



**TANITA**  
Monitoring Your Health



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# MC980

Multi Frequency Segmental Body Composition Analyser

Understanding **Your**  
Body Composition Analysis



**The MC980 Multi Frequency Segmental Body Composition Monitor is the ultimate tool in providing indepth information for truly personalised consultations.**

**Powerful**

Perfectly balancing state of the art technology including multi frequency analysis, colour touch screen technology and Microsoft® Windows® real time operating system

**User friendly**

Designed to be used as a stand alone unit allowing clients to take a measurement without assistance thanks to the extra large interactive touch screen display

**Clinical Accuracy**

6 frequencies allow heightened accuracy using the latest Tanita equations

**Repeatable**

NAWI approved weighing capacity of 300kg and auto calibration before each and every analysis ensures optimum reproducibility of measurements

**Fast**

Full segmental body composition analysis taken in under 30 seconds

**Practical**

A modular system for convenient transportation. The interlocking system can be set up in under 5 minutes.

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## A guide to understanding your Tanita MC 980 Body Composition Analysis.

Fast. Accurate. Convenient.

### Whole Body Analysis

#### Fat % / Fat Mass

Fat Mass is the weight of fat in your body. Fat % is the proportion of Fat to the total body weight. Body Fat is essential for maintaining body temperature, cushioning joints and protecting internal organs. Yet, too much fat can damage your health. Reducing excess levels of body fat has shown to reduce the risk of certain conditions such as high blood pressure, heart disease, type 2 diabetes and cancer. Too little body fat may lead to irregular periods in women and infertility. Check your body fat results against the healthy body fat ranges shown at the bottom of your printout.

#### Fat Free Mass (FFM)

Fat Free Mass is comprised of non-fat components of the human body. Muscle, bone and water are all examples of fat free mass.

#### Muscle Mass

The predicted weight of muscle in your body. As you exercise more, your muscle mass increases, which in turn burns more calories. Check your muscle mass rating against the desirable range.

#### Body Mass Index (BMI)

Body Mass Index is a standardised ratio of weight to height, and is used as a general indicator of health. Your BMI can be calculated by dividing your weight (in kilograms) by the square of your height (in meters)

<18.5 = Under Weight  
18.5 - 24.9 = Normal Weight  
25-29.9 = Overweight  
30+ = Obese

BMI is a good general indicator for population studies but has serious limitations when used for individual analysis.

#### Metabolic Age

Metabolic Age compares your basal metabolic rate to other age groups. If the age indicated is higher than your actual age then you need to increase exercise levels. Building muscle will burn more calories, even at rest!

#### Bone Mass

The predicted weight of bone mineral in your body. It has been proven that increased muscle mass through sport activities promotes stronger healthier bones.

Check for significant changes over time.

#### Protein

The weight of protein in the body, protein is essential for the maintenance of muscle within the body.

Check for significant changes over time.

#### Basal Metabolic Rate (BMR)

Basal Metabolic Rate is the daily minimum number of calories your body needs when at total rest. Increasing muscle mass will speed up your metabolic rate. A person with a high BMR can burn more calories at rest than a person with a low BMR. Check how efficient your body is at burning calories in the Indicator section of your print out

- = low burn- your body is slow at burning calories  
0 = average burn - your body is efficient at burning calories  
+ = high burn - your body is highly efficient at burning calories

#### Visceral Fat Rating

Visceral fat is located deep in the abdominal area surrounding and protecting the vital organs. Ensuring you have a low level of visceral fat reduces the risk of certain conditions such as heart disease, high blood pressure and type 2 diabetes. Rating from 1 to 9: Indicates you have a healthy level of visceral fat. Monitor regularly to ensure your rating stays within this range. Rating from 10 to 59: Indicates you have an excess level of visceral fat. Consider making changes in your lifestyle possibly through diet changes and/or increasing exercise.

#### Total Body Water % (TBW %)

Total Body Water Percentage is the total amount of fluid in the body expressed as a % of total weight. Being well hydrated will help concentration levels, sports performance and general well-being. Drinking 2 litres of fluid a day will ensure good hydration levels. The average TBW% ranges for a healthy person are:  
Female 45 to 60%  
Male 50 to 65%  
Children 60-75%  
Individuals with a high body fat % may fall below the recommended body water percentage. As body fat is reduced over time the TBW% should gradually improve.

#### Intra Cellular Water (ICW)

Intracellular Water is the fluid found inside cells. Usually 40% of your body weight is intracellular water.

#### Extra Cellular Water (ECW)

Extracellular Water is the body fluid found outside of cells. The healthy ratio of Extra Cellular Water and Total Body Water is around 40%. In some cases malnutrition, aging and high fat levels may cause the ratio to be higher than 40%. Athletes tend to have a lower ratio of less than 36%. Continue to monitor this ratio on a regular basis.

#### Physique Rating

Physique rating assesses muscle and body fat rating into 9 body types. As your activity level changes over time the balance of body fat and muscle will gradually alter which in turn will change your overall physique.

### Segmental Body Analysis

#### Segmental Muscle Mass

The shaded blue area indicates the average person. The black line represents your muscle mass distribution. The muscle mass rating for the trunk, each leg and arm is shown:  
Minus figures = low muscle tone  
Zero = healthy muscle tone  
Plus figures = high muscle tone  
Ideally you should aim for Zero or plus figures to be healthy.

#### Segmental Fat Rating

The shaded green area indicates the average person. The black line represents your fat mass distribution. The fat mass for the trunk, each leg and each arm is shown.  
Minus figures = low fat level  
Zero = healthy fat level  
Plus figures = high fat level  
Ideally you should aim for Zero or a little under to remain healthy.

#### Muscle Mass Balance

Compares the balance of muscle mass between the left and right side of the body.

#### Leg Muscle Score

A score is given for your physical condition, and plotted against average healthy values for gender and age. The score is based on your leg muscle mass divided by your body weight. e.g. a healthy 20-25 year old should achieve a score of 100.

#### Body Fat Distribution

The ratio of upper to lower body fat is calculated, and plotted against average healthy values for gender and age.

#### History

Body composition results for weight, muscle mass and fat are stored over time to assist in tracking of results over time.

#### Reactance & Resistance

The Reactance Resistance table at the bottom of the page indicates measurements for the impedance flow at each of the 6 multi frequency levels.  
H-L = Hand - Leg  
RL = Right Leg  
LL = Left Leg  
RH = Right Hand  
LH = Left Hand  
L-L = Leg to Leg

