

Monitor Your Health with

TANITA®

Monitoring Your Health



Body Fat %

Percentage of body fat as a proportion of your body weight.

Judgement	Male				
	Underfat	Standard (Healthy)	Standard (Cautious)	Overfat	Obese
Age					
18~39	10 or below	11-16	17-21	22-26	27 or above
40~59	11 or below	12-17	18-22	23-27	28 or above
60 or above	13 or below	14-19	20-24	25-29	30 or above

Judgement	Female				
	Underfat	Standard (Healthy)	Standard (Cautious)	Overfat	Obese
Age					
18~39	20 or below	21-27	28-34	35-39	40 or above
40~59	21 or below	22-28	29-35	36-40	41 or above
60 or above	22 or below	23-29	30-36	37-41	42 or above

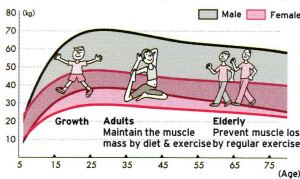
Developed based on NIH/WHO guideline. High correlation with DXA.



Muscle Mass

Weight of muscle in your body, including the skeletal muscle, smooth muscle and the water contained in these muscles.

Development trend of Muscle Mass
(Source: TANITA Weight Science Institute)



*Please take this graph as reference only as there may be individual difference.



Physique Rating

Desirable: 5 & 6

HIGH	Muscle Mass %		
	Less	Standard	More
Body-Fat %	Hidden Obese	Obese	Solidly built
	Underexercised	Standard	Standard Muscular
	Thin	Thin & Muscular	Very Muscular
LOW			

Bone Mass

Amount of bone (bone mineral level, calcium or other minerals) in the body.



Male	Weight (kg)		
	60 or below	60 - 75	75 or above
Estimated bone mass (kg)	2.5	2.9	3.2

Female	Weight (kg)		
	45 or below	45 - 60	60 or above
Estimated bone mass (kg)	1.8	2.2	2.5

* Above is the result of estimated bone masses of people aged 20 to 40, who are said to have the largest amount of bone masses, by weight
(Source: TANITA Body Weight Science Institute)



BMR

Minimum level of energy your body needs when at rest to function effectively. Having a higher metabolism will reduce the amount of body fat.

■ Standard BMR reference (Source: Ministry of Health, Labour and Welfare, Japan)

Age	Male		Female	
	BMR Standard (kcal/ kg/ day)	BMR (kcal/ day)	BMR Standard (kcal/ kg/ day)	BMR (kcal/ day)
18~29	24.0	1550	23.6	1210
30~49	22.3	1500	21.7	1170
50~69	21.5	1350	20.7	1110
70 or above	21.5	1220	20.7	1010

*Above is the reference value based on Male (64.5kg) and Female (51kg).
TANITA calculates the BMR based on user's body composition. The BMR is then compared with the reference value suggested by the Ministry of Health, Labour and Welfare for level judgement.



BMI

According to the Ministry of Health & Welfare, the Healthy BMI Range is 18.5 - 24 (kg/m²).



Metabolic Age

More muscle mass, higher BMR, thus the Metabolic Age will also be younger.



Total Body Water %

Total Body Water % = Total Body Water (kg) / Weight (kg)

Gender & Age	Male	Female	Children
Average Range	50~65%	45~60%	60~75%



Visceral Fat Rating

Indicates the fat in your visceral area. Rating over 10 may increase the risk of developing chronic diseases, metabolic syndromes (diabetes, hypertension and heart diseases).

Rating	Healthy Below 9	High 10-14	Very High 15 or above
Judgement	Continue monitoring your rating within healthy range through appropriate exercise and balanced diet.	Consider changing diet and/or increasing exercise to reduce the fat to standard level.	Should engage in more intensive exercise and make changes to current diet. Consult your physician for medical diagnosis.