mass in relation to the total body weight.



Metabolic Age

Age level your body is rated at, according to your BMR.



Muscle Mass

The predicted weight of muscle in your body including skeletal muscles, smooth muscles and the water contained within your muscles.



Bone Mass

The amount of bone (bone mineral level, calcium, other minerals) in your body.



Body Type

Assesses your physique according to the ratio of body fat and muscle mass in your body.



Visceral Fat Rating

Indicates level of fat surrounding your vital organs in the abdominal area.



Daily Caloric Intake

Estimate of calories you can consume in 24 hours to maintain current weight.



Muscle Quality Score

Muscle quality score indicates the "quality (state) of muscle" which changes according to factors such as age and fitness.



Understand the measurement results and get to know your body composition.

Download the free My TANITA app for measurements, goal setting and sharing.



For more information go to www.tanita.co.uk

Get to know your body

% Total Body Water

Female	45% to 60%
Male	50% to 65%

Visceral Fat

Healthy level ranges	1 - 12
Excess level ranges	13 - 59

Bone Mass

Female Weight	Healthy BM Weight
less than 50kg	1.95kg
between 50kg - 75kg	2.40kg
over 76kg	2.95kg
Male Weight	Healthy BM Weight
less than 65kg	2.65kg
between 65kg - 95kg	3.29kg
over 95kg	3.69kg

Healthy Body Fat Range %

	Underfat	Healthy	Overfat	Obese
Female Age				
20 - 39	0% - 21%	21% - 33%	33% - 39%	39%+
40 - 59	0% - 23%	23% - 34%	34% - 40%	40%+
60 - 99	0% - 24%	24% - 36%	36% - 42%	42%+
Male Age				
20 - 39	0% - 8%	8% - 19%	19% - 25%	25%+
40 - 59	0% - 11%	11% - 21%	21% - 28%	28%+
60 - 99	0% - 13%	13% - 25%	25% - 30%	30%+

BMI

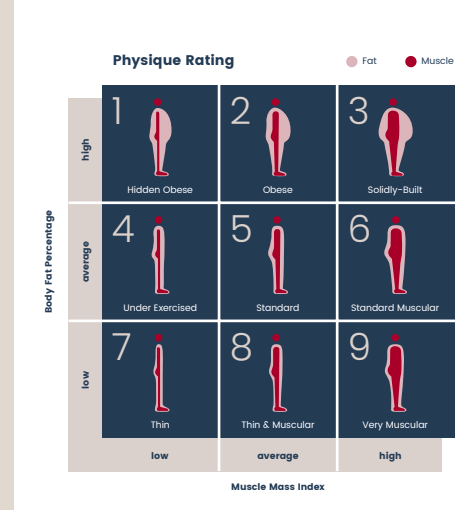
Healthy range	18.5 - 25
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Muscle Quality Score

Male	18-29	30s	40s	50s	60s	70s	80 & over
High	82 & higher	80 & higher	77 & higher	72 & higher	65 & higher	56 & higher	51 & higher
Average	55 - 81	53 - 79	49 - 76	45 - 71	38 - 64	30 - 55	26 - 50
Low	54 or less	52 or less	48 or less	44 or less	37 or less	29 or less	25 or less
Female	18-29	30s	40s	50s	60s	70s	80 & over
High	88 & higher	85 & higher	80 & higher	74 & higher	66 & higher	58 & higher	53 & higher
Average	60 - 87	59 - 84	56 - 79	50 - 73	43 - 65	33 - 57	27 - 52
Low	59 or less	58 or less	55 or less	49 or less	42 or less	32 or less	26 or less

Body Types

Result	Physique Range	Explanation
1	Hidden Obese	High body fat % with low muscle mass
2	Obese	High body fat %, moderate muscle mass
3	Solidly Built	Large frame, high body fat % & muscle mass
4	Under Exercised	Average body fat % & low muscle mass
5	Standard	Average levels of body fat % & muscle mass
6	Standard Muscular	Average body fat % & high muscle mass
7	Thin	Low body fat % & low muscle mass
8	Thin & Muscular	Low body fat % & adequate muscle mass
9	Very Muscular	Low body fat % & high muscle mass



Segmental Measurements

8-electrode segmental technology to show body composition measurements for each arm, leg and trunk area.

