

HEALTH RISK ASSESSMENT AND BODY COMPOSITION PROFILE

A Graphic Look Within Your Body

Our team wants you to know that you are not alone in dealing with the emotional and physical challenges that being overweight brings to your life. We know the many health risks associated with this condition and the good news is those risks, medically treated, can be reduced, stopped or even reversed. Our goal is to get you living your life to the fullest. Our commitment is to help you achieve the success you deserve. Congratulations for taking the step that leads to a better life.

Assessment Prepared By

Date

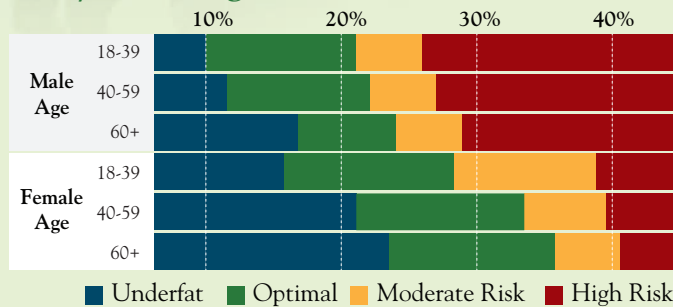
Assessment Prepared For

ID

Current Body Weight 182.6 Lbs
Body Mass Index 33.5

Gender: F Hgt: 5' 2" Age: 45

Body Fat Ranges*



38.8 %
70.8 Lbs
32.1 Kg
11 VF

Visceral Fat Ranges
Normal 1 - 9
High 10 - 14
Very High 15 +

Total Body Water*

Find Your Body Fat % Category	Recommended Body Water Levels Based on Gender and Body Fat %	
	Female	Male
10-20%	55-62%	60-72%
21-30%	45-54%	53-59%
31-40%	33-44%	42-52%

45.0 %
82.3 Lbs
37.3 Kg

Muscle mass contains about 75% water while fat cells contain less than 5% water. An increase in your percentage of body water is an indication that you are losing body fat and retaining or gaining muscle.

The information included herein is not intended or implied to be a substitute for professional medical advice. Please consult your healthcare provider.

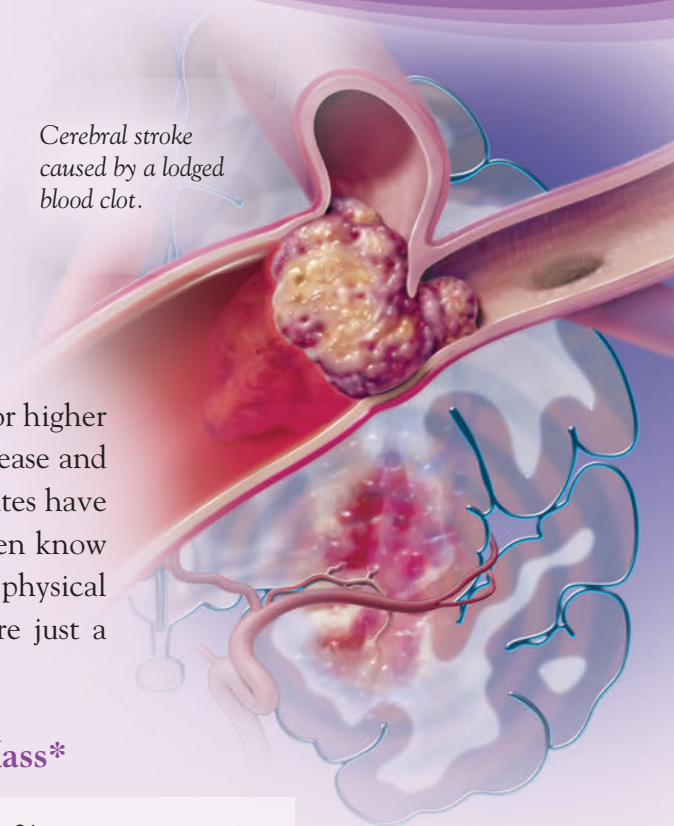


Stroke

Strikes Like A Lightning Bolt

An ischemic stroke is a sudden loss of blood to the brain, usually the result of a partial or complete blockage of an artery. While high blood pressure and excess weight do increase this risk, proper medical treatment along with weight loss can reduce the risk.

Cerebral stroke caused by a lodged blood clot.



Blood Pressure

The Silent Disease

An adult with a blood pressure value of 141/90 or higher falls into a significantly higher risk for heart disease and stroke. One third of all adults in the United States have high blood pressure and 30% of them don't even know they have hypertension. Weight loss, increased physical activity, proper nutrition and reduced stress are just a few things that can lower your blood pressure.

