

These are **Your** measured daily caloric zones found from **Your** Metabolic Rate Test.

Your Energy Balance Results

There is one basic truth to weight loss: You need to burn more than you eat. Target Metabolic Zones tell you exactly how to do that. The following results of your test show you precisely how many calories your body actually burns, and calculates how many calories you should eat to lose or maintain your weight.

What you burn

How much you eat

Exercise

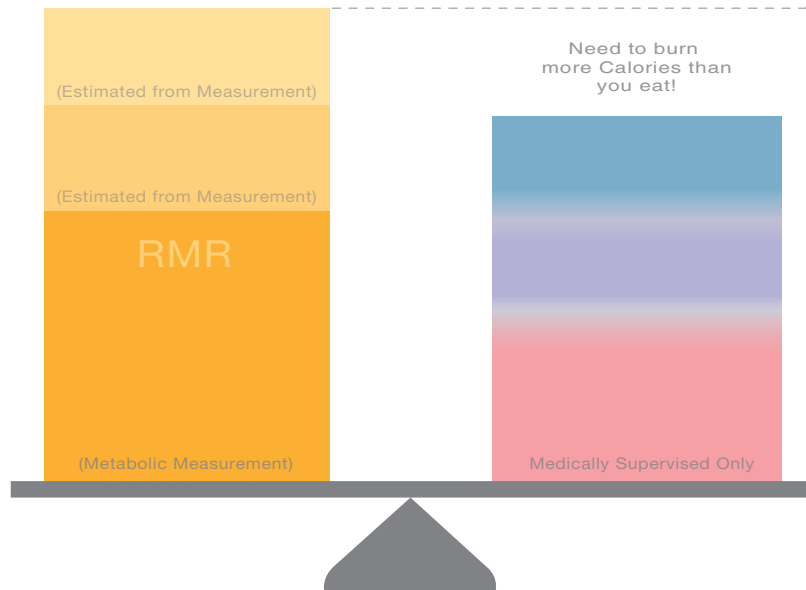
This is an estimate of the number of Calories you would burn with 30 minutes at a moderate exercise level.

Lifestyle & Activity

This is the number of calories you burn performing your daily activities...working, playing, eating, etc. Activity accounts for a significant portion of the calories you burn each day.

Resting Metabolic Rate

Today we measured your Metabolic Rate. This is the number of Calories your body burns everyday at rest.



Maintenance Zone

Once you reach your goal weight, this is how many calories your body needs to maintain your weight.

Weight Loss Zone

Comfortable weight loss comes from eating slightly less Calories than your body needs. By eating healthy foods throughout the day you should not feel hungry.

Medically Supervised Zone

Very low calorie diets should only be done under medical supervision. Supervision is required to ensure adequate nutrition, and to monitor and treat the potential slowing of metabolic rate.

Coach's Interpretation



*Based on measured metabolic rate, assumes a moderate level for 30 minutes a day

Target daily calories: ▶



How does your metabolism compare? Compared to a typical person of similar sex, age, height and weight, your metabolic rate is:



Next Test Date:

Exercise Goal:

FAST Metabolism: People with "FAST" metabolic rates burn MORE calories than normal.

CAUTION: If you just recently exercised, ate a large meal, or were not in a restful state during the test, you may want to repeat the test (ask about correct test preparation).

SLOW Metabolism: People with "SLOW" metabolic rates burn FEWER calories than normal.

CAUTION: If you think you may not have sealed your nose or mouth during the test, you should repeat the test. You want to ensure your measured Caloric Zones are correct.

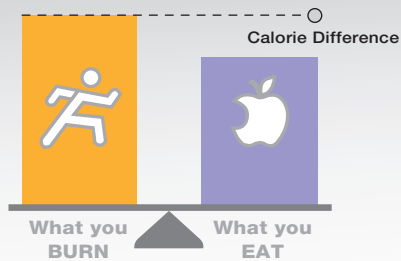
**note: NORMAL is considered to be +/- 10% the predicted value.*

Name:
Date:
Coach:

Stats

Introduction - Energy Balance

One thing holds true in weight management and that is Energy Balance. Simply put, if you burn more energy than your body absorbs, you will lose weight. When food is absorbed into your body it must either be burned as energy or stored as fat. Knowing your metabolic rate helps you to know how to balance what you eat with what you burn.



Energy in the Body

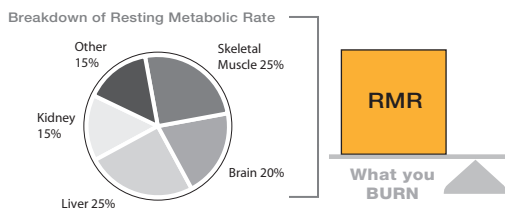
Calories is how we measure the energy in the food we eat and the energy our body uses. Your metabolic rate is how many Calories your body burns in a day. It is how fast your body burns energy. The trick is to balance the Calories you eat with the energy needs of your Metabolism. Measuring your metabolic rate is how we determine what is the right number of Calories for your body - for your metabolism.



