



THE DOCTOR'S KITCHEN AUSTRALIA

Healthy Range Chart



BODY WATER

FEMALE STANDARD RANGE

DEHYDRATED	< 45%
HEALTHY	45%-60%

FEMALE ATHLETIC RANGE

DEHYDRATED	< 50%
HEALTHY	50%-65%



BONE MASS

FEMALE WEIGHT

Less than 49kg
Between 50kg-75kg
Over 76kg

HEALTHY BM WEIGHT

1.95kg*
2.40kg*
2.95kg*



VISCERAL FAT

RATING GUIDE

HEALTHY LEVEL RATING	1-12
EXCESS LEVEL RATING	13-59



BODY FAT %

FEMALE AGE	UNDERFAT	HEALTHY	EXCESS FAT	OBESE
20 - 39	0% - 21%	21% - 33%	33% - 39%	39%+
40 - 59	0% - 23%	23% - 34%	34% - 40%	40%+
60 - 79	0% - 24%	24% - 36%	36% - 42%	42%+



MUSCLE MASS

FEMALE AGE	18-29	30-39	40-49	50-59	60-69	70-79	80
HIGH	>68	>70	>69	>67	>61	>54	>50
AVERAGE	48-67	48-69	45-68	41-66	34-60	26-53	22-49
LOW	<40	<47	<44	<40	<33	<25	<20



BODY WATER

MALE STANDARD RANGE

DEHYDRATED	< 50%
HEALTHY	50%-65%

MALE ATHLETIC RANGE

DEHYDRATED	< 55%
HEALTHY	55%-70%



BONE MASS

MALE WEIGHT

Less than 64kg
Between 65kg-95kg
Over 95kg

HEALTHY BM WEIGHT

2.65kg*
3.29kg*
3.69kg*



VISCERAL FAT

RATING GUIDE

HEALTHY LEVEL RATING	1-12
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BODY FAT %

MALE AGE	UNDERFAT	HEALTHY	EXCESS FAT	OBESE
20 - 39	0% - 8%	8% - 19%	19% - 25%	25%+
40 - 59	0% - 11%	11% - 21%	21% - 28%	28%+
60 - 79	0% - 13%	13% - 25%	25% - 30%	30%+



MUSCLE MASS

MALE AGE	18-29	30-39	40-49	50-59	60-69	70-79	80
HIGH	>74	>73	>70	>64	>56	>46	>39
AVERAGE	49-73	47-72	44-69	39-63	33-55	25-45	21-38
LOW	<48	<46	<43	<38	<32	<24	<20



BMR



METABOLIC AGE

Please note that the segmental body composition scales will provide a result for an individual patient's BMR and Metabolic Age which forms an important part of your medical assessment.

Body Fat %

is the proportion of fat to the total body weight. Although you need healthy body fat, too much fat can damage your long-term health. Reducing excess levels of body fat has been shown to directly reduce the risk of certain conditions such as high blood pressure, heart disease, and type 2 diabetes.

Body Water %

is the total amount of fluid in the body expressed as a percentage of total weight. The amount of fluid needed every day varies from person to person and is affected by climatic conditions and how much physical activity you undertake.

Basal Metabolic Rate (BMR) (CALORIES AT REST)

is the daily minimum level of energy or calories your body requires when at rest (including sleeping) in order to function effectively.

Increasing muscle mass will speed up your basal metabolic rate (BMR). A person with a high BMR burns more calories at rest than a person with a low BMR.

Muscle Mass (KG)

is the predicted weight of muscle in your body. As your muscle mass increases, the rate at which you burn energy (calories) increases which accelerates your basal metabolic rate (BMR) and helps you reduce excess body fat levels and lose weight in a healthy way. If you are exercising hard your muscle mass will increase and may increase your total body weight too. That's why it's important to monitor your measurements regularly to see the impact of your training programme on your muscle mass.

Bone Mass (KG)

The predicted weight of bone mineral in your body. While your bone mass is unlikely to undergo noticeable changes in the short term, it's important to maintain healthy bones by having a balanced diet rich in calcium and by doing plenty of weight-bearing exercise.

Metabolic / Biological Age

is calculated by comparing your basal metabolic rate (BMR) to the BMR average of your chronological age group. If your metabolic age is higher than your actual age, it's an indication that you need to improve your metabolic rate. Increased exercise will build healthy muscle tissue, which in turn will improve your metabolic age.

Visceral Fat

is located deep in the core abdominal area, surrounding and protecting the vital organs. Ensuring you have a healthy level of visceral fat directly reduces the risk of certain diseases such as heart disease, high blood pressure and may delay the onset of type 2 diabetes.

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