

What is BMI? What is Body Fat Percentage?

Artist Profile

What is BMI?

Body Mass Index (BMI) is a simple index of weight-for-height that is commonly used to classify underweight, overweight and obesity in adults.

BMI uses the following simple formula to indicate the ratio between weight and height of a person.

$$\text{BMI} = \text{weight(kg)} / \text{height(m)} / \text{height (m)}$$

If the fat level revealed by BMI is higher than the international standard, there is an increased likelihood of common diseases. However, not all types of fat can be revealed by BMI.

BMI	Designation by the WHO
Less than 18.5	Underweight
18.5 or more and less than 25	Normal
25 or more and less than 30	Overweight
30 or more	Obese

The above index refers to the values for obesity judgment proposed by WHO(World Health Organization).

What is Body Fat Percentage?

The body fat content is shown as the amount of stored fat as a percentage of total body weight. There is no generally accepted set value as this varies significantly according to gender (due to the different build) and age.

Body fat is vital for basic body functions. It's protecting organs, cushioning joints, regulating body temperature, storing vitamins and serves the body as energy storage.

As essential for women a minimum body fat proportion between 10% and 13% and for men between 10% and 13% is requested with the exception of competitive athletes.

Body fat is not a clear indicator for health. Too high body weight and a too high body fat proportion are linked to the incidence of many civilization diseases such as diabetes, cardiovascular diseases, etc.

Lack of movement and improper nutrition are often the prime course for these diseases. There is an obvious direct relationship between overweight and lack of movement.

Recommended Body Fat Ranges

Gender	Age	Under fat	Normal	Over fat	Obese
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

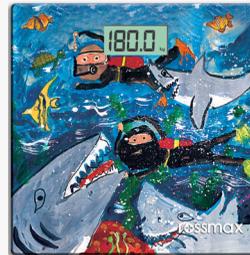
Based on Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000

Body Fat Fluctuations in a Day

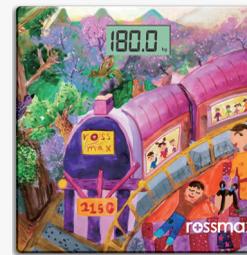
Hydration levels in the body may affect body fat readings. Readings are usually highest in the early waking hours, since the body tends to be dehydrated after a long night's sleep. For the most accurate reading, a person should take a body fat percentage readings at a consistent time of day under consistent conditions.



Yummy ! Yummy !
Artist: Rosaline Yeh



Shark
Artist: Kyle Yeh



Rossmax train
Artist: Rosaline Yeh



Rosaline Yeh

Nice, pleasant and observing personality, painting style resembles the painter herself. Painter always comes with a sweet smile making everyone happy. This also reveals painter's high delicacy and vividness in her piece.



Kyle Yeh

Just like other little boys, the painter likes beetle cards, robots and cries looking for things yet he always puts his school bag in order. From scrawling to childhood joy, comes with a big transformation in his work.



OBESITY

Scale

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Model: WB100



Yummy ! Yummy !

Model: WB101



Model: WF260



Model: WB102



Shark

Model: WB103



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