

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)

TANITA BODY COMPOSITION ANALYZER TBF-310	
BODY TYPE	STANDARD
GENDER	FEMALE
AGE	46
HEIGHT	5ft 1.0in
WEIGHT	298.0lb
BMI	56.3
BMR	8468 kJ
	2024kcal
IMPEDANCE	355 Ω
FAT%	54.6%
FAT MASS	162.5lb
FFM	135.5lb
TBW	99.0lb
DESIRABLE RANGE	
FAT%	23-34%
FAT MASS	40.5-70.0lb

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

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**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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