

## What to Do If Your Results Are Out of Range...

Using the chart below, fill in your Tanita results for BMI, Fat %, and TBW.

Measure	Healthy Range	Your Range
BMI	<25	
Body Fat %	<31% for women <25% for men	
TBW	45 – 60% for women 50 – 65% for men	



If your BMI is elevated, don't panic. The BMI doesn't always provide an accurate picture of your body's composition because it's just a measure of your weight according to your height. If your BMI is out of range, take a look at your body fat percentage.



If your body fat percentage is elevated, it's time to make a change. Too much body fat increases your risk for many diseases including type II diabetes, stroke, and heart disease. We recommend that you consult with your doctor to set a realistic goal for your body fat percentage, based on your physical activity level and fitness goals (refer to Fat % chart). Once you've set a goal for your body fat percentage, you can plug this information into the Tanita to determine how much weight you need to lose to achieve this goal.



If your TBW (total body water) is too low, you're not drinking enough water! Hydration is essential for optimal health and weight loss. We recommend that you drink ½ your body's weight in ounces of water each day. For example, if you weigh 180 pounds, you should drink at least 90 ounces of water (about three liters). We use this measurement system because the classic "8-10 glasses of water" doesn't apply to everyone.



## How We Can Help...

Here at Lighthouse Health, we offer nutritional programs, treatments, and supplements designed to help you lose weight, build muscle, and reduce your body fat percentage!



### Nutritional Programs:

Our nutritional programs are designed to help you alter your body composition effectively, without cutting corners. We believe that when your body is optimally healthy, you will arrive at your proper size. Eating a vibrant and nutritionally-rich diet will help you to maintain optimal health for a lifetime!



### Treatments:

Our in-office treatments give you an opportunity to pamper, renew, and recharge yourself on a regular basis. Your weekly visits will feel like spa days – and you'll make incredible progress, too! In-office treatments may include Exercise with Oxygen Therapy (EWOT), Whole Body Vibration (WBV), Infrared Sauna, Body Wraps, Self-Mastery Technology (SMT), and more.



### Supplements:

To change your body composition, supplementation is key. The Solutions4 line provides some of the highest quality nutritional supplements available on the market. Unlike other supplements available in the United States, Solutions4 blends are manufactured without any harmful additives or fillers that reduce the potency of a product!

LighthouseHealth

& BODY MAKEOVER



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## What to Do with Your Tanita Results



# Making Sense of Your Body Composition Readings

## Body Mass Index (BMI)



The BMI is a standard height to weight ratio that's useful for classifying risks associated with weight gain. The World Health Organization (WHO) classification has been developed using the following grading system that links increases in BMI to increased health risks.

Body Mass Index	WHO Classification
<18.5	Underweight
18.5 - 24.9	Healthy Weight
25.0 - 29.9	Overweight
30+	Obese

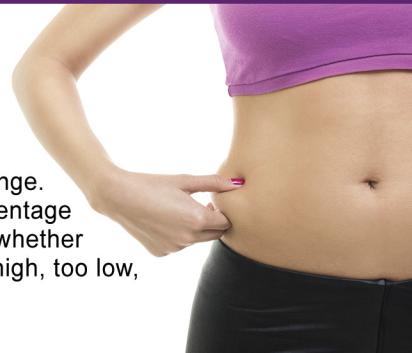
## Fat %

Body fat is vital to daily body functions. It cushions joints, protects organs, helps regulate body temperature, and stores vitamins. However, serious health risks are associated with both too much and too little body fat. By design, women's bodies require a higher percentage of body fat to be healthy.



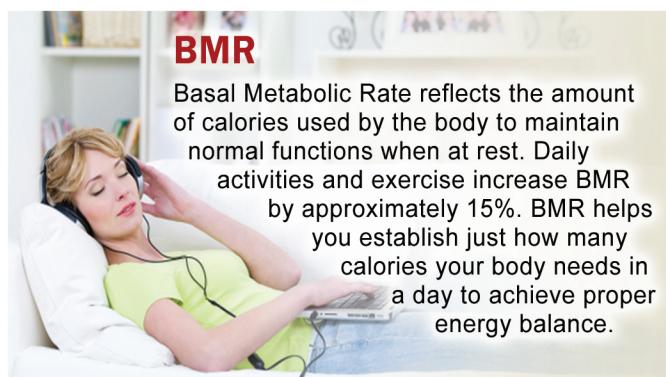
## Fat Mass

The body needs fat, but it is important to keep your fat within the recommended range. Look at your fat percentage (fat %) to determine whether your fat mass is too high, too low, or just right.



## BMR

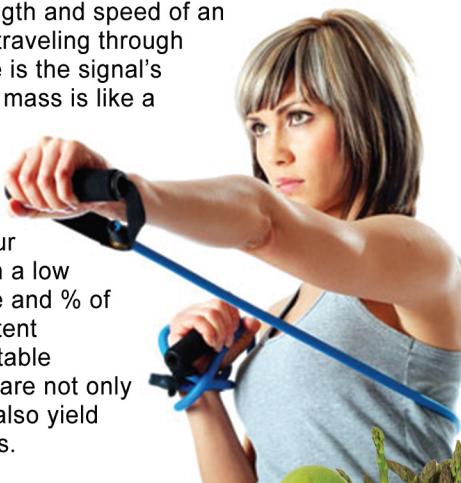
Basal Metabolic Rate reflects the amount of calories used by the body to maintain normal functions when at rest. Daily activities and exercise increase BMR by approximately 15%. BMR helps you establish just how many calories your body needs in a day to achieve proper energy balance.



Classification	Women	Men
Essential Fat	10-13%	2-5%
Athlete	14-20%	6-13%
Fitness	21-24%	14-17%
Acceptable	25-31%	18-25%
At Risk	32%+	25%+

## Impedance

The Impedance value (measured in Ohms –  $\Omega$ ) reflects the strength and speed of an electrical signal traveling through the body. Muscle is the signal's highway, and fat mass is like a traffic jam. More muscle means it's easier for the signal to pass through your body, resulting in a low impedance value and % of body fat. Consistent conditions and stable hydration status are not only healthy, but will also yield consistent results.



Once you use the Tanita, you'll be given a printout that provides you with many invaluable details about your body. You and your health professional can use this information to assess your current health and to develop a nutritional program that's right for you.

## FFM

Fat Free Mass is everything in the body that is not fat (muscle, water, bone, connective tissue, etc.). Muscle acts as the body's natural "fat-burning engine," which is why it's so important to maintain or even gain healthy muscle mass when dieting or exercising. You can monitor this number to determine whether you're building muscle or not!



## TBW

Reflects Total Body Water. It is important to ensure your body is well hydrated, especially when exercising or dieting. Enter your TBW below, and compare your hydration level to recommended ranges.\*



$$\frac{\text{TBW}}{\text{Weight}} \times 100 = \text{Estimated Hydration Level \%}$$

Note: Individuals who are severely dehydrated may receive an inaccurate measurement.

**Female: 45 – 60 %**

**Male: 50 – 65 %**

\*Based on Tanita's current research.

