

My Body Composition Report



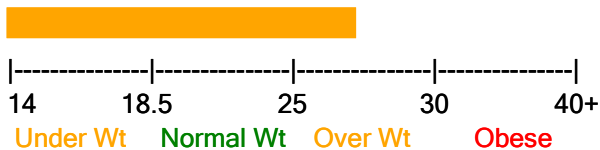
Overweight Example

09-29-2015

A healthy weight promotes good health and protects against heart disease, diabetes, stroke, and cancer. It also improves quality of life and helps you look and feel your best. See how you are doing by reviewing your report below.



Risk Assessment (BMI)



Your BMI of 27.1 puts you in the overweight risk category. Men in this category have a 13% increased risk of early mortality compared to men in the normal or healthy weight category.

Test Results

	You	Goal
* Weight	178 lb.	168
* BMI	27.1	<25
Waist circum.	37 in.	<37 in.
* Percent body fat	23.7	8 to 20
Fat weight lbs.	42.2	----
Lean weight lbs.	135.8	----
Fat Free Mass Index	20.7	17.5 to 21+
Fat mass index	6.4	Less than 8.3

Weight Management Guidelines

Follow a healthy eating and activity plan you can maintain for a lifetime. Start with a realistic goal of losing 10-15 pounds in 3 months. Then if you want to lose more weight set another short term goal until you reach your long-term goal.

By developing healthy eating habits, regular exercise, and maintaining a balanced lifestyle, including getting at least 7-8 hours of sleep daily, you will have the best chance for lifelong weight control.

Exercise Goals

Aim for at least 30-60 minutes of aerobic activity daily. Examples include brisk walking, biking, swimming laps, or participating in active sports. If you are not used to regular exercise, gradually work up to this goal over a period of several weeks. For added benefit, add two strength workouts weekly. They burn calories and prevent muscle loss from dieting. After you reach your weight goal, continue exercising to maintain a healthy weight.

Calorie Goals (to lose weight)

Men your age who are mostly sedentary have a recommended calorie goal of 2200 calories daily to maintain their present weight. To lose one pound per week you need to reduce your calorie intake by 500-600 calories daily and maintain a regular physical activity program. This would be about 1700 calories daily. For best results, write down foods and calories eaten for all meals to be sure you are not exceeding your daily calorie goals. New free phone apps (e.g. 'Lose It') make this easy to do.

Eating Guidelines

Choosing healthy, lower calorie foods is essential for weight management. Here are some healthy eating guidelines that can be helpful for long-term success.

- Don't skip meals - it often leads to binging
- Choose whole grain breads and cereals
- Avoid soft drinks and other sugar sweetened beverages - drink water instead.
- Limit eating out at fast food and traditional restaurants, especially buffets
- Emphasize fruits and vegetables - eat 5+ serv/day
- Limit red and processed meats, choose healthier protein foods
- Eat a healthy protein food at each meal
- Limit desserts and sweets
- Keep evening meal light to moderate
- Choose foods high in fiber; 38+ g/day
- If needed, get help from your doctor, nutritionist, or a qualified health coach to reach your desired weight.

A health screening service provided to help you achieve and maintain a healthy weight for a lifetime.