

Perfect Fat-measure Caliper

Body fat is associated with heart disease, blood pressure, cholesterol, diabetes, stroke and some cancers. However, emotional health is also at risk due to societal pressures related to being thin.

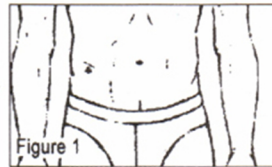
According to scientists some fat is necessary. The fat which surrounds the spinal cord, heart, and vital organs is called "essential" fat and is necessary for basic physical and physiological health.

Since most body fat is located directly under the skin, a very efficient and practical way to measure your body fat percentage is through skin-fold measurement, the scientific approach to the time-honored "pinch an inch" method. The fat measure caliper is easy to use in the privacy of your home, with superior accuracy and reliability. So whether you choose to use the fat measure caliper privately or with the help of someone else, please follow the below steps.

How to Use

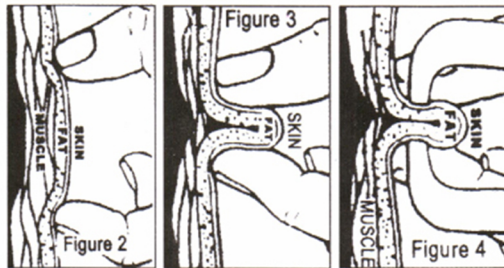
Step 1

The site you will use for your skin-fold measurement is the suprailiac, approximately one inch above the right hip bone (see figure 1).



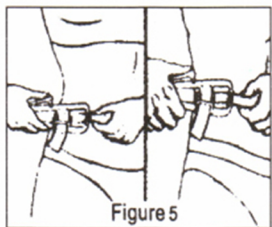
Step 2

While standing, firmly pinch the suprailiac skin fold between your left thumb and forefinger (see figures 2 and 3). Place the jaws of the caliper over the skin fold while continuing to hold the skin fold with the left hand (see figure 4).



Step 3

Press with the thumb where indicated on the caliper (see figure 5). Note where the sliding arrow points on the gauge, repeat three times and use the average as your body fat measurement. Refer to the body fat interpretation chart to determine your body fat percentage and its indication.



BODY FAT % MEASUREMENT CHART FOR MEN

Fat-Measure Reading in Millimeters

| | 2-3 | 4-5 | 6-7 | 8-9 | 10-11 | 12-13 | 14-15 | 16-17 | 18-19 | 20-21 | 22-23 | 24-25 | 26-27 | 28-29 | 30-31 | 32-33 | 34-36 |
|-------|------|------|------|------|-------|-------|-------|-------|---------|-------|-------|-------|---------------|-------|-------|-------|-------|
| 18-20 | 2.0 | 3.9 | 6.2 | 8.5 | 10.5 | 12.5 | 14.3 | 16.0 | 17.5 | 18.9 | 20.2 | 21.3 | 22.3 | 23.1 | 23.8 | 24.3 | 24.9 |
| 21-25 | 2.5 | 4.9 | 7.3 | 9.5 | 11.6 | 13.6 | 15.4 | 17.0 | 18.6 | 20.0 | 21.2 | 22.3 | 23.3 | 24.2 | 24.9 | 25.4 | 25.8 |
| 26-30 | 3.5 | 6.0 | 8.4 | 10.6 | 12.7 | 14.6 | 16.4 | 18.1 | 19.6 | 21.0 | 22.3 | 23.4 | 24.4 | 25.2 | 25.9 | 26.5 | 26.9 |
| 31-35 | 4.5 | 7.1 | 9.4 | 11.7 | 13.7 | 15.7 | 17.5 | 19.2 | 20.7 | 22.1 | 23.4 | 24.5 | 25.5 | 26.3 | 27.0 | 27.5 | 28.0 |
| 36-40 | 5.6 | 8.1 | 10.5 | 12.7 | 14.8 | 16.8 | 18.6 | 20.2 | 21.8 | 23.1 | 24.4 | 25.5 | 26.5 | 27.4 | 28.1 | 28.6 | 29.0 |
| 41-45 | 6.7 | 9.2 | 11.5 | 13.8 | 15.9 | 17.8 | 19.6 | 21.3 | 22.8 | 24.7 | 25.5 | 26.6 | 27.6 | 28.4 | 29.1 | 29.7 | 30.1 |
| 46-50 | 7.7 | 10.2 | 12.6 | 14.8 | 16.9 | 18.9 | 20.7 | 22.4 | 23.9 | 25.3 | 26.6 | 27.7 | 28.7 | 29.5 | 30.2 | 30.7 | 31.2 |
| 51-55 | 8.8 | 11.3 | 13.7 | 15.9 | 18.0 | 20.0 | 21.8 | 23.4 | 25.0 | 26.4 | 27.6 | 28.7 | 29.7 | 30.6 | 31.2 | 31.8 | 32.2 |
| 56&up | 9.9 | 12.4 | 14.7 | 17.0 | 19.1 | 21.0 | 22.8 | 24.5 | 26.0 | 27.4 | 28.7 | 29.8 | 30.8 | 31.6 | 32.3 | 32.9 | 33.3 |
| | LEAN | | | | IDEAL | | | | AVERAGE | | | | ABOVE AVERAGE | | | | |

