



Key Biometrics and Definitions

BMI(body mass index) - A measure of body fat based on height and weight; applies to adult men and women; healthy range: 25 or less

% body fat - Estimated percentage of total body fat; healthy range: women 17%-25% Men 10%-18%

% lean muscle mass - Estimated percentage of total lean muscle mass

Blood pressure - A measurement of the force applied to the walls of the arteries as the heart pumps blood through the body; healthy range is 120/80 or less

Glucose - A measure of the principal circulating sugar in your blood; glucose is the major energy source of the body; healthy range is less than 100

Cholesterol - A waxy insoluble substance found in animal tissues and certain foods measured in your blood; high levels are considered unhealthy and are linked to heart disease and other arterial complications; healthy range is less than 200

HDL - The amount of high-density lipoproteins (HDL) measured in your blood; known as the good cholesterol; healthy range is 60 mg/dl or higher

LDL - The amount of low-density lipoproteins (LDL) measured in your blood; known as the bad cholesterol; healthy range is 100 mg/dl or lower

Triglycerides - The amount of triglycerides measured in your blood; known as the neutral fat, triglycerides are an important energy source, forming much of the fat stored by the body; healthy range is 150 mg/dl or lower



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