

BODY CELL MASS

What is Body Cell Mass?

Body Cell Mass is the total mass of all the cellular elements in the body which constitute all the metabolically active tissue of the body.

A depletion of the body cell mass (BCM) is characteristic of wasting of the body common with chronic diseases such as AIDS and terminal cancer.

A small depletion of BCM can also be an indication of over training, or an impending illness. It can also be due to an illness that has just occurred.

BCM includes muscle tissue, organ tissue, intracellular and extracellular water, and bone tissue.

Poor BCM is often accompanied by an lack of balance in intra/extra cellular water.

Body Cell Mass can have an acceptable variance of up to +/- 9 lbs. Small variances are generally nothing to be overly concerned about but can be an indication of an impending or recent illness such as a cold or, for athletes, it can be an indication of over training.

Healthy BCM Sample Chart

SAMPLE HEALTHY BODY CELL MASS TO WEIGHT PORPORTION CHART					
MALE	18-29	30-39	40-49	50-59	60-69
WEIGHT	156	160	156	158	154
BCM	70.9	70.7	69.4	60.7	63.2
FEMALE	18-29	30-39	40-49	50-59	60-69
WEIGHT	121	125	127	133	141
BCM	51	50.9	48.9	50.9	48.9

*Ranges of Body Cell Mass can vary up to +/- 9 lbs. A small depletion in BCM is usually not something to be overly concerned about.

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