

# Interpreting Your Results

NAME: \_\_\_\_\_ PD: \_\_\_\_\_

BIA #1

DATE: \_\_\_\_\_

The Healthy Lifestyles Program uses Bioelectrical Impedance Analysis (BIA), which is one of the most reliable methods of screening body fat. **BIA measures the impedance or resistance to an electric signal as it travels through the water in muscle and fat.** The current travels more easily through muscle than fat. BIA is most accurate when a person is properly hydrated.

**Body Type:** Based on duration & intensity of your exercise routine over time

**BMI:** Body Mass Index (height to weight ratio); used for determining disease risk

**FAT %:** Percentage of total body weight that is fat

**BMR:** Basal Metabolic Rate is an estimate of the calories your body burns in a day while at rest to maintain basic functions; affected by muscle mass

**IMPEDANCE:** Reflects the body's inherent resistance to an electrical current

**FAT MASS:** The weight of fat mass in the body

**FFM:** The pounds of your total weight that are organs, bones, muscle, and other fat free mass

**TBW:** Total water weight retained in the body

TANITA BODY COMPOSITION ANALYZER	
BODY TYPE	STANDARD
GENDER	MALE
AGE	18
HEIGHT	5ft. 10.0in
WEIGHT	197.8 lb
BMI	28.4
FAT%	19.5%
BMR	9296 kJ
	2222 kcal
IMPEDANCE	401Ω
FAT MASS	38.6 lb
FFM	159.2 lb
TBW	116.6 lb

BIA #2

DATE: \_\_\_\_\_

PLEASE ANSWER THE FOLLOWING QUESTIONS:

1. Based on your results, what are you considered?

\_\_\_\_\_ UNHEALTHY—BMI below 19 or above 32

\_\_\_\_\_ HEALTHY—BMI between 19-32

2. What is a healthy body fat percentage for each gender?

\_\_\_\_\_ % men

\_\_\_\_\_ % women

3. What percentage of fat is essential for each gender?

\_\_\_\_\_ % men

\_\_\_\_\_ % women

4. Calculate your TBW with the following equation:

\_\_\_\_\_ / \_\_\_\_\_ X 100 = \_\_\_\_\_ %

TBW / Weight

5. Why is it important to know your body fat percentage?

## Understanding Body Mass Index

BMI is used as a screening tool to identify possible weight problems for adults (although it only considers total body weight and not body composition). Diet, physical activity, and family history also determine if excess weight is a health risk.

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BMI below 19  
= unhealthy

BMI above 32  
= unhealthy

## Understanding Body Fat Percentage

Body fat percentage is useful for assessing whether a person has a healthy amount of fat. **Having too much or too little fat both increase your risk for chronic disease.**

Common body fat percentage ranges are:

Description	Women	Men
Essential Fat	10-12%	2-4%
Healthy	14-31%	6-25%
Less healthy	32-41%	26-37%
Unhealthy	42% +	38% +

Knowing your body fat percentage helps you determine weight loss goals that are realistic and healthy. It also shows whether your fat mass has changed, even if your weight has not.

Remember: Body fat percentage and BMI are only one aspect of health. Your blood pressure and cholesterol are also important measurements. To improve or maintain health, make sure you do at least 30 minutes of physical activity every day, eat nutritious foods, and sleep approximately 7-8 hours per night.

*Scales measure weight, not worth.*