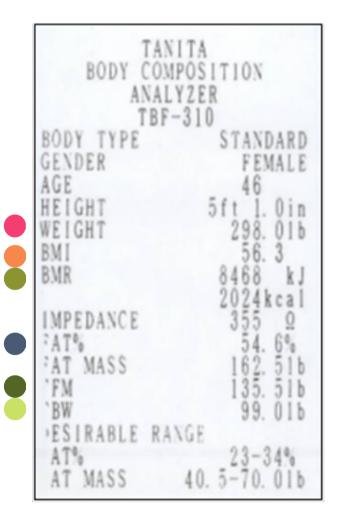
## BODY COMPOSITION Understanding Your Results

Our staff will enter your sex, age and height before you step on the machine.

- Weight is measured by the scale. Note we typically set the scale 2lb low to discount your clothing. The weight noted should approximate your at home, undressed weight.
- BMI: Body Mass Index a calculation of your height and weight. Does not differentiate fat versus lean body parts. Is not a measure of health.
- BMR: (Basal Metabolic Rate) an estimate of how much energy (Calories) you burn each day at rest. This number does not include the energy required for daily physical activity.
- Fat% & Fat Mass an estimate of the portion of your total mass (weight) that is fat tissue. Provided as a percentage and in pounds (lb)
- FFM (Fat Free Mass) the estimated portion of your total weight composed of muscle, water, bone, connective tissue, organs etc. (All non-fat mass)



TBW (Total Body Water) - the estimated portion of your total weight composed water only. This is the largest portion of your FFM.



Your weight is not a measure of your worth; you and your health are not defined by the number on the scale.

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