Muscle mass

What it is: The total mass of body skeletal muscle. The body has three types of muscles: skeletal, smooth, and cardiac. Skeletal muscle is under voluntary control (think biceps), smooth muscle contracts autonomously (or without any thought), and cardiac muscle makes up the main tissue of the heart's walls.

Gender	Age	Low (−)	Normal (0)	High (+)	Very High (++)
Female	18-39	< 24.3	24.3 - 30.3	30.4 - 35.3	≥ 35.4
	40-59	< 24.1	24.1 - 30.1	30.2 - 35.1	≥ 35.2
	60-80	< 23.9	23.9 - 29.9	30.0 - 34.9	≥ 35.0
Male	18-39	< 33.3	33.3 - 39.3	39.4 - 44.0	≥ 44.1
	40-59	< 33.1	33.1 - 39.1	39.2 - 43.8	≥ 43.9
	60-80	< 32.9	32.9 - 38.9	39.0 - 43.6	≥ 43.7

Source: Omron Healthcare

Why it matters: Higher muscle mass increases metabolic rate and prevents falls and illnesses. For example, a person who has a higher amount of their weight as muscle mass will burn more calories at rest compared to someone with a lower percentage of muscle mass. A higher level of muscle mass can also protect against developing diabetes.