

OMRON

How to use the Full Body Sensor Body Composition monitor and scale

1. Lift up the monitor handle and screen
2. Press the power button located on the back end of the scale
3. It will show "CAL" wait for it to show "0.00lbs"
4. Press the "GUEST" button
5. Enter age using the up and down arrows then hit "SET"
6. Choose the male or female symbol using arrows then press "SET"
7. Enter height using arrows and press "SET"
8. Stand on scale barefoot, straight back, legs straight, look straight ahead, hold arms out straight at 90 degree angle and do not move.
9. Results:
 - a. Weight in lbs
 - b. BMI: Body Mass Index
 - i. Underweight < 18.5
 - ii. Healthy= 18.5 – 25
 - iii. Overweight= 25-30
 - iv. Obese > 30

c. BODY FAT

Interpreting the Body Fat Percentage Result

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
Female	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
Male	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

Source: NIH/WHO guidelines for BMI
 Source: Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000

d. MUSCLE




Interpreting the Skeletal Muscle Percentage Result

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
Female	18-39	< 24.3	24.3 - 30.3	30.4 - 35.3	≥ 35.4
	40-59	< 24.1	24.1 - 30.1	30.2 - 35.1	≥ 35.2
	60-80	< 23.9	23.9 - 29.9	30.0 - 34.9	≥ 35.0
Male	18-39	< 33.3	33.3 - 39.3	39.4 - 44.0	≥ 44.1
	40-59	< 33.1	33.1 - 39.1	39.2 - 43.8	≥ 43.9
	60-80	< 32.9	32.9 - 38.9	39.0 - 43.6	≥ 43.7

Source: Omron Healthcare

- e. RM kcal (Resting metabolic rate): energy (calories) required to maintain vital functions (~60-70%)
- f. BODY AGE
- g. VISCERAL FAT: Fat in abdomen surrounding vital organs

Interpreting the Visceral Fat Level Result

		
Visceral Fat Level ≤ 9	10 ≤ Visceral Fat Level ≤ 14	Visceral Fat Level ≥ 15
0 (Normal)	+ (High)	++ (Very High)

Visceral fat area (0 - approx. 300 cm², 1 inch=2.54 cm) distribution with 30 levels.
 Source: Omron Healthcare

NOTE: Visceral fat levels are relative and not absolute values.