

Nutrition and health assessments explained

Want to know if your diet and lifestyle are supporting your health?
These 15 minute assessments with qualified Nutritionists include

- Body composition analysis (optional)
- Brief review of your diet and lifestyle
- 3 recommendations specific to you
- 3 month targets to work towards

Body Fat Percentage (fat %)

Body Fat Percentage is the proportion of fat to the total body weight.

Body Fat is essential for maintaining body temperature, cushioning joints and protecting internal organs. However, too much fat can damage your long-term health. Reducing excess levels of body fat has been shown to directly reduce the risk of high blood pressure, heart disease, type 2 diabetes and certain cancers.

Too little body fat may lead to osteoporosis in later years, irregular periods in women and possible fertility issues.

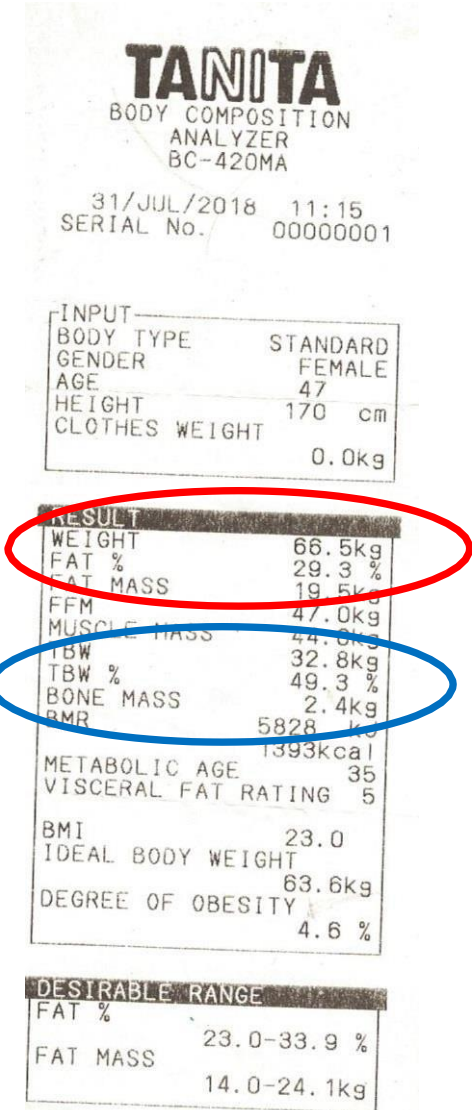
Your ideal body fat percentage is shown in the box 'Desirable range' on your print out.

Hydration (TBW%)

This reflects the total amount of fluid in the body as a percentage of total weight.

Appropriate hydration is an essential part of staying healthy. It's also needed to maintain concentration and focus. Being dehydrated by just 2% impairs our ability to perform complex tasks and disrupts memory and mood.

We lose water continuously through urine, sweat and breathing, so it's important to keep replacing it. The amount of fluid needed every day varies from person to person. The average TBW% ranges for a healthy person are: Female 45 to 60% Male 50 to 65%



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Metabolic Age

This is calculated by comparing your Basal Metabolic Rate (BMR, the daily minimum level of energy or calories your body requires when at rest to function effectively) to the BMR average of your chronological age group.

If your metabolic age is higher than your actual age, it's an indication that you need to improve your metabolic rate. Increased exercise will build healthy muscle tissue, which in turn will improve your metabolic age.

Your ideal metabolic age should be less than or equal to your actual age.

Understanding your measurements and making a small number of changes to your diet and lifestyle can make a big difference to your health in the longer term.

Waist Circumference

Increased waist circumference indicates elevated levels of visceral fat, located deep in the core abdominal area, surrounding and protecting the vital organs. Even if your weight remains constant, as you get older the distribution of fat changes and is more likely to shift to the abdominal area. Ensuring you keep your waistline within a healthy range directly reduces the risk of heart disease, high blood pressure and 2 diabetes.

Your ideal waist circumference (measured just above your belly button) should be less than half of your height e.g. if you are 5'4" (64 inches), your waist circumference should be less than 32 inches.

TANITA	
BODY COMPOSITION ANALYZER BC-420MA	
31/JUL/2018	11:15
SERIAL No.	00000001
INPUT	
BODY TYPE	STANDARD
GENDER	FEMALE
AGE	47
HEIGHT	170 cm
CLOTHES WEIGHT	0.0kg
RESULT	
WEIGHT	66.5kg
FAT %	29.3 %
FAT MASS	19.5kg
FFM	47.0kg
MUSCLE MASS	44.6kg
TBW	32.8kg
TBW %	49.3 %
BONE MASS	2.4kg
BMR	5826 kcal
METABOLIC AGE	35
VISCERAL FAT RATING	5
BMI	23.0
IDEAL BODY WEIGHT	63.6kg
DEGREE OF OBESITY	4.6 %
DESIRABLE RANGE	
FAT %	23.0-33.9 %
FAT MASS	14.0-24.1kg