Your Blood Pressure

Fat Free Mass*

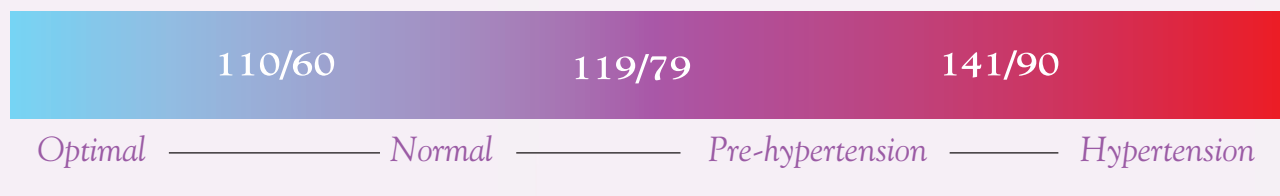
SYSTOLIC
DIASTOLIC

61.1	%
111.7	Lbs
50.6	Kg

Fat Free Mass refers to the portion of the body composed of muscle, bones, organs and fluids. While dieting or trying to lose weight, it is important to maintain as much muscle as possible to keep your metabolism from significantly slowing.

Are You At Risk?*

Compare your values to those below to see if your blood pressure is putting you at a greater risk for heart disease, stroke, or other cardiovascular event. Always consult your physician.



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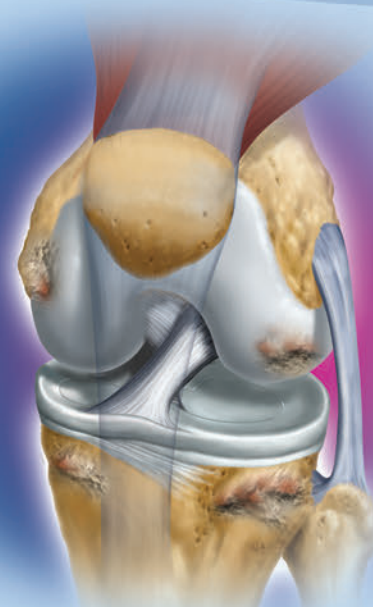
1426 calories/day required to
maintain vital body functions

Resting Energy Expenditure* (REE)
*REE is the caloric burn rate required to maintain
vital body functions when at rest.*

Degenerative Arthritis

Less weight can mean less pain

Excessive pressure on knee joints can cause more than wear, tear, and pain. Those extra pounds encourage cellular activity that will destroy joint cartilage. However, weight loss can slow cartilage loss by reducing the concentration of cytokines released by the adipose tissue. While arthritic destruction is permanent, the associated pain will generally diminish with less body weight.



Arthritic knee, showing cartilage loss due to cytokines released by fatty deposits.

Sleep Apnea

Much more than a rough night's sleep

Sleep apnea refers to many episodes of suspended breathing lasting ten seconds during sleep. During these episodes, blood-oxygen levels can drop dangerously low resulting in irregular heartbeats. Almost 100% of those diagnosed with sleep apnea are markedly overweight. The good news is with a reduction in body weight this sleeping disorder can substantially improve or disappear all together

Type II Diabetes

Prevent it or treat it

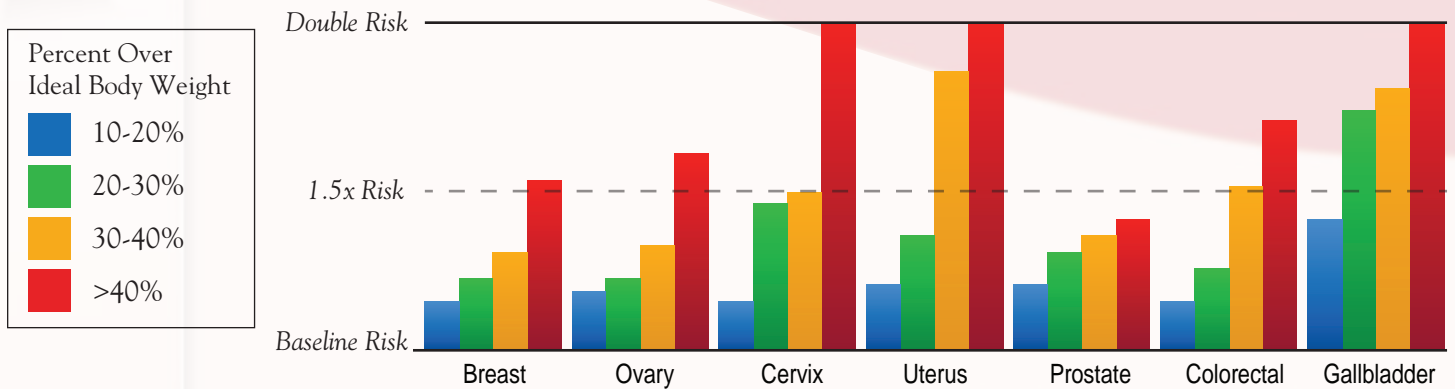
Type II diabetes symptoms can go unnoticed until the disease has progressed to debilitating levels. A few common symptoms of Type II diabetes include chronic fatigue, weight gain, slow-healing sores, or frequent urination. One of the larger risk factors is obesity. The sooner Type II diabetes is diagnosed, the better your treatment options.

