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Handheld Unit Determines BMI, Fat %, Lean Body Mass to Improve Health

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 Posted By: Matt Chalek

Sequoia Fitness Products USA has recently launches its first health and fitness tool, the Tonus Body Mass Calculator. This portable unit lets users determine their BMI (Body Mass Index), Body Fat, and Lean Body Mass at the touch of a single button – all easy ways to monitor one’s health status.

Tonus Body Mass Calculator calculates BMI by using the U.S. Government’s Centers for Disease Control and Prevention approved formula using height and weight. BMI is the best and quickest method for assessment of weight categories that may lead to health problems. This is the most widely used statistic for monitoring health and weight status.

Body Fat % is a health rating that is used in exercise and weight loss programs. By lowering weight and lowering body fat %, individuals often improve their physiques through muscle toning and muscle gain. Tonus calculates body fat % with any tape measure using U.S. Navy and Department of Defense approved formulas – found to be the most accurate, easiest, and consistent method in the world. Tens of thousands of armed services personnel around the globe are routinely measured for body fat and physical readiness standards using the simplest tool in the world - a tape measure.

Lean Body Mass, a gauge for monitoring pounds of muscle, is displayed once the body fat % is calculated.

As an alternative, Tonus calculates Body Fat % with any body fat caliper using the most common formulas used by bodybuilders, doctors, and personal trainers – the 3-site Jackson-Pollack formulas for active adults.

“The advantage of the Tonus Body Mass Calculator is that you can get the most important health improvement metrics at the touch of a button. You don’t have to be tied to your computer and it easily fits in a gym bag or your pocket,” states Matt Chalek, spokesperson for Sequoia Fitness Products USA.

One 4-position button controls all the functions and entries by loading base information to the LCD, so users can get results in seconds by pressing the up, down, and enter positions. Tonus Body Mass Calculator is packaged with batteries and instructions, as well as BMI and body fat % information, charts, and techniques, and sells for less than \$15 at such on line stores as [bodybuilding.com](#), [heartratemonitorsusa.com](#), [bulknutrition.com](#) and

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For more information, please visit www.sequoiafitness.com, email Matt Chalek at info@sequoiafitness.com, or call him directly at 720-339-5962. Sequoia Fitness Products USA is a Colorado company interested in the development and acquisition of health and fitness products.

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