

Health Monitor GMON

„INDICATE Health Risks – RATE professionally – REACT prophylactically”

Explanation to Register Body Values / TBW



The total body water percentage is the total percentage of fluid in the human body and is generally indicated as a percentage (%). The body water is divided into two liquid systems:

- The Intracellular space, that means the water is inside the cells. About 40% of the body weight is intracellular water.
- The extracellular space, the water is outside the cells (about 15% of body weight). Here we separate the intracellular liquid between the cells (10%) and the intravascular liquid of the blood (5%).

Note: The overall percentage of body water will fall if the body fat percentage increases and it will increase if the body fat percentage drops.



It is common knowledge that not enough fluid is taken on board by all age groups. Elderly people often suffer from dehydration with serious consequences: memory loss, thickening of the blood with an increased risk of cardiovascular problems. Young healthy people also experience a loss of energy and vitality if their body water percentage is low.

The body water percentage can fluctuate a great deal over the course of a day, various influences such as meals, alcohol, physical exercise and illness can change the percentage. However, a one-off intake of a large amount of water will not change the overall percentage immediately and may even ostensibly increase the body fat percentage due to the short-term increase in weight. Only long-term monitoring of the body water percentage provides information regarding body composition.



Everyone should drink 2 to 3 litres of water each day. If there is a sufficient amount of body water the cells can regenerate better and 'age' more slowly. The blood stays more fluid, which takes the strain off the blood vessels and the heart and therefore reduces the risk of a heart attack. All organs – even the intervertebral discs - benefit from optimum hydration. A good supply of lubrication is visible on the outside. The skin is firmer and stays smooth and young looking for longer.

Changes in TBW are assigned with signal colours in the [graphic depiction](#) to display the qualitative changes in health risks.



[\(A\) Ranges of Total Body Water](#)



dehydration: <lat. 'de' – 'away from something'; Latin 'hydro-' (as a prefix, otherwise 'aqua') 'water'> reduction in body water with a variety of causes alongside insufficient fluid intake. Severe dehydration is an alarming condition. It is common among the elderly whose sensitivity to thirst is disrupted.



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general operation instruction, using goals values, other relevant parameters for health

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Classification	Traffic light colour	Men (over 18 years)	Women (over 18 years)	Children (under 18 years)
low	yellow	up to 50%	up to 45%	up to 60%
good	green	50% to 65 %	45% to 60%	60% to 75%
high	yellow	over 65 %	over 60%	over 75%

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