Daily Caloric Burn Rates*

The greater your caloric expenditure compared to your intake the faster weight loss occurs. Your caloric burn rates listed are determined by adding the REE calories to various levels of physical activity. For your own calculations, remember 3500 calories make one pound of fat!

Very Light	1568	Calories/Day
Light	1711	Calories/Day
Moderate	1853	Calories/Day
Heavy	2139	Calories/Day
Very Heavy	2424	Calories/Day

Obesity Increases Cancer Risk*



You are 46 % above your ideal body weight.

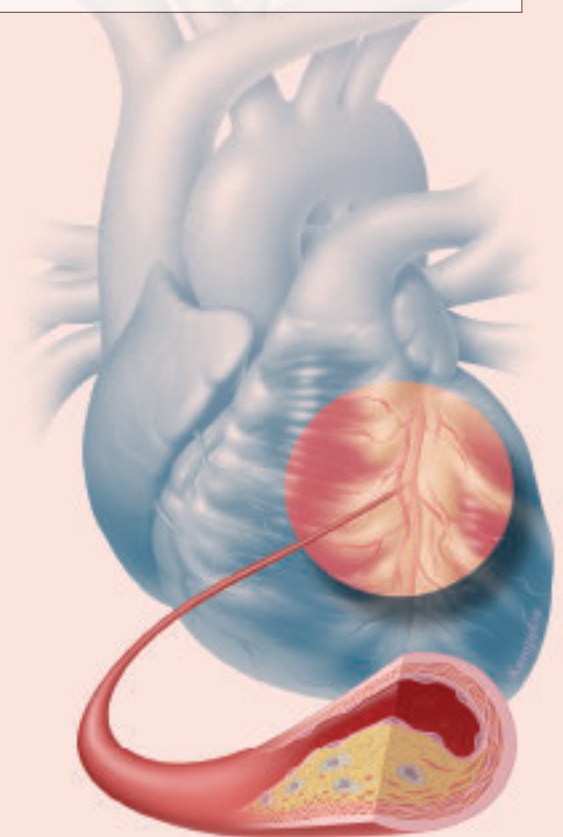
Coronary Heart Disease

Testing could save a life

Coronary heart disease is typically caused by blockage and narrowing of arteries. Inflammation of the blood vessels generated by too much abdominal fat can raise the likelihood of developing this disease. People who are excessively overweight have a dramatically increased risk of developing coronary heart disease. Getting all the appropriate medical tests can save your life.



We are your team of professionals committed to helping you achieve your best life. Now is the time to make your commitment and join the team.



Coronary artery with atherosclerotic plaque buildup, diminishing blood flow to the heart.

*Sources:

Overweight & Obesity: Causes and Consequences, Centers for Disease Control, ©2012
Body Fat Norms, National Institute of Health/World Health Organization Guidelines
"Body Water Norms," Human Body Composition: Human Kinetics, ©2005 Dale Schoeller
"Visceral Fat Norms," Simplified Estimation Method for Visceral Adipose Tissue, North American Association for the Study of Obesity

It is recommended to seek a medically qualified health care provider if the information contained herein raises any health concerns. The information provided is neither intended or implied to substitute for professional medical advice.

B O D Y C O M P O S I T I O N R E P O R T Date: _____

Name: _____

Gender: F Hgt: 5' 2.0" Age: 45
157 cm

Prepared by: _____

Current Body Weight	182.6 Lbs 82.8 Kg
Total Body Fat	38.8 % 70.8 Lbs 32.1 Kg
Visceral Fat	11
Fat-Free Mass	61.1 % 111.7 Lbs 50.6 Kg
Total Body Water	45.0 % 82.3 Lbs 37.3 Kg
Muscle-Mass	29.3 Lbs 13.3 Kg
Body Mass Index	33.5

Body Fat Displacement

Torso	44.2 Lbs	44.2 %
Left Leg	8.8 Lbs	29.1 %
Right Leg	8.8 Lbs	27.0 %
Left Arm	4.4 Lbs	43.3 %
Right Arm	4.4 Lbs	42.3 %

Body Fat Total	% Body Water Norms	Body Fat Ranges	
5-12	72-68%		
13-19	67-60%	Athletic	6-13 %
20-29	59-54%	Normal	14-19 %
30-45	53-40%	Sedentary	20+ %

Basal Metabolic Rate 1426 Calories/Day

Activity Level Daily Caloric Needs

Very Light	1568	Calories/Day
Light	1711	Calories/Day
Moderate	1853	Calories/Day
Heavy	2139	Calories/Day
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