BODY FAT % MEASUREMENT CHART FOR WOMEN

Fat-Measure Reading in Millimeters

| | 2-3 | 4-5 | 6-7 | 8-9 | 10-11 | 12-13 | 14-15 | 16-17 | 18-19 | 20-21 | 22-23 | 24-25 | 26-27 | 28-29 | 30-31 | 32-33 | 34-36 |
|-------|------|------|------|------|-------|-------|-------|-------|---------|-------|-------|-------|---------------|-------|-------|-------|-------|
| 18-20 | 11.3 | 13.5 | 15.7 | 17.7 | 19.7 | 21.5 | 23.2 | 24.8 | 26.3 | 27.7 | 29.0 | 30.2 | 31.3 | 32.3 | 33.1 | 33.9 | 34.6 |
| 21-25 | 11.9 | 14.2 | 16.3 | 18.4 | 20.3 | 22.1 | 23.8 | 25.5 | 27.0 | 28.4 | 29.6 | 30.8 | 31.9 | 32.9 | 33.8 | 34.5 | 35.2 |
| 26-30 | 12.5 | 14.8 | 16.9 | 19.0 | 20.9 | 22.7 | 24.5 | 26.1 | 27.6 | 29.0 | 30.3 | 31.5 | 32.5 | 33.5 | 34.4 | 35.2 | 35.8 |
| 31-35 | 13.2 | 15.4 | 17.6 | 19.6 | 21.5 | 23.4 | 25.1 | 26.7 | 28.2 | 29.6 | 30.9 | 32.1 | 33.2 | 34.1 | 35.0 | 35.8 | 36.4 |
| 36-40 | 13.8 | 16.0 | 18.2 | 20.2 | 22.2 | 24.0 | 25.7 | 27.3 | 28.8 | 30.2 | 31.5 | 32.7 | 33.8 | 34.8 | 35.6 | 36.4 | 37.0 |
| 41-45 | 14.4 | 16.7 | 18.8 | 20.8 | 22.8 | 24.6 | 26.3 | 27.9 | 29.4 | 30.8 | 32.1 | 33.3 | 34.4 | 35.4 | 36.3 | 37.0 | 37.7 |
| 46-50 | 15.0 | 17.3 | 19.4 | 21.5 | 23.4 | 25.2 | 26.9 | 28.6 | 30.1 | 31.5 | 32.8 | 34.0 | 35.0 | 36.0 | 36.9 | 37.6 | 38.3 |
| 51-55 | 15.6 | 17.9 | 20.0 | 22.1 | 24.0 | 25.9 | 27.6 | 29.3 | 30.7 | 32.1 | 33.4 | 34.6 | 35.6 | 36.6 | 37.5 | 38.3 | 39.9 |
| 56&up | 16.3 | 18.5 | 20.7 | 22.7 | 24.6 | 26.5 | 28.2 | 29.8 | 31.3 | 32.7 | 34.0 | 35.2 | 36.3 | 37.2 | 38.1 | 38.9 | 39.5 |
| | LEAN | | | | IDEAL | | | | AVERAGE | | | | ABOVE AVERAGE | | | | |

- 1) Obtain your body fat measurement in millimeters using the Fat-Measure Body Fat Tester.
- 2) Find where the column with your millimeter reading intersects with the row with your age range.
- 3) The number at this intersection is your body fat percentage.
- 4) Note: For measurements over 36mm: Add 0.25% for every millimeter pinched above 36mm.

Measurement Tips for the Fat-Measure Caliper

- Take all measurements on the right side of the body.
- Do not take measurements after physical activity or when you are overheated. The added fluid under the skin may increase skinfold thickness.
- Measurements should not be taken on broken, damaged or unhealthy skin.
- Always use the same Fat-Measure caliper and take the reading at the same time of day, for consistent monitoring of body composition changes.
- To grab the skinfold easily and correctly, make sure that your skin is dry and lotion free.
- If you are obese, it is not recommended to take skinfold measurements. It is often useful to take measurements with tape measures.
- If you are female, avoid measuring during the menstrual cycle when there is significant or noticeable weight gain. Experience is necessary to consistently grasp the correct size skinfold in the correct location.