

# Understanding Your Body Composition Analysis Results

## What is Body Composition Analysis?

Reveal's Body Composition Analysis uses bioelectrical impedance, one of the most accurate and accessible methods of screening body fat, to quickly and accurately provide a detailed report which includes weight, impedance, body fat percentage, body mass index, fat mass, fat-free mass and hydration levels. This allows you to fully understand what makes up your total body weight so that you can better assess your health and physical condition.

## What is BMI?

Body Mass Index is a height to weight ratio, and is calculated by the following formula:  $\text{Weight} \div \text{Height}$ . According to the National Heart, Lung, and Blood Institute guidelines, the recommended BMI range is 18.5 to 24.9 and these numbers correspond with lower health risks. A BMI of 25 to 29.9 is considered overweight, while a BMI of 30 and above is considered obese. The higher the BMI, the stronger the risk of serious chronic health conditions. However, because the BMI doesn't take into consideration muscle mass versus fat mass, someone with a high degree of muscle (such as an athlete or body builder) may have a BMI that is considered overweight or obese even though they are fit and healthy.

## What is BMR?

Basal Metabolic Rate represents the total energy expended by the body to maintain normal functions such include respiration and circulation at rest. In other words, BMR is the number of calories you'd burn if you stayed in bed all day.

If you've noticed that every year, it becomes harder to eat whatever you want and stay slim, you've also learned that your BMR decreases as you age. Likewise, depriving yourself of food in hopes of losing weight also decreases your BMR, a foil to your intentions. However, a regular routine of cardiovascular exercise can increase your BMR, improving your health and fitness when your body's ability to burn energy gradually slows down.

## What is Impedance?

Bioelectric Impedance is considered one of the most accurate and accessible methods of screening body fat. Muscles, blood vessels and bones are body tissues having a high water content that conduct electricity easily, while body fat is tissue that has little electric conductivity. Impedance reflects the body's resistance to an electrical current. The result is used in conjunction with your weight and other factors to determine your body fat percentage.

## What is Fat Percentage?

Fat Percentage is the percentage of total body weight that is fat.

## What is Fat Mass?

Fat Mass is the total pounds of fat in the body.

## What is TBW?

Total Body Water is the amount of water retained in the body. 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. Lean muscle tissue contains about 75% water, blood contains 83% water, body fat contains 25% water and bone has 22% water.

## What is FFM?

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

## What is Desirable Range?

This is the healthy range for Fat Percentage and Fat Mass based on your age and gender.