

The *Tanita Body Composition Analyzer* uses Bioelectrical Impedance Analysis (BIA) to measure body composition, including body fat percentage, muscle mass and other key metrics. This can help individuals track their progress in fitness and weight loss programs, identify muscle imbalances and set realistic goals.

This service is not covered by insurance. Payment of \$50 (cash, check or debit/credit card) will be required when you check in for your appointment.

Please be aware of the following guidelines to ensure accurate body composition measurement:

- ☐ Cannot have a pacemaker or other mechanical implants
- ☐ No phones or other electronics in pockets
- ☐ No excessive exercise 12 hours prior to measurement (you may exercise normally)
- ☐ No excessive eating or drinking the day before measurement (you may eat/drink normally)
- ☐ Wait at least 3 hours after last meal
- ☐ Wait at least three hours after getting up
- ☐ Go to the bathroom first if possible
- ☐ Avoid measurement during menstruation (for female)
- ☐ Wear light clothing or know the weight of your clothes (example: weigh yourself before and after getting dressed.)

When the above guidelines are followed, independent research at several major universities (including Columbia University in New York City) has confirmed that in clinical settings, the *TANITA Body Fat Monitor* is accurate with +/- 5 percentage of the institutional standard of body composition analysis – Dual Energy X-ray Absorptiometry (DEXA).

Call WinnMed at 563-382-2911 and ask to speak with a dietitian to learn more.

Understanding Tanita Scale Measurements

The Tanita Scale uses BIA (Bioelectrical Impedance Analysis) to estimate body composition by passing a weak electrical current through the body and measuring its resistance. The device calculates impedance, which is the body's resistance to electrical current, to determine the distribution of water, fat and muscle.

Fat % – percentage of fat in the body

Fat Mass – the total amount of fat (in pounds) in the body

FFM (Fat Free Mass) – the total body weight (in pounds) excluding body fat. It includes all other non-fat tissues, including skeletal muscle, bones, organs and water.

TBW (Total Body Water) – total amount of fluid (in pounds) in the body.

TBW % (Total Body Water Percentage) – percentage of fluid in the body.

BMR (Basal Metabolic Rate) – minimum level of energy your body needs when at rest to function.

BMI (Body mass Index) – a measure of body fat based on height and weight. It is calculated by dividing weight in kilograms by height in meters squared (kg/m²).