VISCERAL FAT TABLE

Level	Classification
1 - 9	0 (normal)
10 - 30	+ (high)

SKELETAL MUSCLE PERCENTAGE (average value for all ages)

Average Female	Approximately 28%*
Average Male	Approximately 37%*

*According to OMRON Healthcare figures

INTERPRETING THE BODY FAT RESULT

Gender	Age	- (Low)	0 (Normal)	+ (High)	++ (Very high)
Women	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
Men	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

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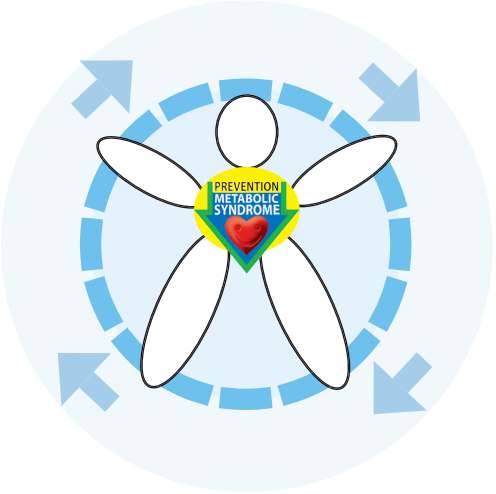
OMRON

BODY CHECK
Metabolic Syndrome



A Good Sense of Health

What does BMI mean?

In the past the main focus of people was on normal and ideal weight. Nowadays the internationally well established Body Mass Index (BMI) is the relevant benchmark for such measures. The BMI is calculated from the body weight in kilograms divided through the square of the body height in metres. A woman with a body height of 1.65 metres and 62 kilograms of body weight has therefore a BMI of 23.

$$\text{BMI} = \frac{\text{BODY WEIGHT IN KILOGRAMS}}{(\text{BODY HEIGHT IN METRES})^2}$$

Why is the measurement of body fat important?

Besides the BMI this is another important value to evaluate the body weight because muscles have a higher weight than fat. The body fat value is indicating how much percentage of the overall body weight is constituted of fat tissue. The measurement of the body fat especially makes sense when attending a weight reduction programme. With such a measurement it can be assessed if the existing fat reserves are activated in the course of such a weight reduction programme or, for example if the precious muscle mass has been reduced. A regular control is important and helps to prevent the immediate increase of weight after the programme has been finished, which is also known as the jo-jo effect.

Name: _____

My age: _____

My weight: _____

My visceral fat level: _____

My body fat percentage: _____

My muscle mass percentage: _____

My BMI: _____

My resting metabolism rate[2]: _____

My overall energy requirement (approx.): _____

[2] The resting metabolism rate is the energy expenditure necessary to keep up the basic body functions such as heart beat, breathing etc.. To determine the overall energy requirement the physical activity level (PAL) is multiplied with the resting metabolism rate and calories used while exercising are added.

Sample calculation for overall energy requirement:

Office worker, 45 years of age, 74 kilograms body weight, no sport

Resting metabolism rate: 1,740 kcal

x PAL* (1.740 kcal x1.5)=	2,610 kcal
+ kcal for sport**	0 kcal
Overall energy requirement:	2,610 kcal

*Physical Activity Level, approx. 1.5 for mentioned office worker

**In this example no sport.

Other examples of energy expenditure for 60 minutes:

Jogging:	572 kcal
Swimming:	536 kcal
Cycling:	420 kcal