



Understand your TANITA printout

BMI: Body Mass Index is a height to weight ratio, and is calculated by the following formula:
 Weight (lb) / Height (in).
 Desirable Range: 18.5 – 24.9

BMR: Basal Metabolic Rate represents the total energy expended by the body in 24 hours to maintain normal functions at rest such as respiration and circulation. Expressed in kcal.

IMPEDANCE: Impedance reflects the body's inherent resistance to an electrical

current. Muscle acts as a conductor of the electrical current, adipose tissue acts as a resistor. No pertinent use to us only to the equipment.

FAT %: The percentage of total body weight that is fat.

FAT MASS: Total weight of fat mass (in lb) in the body.

FFM: Fat Free Mass is comprised of muscle, bone, tissue, water, and all other fat free mass in the body.

TBW: Total Body Water is the amount of water (expressed as lb) in tissue. TBW is said to comprise between 50% - 70% of total body weight. Generally, men tend to have higher water weight than women due to a greater amount of muscle.

DESIRABLE RANGE: This is the healthy range for FAT % and FAT MASS. This range is printed only when Standard Mode is selected.

TANITA BODY COMPOSITION ANALYZER TBF-410GS		BMI	Risk of developing Health problems	Classification
BODY TYPE	STANDARD	<18.5	Increased	Underweight
GENDER	MALE	18.5 -24.9	Least	Normal weight
AGE	29	25.0- 29.9	Increased	Overweight
HEIGHT	5 ft 4.0 in	30.0 – 34.9	High	Obese Class I
WEIGH	169.0 lb	35.0 – 39.9	Very High	Obese Class II
BMI	25.4	≥40.0	Extremely high	Obese Class III
BMR	1628KCAL	TBW: It is important to ensure your body is not dehydrated, especially when exercising and/or dieting.		
IMPEDENCE	457 Ω	Enter your TBW below, and compare your hydration level to recommended ranges.		
FAT %	15.9 %	_____ / _____ X 100 = _____		
FAT MASS	26.8 lb	TBW	Weight	Estimated Hydration Level %
FFM	142.2 lb	Female: 50 – 60 %	Male: 50 – 70 %	
TBW	90.4 lb			
DESIRABLE RANGE:				
FAT %	10 – 20%			
FAT MASS	16.9 – 33.8 lb			