



What is your Real Age?

This chart can be used with the "Body Composition Scale"

Know your numbers.

See the reverse side to help you understand your measurement results

Name:		Date:
Chronological Age:	<input type="text"/>	(Key into scale)
Height (cm):	<input type="text"/>	(Key into scale)
Body Weight (kg):	<input type="text"/>	
Body Fat (%):	<input type="text"/>	
Visceral Fat:	<input type="text"/>	
Skeletal Muscle (%):	<input type="text"/>	
Resting Metabolism:	<input type="text"/>	
Cellular Body Age:	<input type="text"/>	
BMI:	<input type="text"/>	

What does it all mean?

Body Weight: Your weight in kilograms.

Body Fat: Body fat should ideally be between 18 and 30% for women and 13-24% for men. If you are outside this range it may be impacting on your health.

For fat loss use the NUTRIWAY® Absolute Trim Body System or Healthpointe.

Visceral Fat: Visceral fat is the fat that is stored around the stomach area. This is the body fat that leads to the greatest risk to our health. It is best to keep this number below 5.

Skeletal Muscle: Muscle is highly metabolic. This means that it helps you burn more calories than fat would in our body, it also makes us looked toned and slim. This also has the added benefit of helping to reduce our body age.

Resting Metabolism: The number of calories your body burns each day before any exercise. This number is a good gauge of how many calories you can eat to lose, maintain or gain weight.

Body Age: Are you as young or old as you feel? The Omron Scales use 7 different parameters of your body composition to determine how well you are ageing. If you are not happy with your body age number it is time to make some changes.

BMI (Body Mass Index): Is an indicator of your height to weight ratio and is a good starting point to, see if you are in a healthy weight range.

What to do next?

To assess areas you can improve your health and to make a personally tailored plan, notify the person who gave you this form.

UNDERSTANDING YOUR MEASUREMENT RESULTS

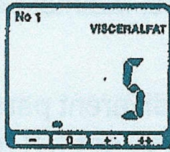


Interpreting the Body Fat Percentage Result:

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
Female	20-39	< 21.0	21.0 - 32.9	33.0 - 38.9	≥ 39.0
	40-59	< 23.0	23.0 - 33.9	34.0 - 39.9	≥ 40.0
	60-79	< 24.0	24.0 - 35.9	36.0 - 41.9	≥ 42.0
Male	20-39	< 8.0	8.0 - 19.9	20.0 - 24.9	≥ 25.0
	40-59	< 11.0	11.0 - 21.9	22.0 - 27.9	≥ 28.0
	60-79	< 13.0	13.0 - 24.9	25.0 - 29.9	≥ 30.0

Source: NIH/WHO (World Health Organisation) guidelines for BMI.

Source: Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000.

Interpreting the Visceral Fat Level Result:

 Visceral Fat Level ≤ 9 0 (Normal)	 10 ≤ Visceral Fat Level ≤ 14 + (High)	 Visceral Fat Level ≥ 15 ++ (Very High)
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Visceral Fat area (0 - approx. 300 cm², 1 inch = 2.54 cm) distribution with 30 levels.

Source: Omron Healthcare.

NOTE: Visceral fat levels are relative and not absolute values.

Interpreting the Skeletal Muscle Percentage Result:

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
Female	18-39	< 24.3	24.3 - 30.3	30.4 - 35.3	≥ 35.4
	40-59	< 24.1	24.1 - 30.1	30.2 - 35.1	≥ 35.2
	60-80	< 23.9	23.9 - 29.9	30.0 - 34.9	≥ 35.0
Male	18-39	< 33.3	33.3 - 39.3	39.4 - 44.0	≥ 44.1
	40-59	< 33.1	33.1 - 39.1	39.2 - 43.8	≥ 43.9
	60-80	< 32.9	32.9 - 38.9	39.0 - 43.6	≥ 43.7

Source: Omron Healthcare.

Interpreting the BMI Result:

BMI	BMI (Designation by the WHO)	BMI Classification Bar				BMI Rating
		-	0	+	++	
Less than 18.5	- (Underweight)	●				7.0 - 10.7
		●●				10.8 - 14.5
		●●●				14.6 - 18.4
18.5 or more and less than 25	0 (Normal)	●●●●				18.5 - 20.5
		●●●●●				20.6 - 22.7
		●●●●●●				22.8 - 24.9
25 or more and less than 30	+ (Overweight)	●●●●●●●				25.0 - 26.5
		●●●●●●●●				26.6 - 28.2
		●●●●●●●●●				28.3 - 29.9
30 or more	++ (Obese)	●●●●●●●●●●				30.0 - 34.9
		●●●●●●●●●●●				35.0 - 39.9
		●●●●●●●●●●●●				40.0 - 90.0

Source: Values for obesity judgment proposed by WHO, (the World Health Organisation).