



5 SMART SCALE NUMBERS FOR MEN AND WOMEN TO FOCUS ON

Visceral Fat

- Healthy: 1 – 5
- Elevated: 6 – 9
- High Risk: 10+

Linked to insulin resistance, diabetes and heart disease.

Skeletal Muscle

- Optimal: 43%+
- Moderate: 38 – 42%
- Low: <38%

Supports strength, mobility, metabolism, and healthy aging.

Body Fat %

Women:

- Healthy: 22 – 32%
- Elevated: 33 – 38%
- High Risk: 39%+

Men:

- Healthy: 10 – 22%
- Elevated: 23 – 27%
- High Risk: 28%+

Higher levels increase metabolic health risks.

Body Water %

- Healthy: 45 – 55%
- Mild Dehydration: 42 – 44%
- Low: <42%

Supports energy, metabolism, and overall health.

Metabolic Age

- Lower: Excellent
- Similar: Good
- Higher: Focus Area

A snapshot of how your body is aging metabolically.

Metabolic Health is More Than a Number on the Scale.

Ranges may vary by device. Focus on trends over time.