What you Burn

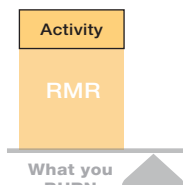
Resting Metabolic Rate (RMR):

Today we measured your unique resting metabolic rate. This is the number of Calories your body would burn if you did nothing more than sit in a chair all day. This is similar to what is known as your *Basal Metabolic Rate (BMR)*. Your resting metabolic rate is related to your lean body mass or the fat-free part of your body. Your lean body mass is made up of muscle and internal organs.



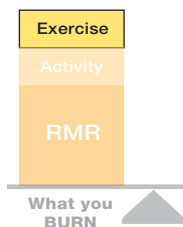
Activity & Lifestyle:

When you move your body burns energy. The more you move the more energy you burn. Your activity during the day is the biggest part of your body's energy output that you have control over. Daily Activity will generally account for burning more Calories than will exercise. Even the simplest activities can double the rate at which your body burns energy. Whether doing household chores, playing with your kids, or taking the stairs instead of the elevator, simple activities are the key to tipping the scales of energy balance in your favor.



Exercise:

Many people are surprised by how few calories are burned when they exercise. Don't make the mistake of rewarding yourself with food when you exercise - the calories you burn may only add up to 1/2 of a candy bar. However, exercise is important to increase your lean body mass (i.e. muscles - the *Calorie burning part of your body*). Proper exercise will provide your body with signals to help you lose weight and will even help control your appetite.



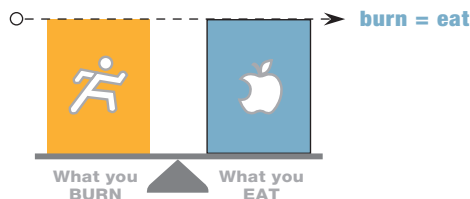
What you Eat

The number of calories you eat in a day determines whether you will maintain, gain, or lose weight. To help you understand how your own metabolism affects this, we have developed Target Zones.

These Zones are calculated using your individual Metabolic Rate Test. They pinpoint the precise number of calories your body needs each day to lose or maintain weight effectively.

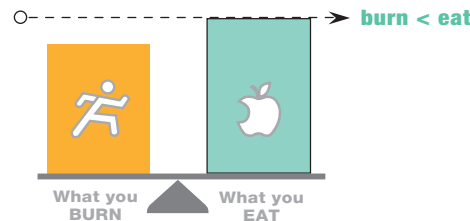


Maintenance Zone:



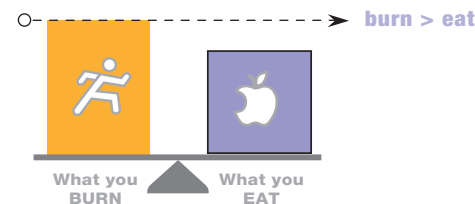
Eating within your Maintenance Zone teaches you what it feels like to "eat to your metabolism." This should become a very comfortable, satisfying way of life because you have learned to feed your body precisely what it needs.

Weight Gain Zone:



The Weight Gain Zone can be deceiving. As you eat too much, your metabolism works extra hard to burn off those extra calories. The result is that weight comes on very slowly, creeping up on you. You may even maintain this excess weight by eating far more than you should. When you attempt to lose weight, you may need to make an unusually large reduction in calories to cross through your Maintenance Zone to reach your Weight Loss Zone.

Weight Loss Zone:



The Weight Loss Zone indicates the maximum number of calories you can eat and still lose weight. In this Zone, your body will be healthy, happy, and satisfied. Imagine the success you will have when dieting feels this good! Discuss your Target Calories with your caregiver.



Comparison:

Are you Fast or Slow?



Many studies have been done to determine what is an "average" or "normal" metabolism. Your metabolic rate has been compared to what is "normal" for your age, height, weight, and sex. We often hear people blame their "slow metabolism" for their weight gain. But really most people do not have a slow metabolic rate.

Your measured metabolic rate is shown compared to average. If you have a "FAST" metabolic rate your body burns MORE calories than average - which is good. If you have a "SLOW" metabolic rate your body burns FEWER calories than average.



What to Do

Listen to Your Physician / Caregiver

MR testing and Metabolic Zones are all about individualizing your weight loss plan. Your caregiver knows you well and can further customize your plan to help you succeed.

Target Daily Calories:

Manage Your Energy Balance

Remember it is all about balance - energy balance. The key to successful weight management is to balance the Calories you eat with the Calories you burn.



Manage your Calorie Intake

Follow the nutritional guidelines and Target Daily Calories recommended by your caregiver. Your metabolic rate test provides information about what is right for you! Use this to your advantage.



Increase Your Activity

This is the best way to affect what you burn. Simple things add up. As we get older our decrease in activity is the largest loss in what we burn.

Light & simple exercise gets oxygen to your muscles and gives your body signals that help you burn fat. There is a simple rule of thumb to know if your exercise will be effective for weight loss - You should feel like you are working hard but can keep going for a long while. Be sure you can carry on a conversation comfortably throughout your workout.



Maintain Your Lean Body Mass

Follow carefully the nutrition guidelines of your caregiver. Insufficient protein in your diet will cause a decrease in lean body mass. As you lose weight, you do not want to lose the part that helps you burn energy.

Exercise that helps build muscle will increase your lean body mass. Any activity helps - walking is a good start. Eventually add exercises that build muscle strength. Discuss with your caregiver ways you can increase your muscle strength.