

A Graphic Look Within Your Body

Our team wants you to know that you are not alone in dealing with the emotional and physical challenges that being overweight brings to your life. We know the many health risks associated with this condition and the good news is those risks, medically treated, can be reduced, stopped or even reversed. Our goal is to get you living your life to the fullest. Our commitment is to help you achieve the success you deserve. Congratulations for taking the step that leads to a better life.

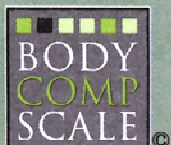


Total Body Fat

The recommended body fat range for young to middle aged adult women is 16% - 26% and for older women 24%-28%. For young to middle aged adult males the recommended body fat range is 12%-18% and for older men 18%-22%.

Total Body Water

Water is essential to life. Every physical and chemical process in your body uses water. It delivers oxygen with other essentials into and out of every cell. It lubricates all the body's joints, tissues and organs and insures we do not overheat. To get the benefits from food, we must have water. A well hydrated female with 25% body fat has approximately 50% body water while a well hydrated male with 15% body fat has approximately 60% total body water.



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