

# Beyond the Scale

Your health is much more than a number.

When you step on a Renpho scale, you get a snapshot of your unique body composition. It estimates:

- Body Fat %
- Skeletal Muscle %
- Visceral Fat
- Body Water %
- Protein %



Don't sweat a single day's reading. Use these numbers to track long-term trends and celebrate progress!



# What to Focus On



**Skeletal Muscle %**  
(Aim to build/maintain)

→ More muscle supports a faster metabolism, functional strength, and healthy aging.



**Body Fat %**  
(Aim for consistency)

→ Focus on long-term trends over weeks, not daily fluctuations.



**Visceral Fat**  
(Aim to keep low)

→ Wraps around internal organs. Keeping this low is crucial for long-term metabolic health.



**Body Water %**  
(Aim for optimal hydration)

→ Directly impacts daily energy levels, physical recovery, and digestion.



**Protein %**  
(Aim for adequacy)

→ Essential building blocks for structural muscle repair and keeping you full.



## Progress Over Perfection.

