You will be weighed each time you have a scheduled appointment with one of our providers. Our scale has been designed to provide not only your current weight, but your percentage of body fat and lean mass, percentage of hydration and your BMI.

**So how does the scale work?**

In order to obtain these measurements the scale uses a method called bioelectrical impedance to extrapolate your numbers. The scale sends a very mild electrical current throughout your body as you are standing on the metal footpads and holding onto the metal handles of the scale. The scale times how long it takes the current to pass through your body. Muscle tissue contains more water than adipose (fat) tissue and because water is a good conductor of electricity the current will move faster through muscle tissue. The scale then takes into account your height, weight, and timed current to calculate your numbers.

Below is a description of each of the sections on your scale printout:

**Current Body Weight**: As the title states this is your current weight at this moment in time. Remember your scale at home may tell you something different, especially if you are weighing yourself first thing in the morning. If you prefer to track your weight on your home scale that is perfectly fine, but we will need to weight you on our scale each time you have a visit with one of our practitioners.

**Total Body Fat:** This number indicates the approximate amount of adipose (fat) tissue you are carrying. Please note that your level of hydration can affect this number.When you are dehydrated the amount of water in your muscles decreases causing the current to slow down, which in turn causes the scale to misinterpret muscles mass as fat mass. Please make sure you are well hydrated at each visit to avoid this scenario. Ideally as you lose weight this number will reduce.

**Fat-Free Mass:** This is the percentage of lean body mass to include, muscle, organs, skin, bone, and hair. Ideally as you lose weight, this number will increase.

**Total Body Water:** This is the percentage of hydration (water) that you have in your system at the time of your weigh-in. An ideal percentage is for a woman is between 45 – 60% and for a man between 50 – 65%.

**Body Mass Index (BMI):** Your body mass index is nothing more than a ratio of your height to weight. It does not take into account the amount of lean or fat mass you are carrying. It was developed by the insurance companies in order to place people into risk stratifications. The higher your BMI the higher the likelihood of developing cardiovascular and metabolic diseases and certain cancers. As your BMI decreases with weight loss your risk for developing the aforementioned issues reduces.

At the bottom of your printout you will see “Your target weight range…” and Resting Energy Expenditure: Calories/Day. You may disregard these sections as we do not utilize them as part of your treatment. You determine your target weight range with Dr. Salter when you begin your journey so there is no need to review what the scale has determined. Additionally, counting calories is NOT part of the Why Weight Program so please ignore this portion of the print out.