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Keys to Success

- Self-monitor your food intake and activity levels.
- Increase your physical activity.
- Re-measure your metabolism.

• Your next WatchWT MedGem appointment is:

Date: 8/29/2024

Time: 8:48



My Metabolism

Your metabolism is comprised of resting metabolic rate (RMR), the number of calories your body burns each day with little or no activity, and your lifestyle. Your RMR makes up the largest (approximately 65-75%) of your total metabolism.

By measuring your RMR we are best able to determine the most appropriate calorie budget (how much food to eat) to help you achieve your weight management goal.

RMR: 1250 kcals/day

LIFESTYLE: Very light

NAME: Test Client DATE: 23.01.2025

GOAL WEIGHT: 130 lb GOAL DATE: 10/16/2024

It's All About Calorie Balance

The key to successfully managing your weight is balancing the calories you eat with the calories you burn. Eating more calories than you burn leads to weight gain while eating fewer calories than you burn results in weight loss.

Calorie balance is like a scale.

To remain in balance and maintain body weight, the calories consumed (from foods) must be balanced by the calories used (in normal body functions, daily activities, and exercise).

But wait, what about exercise?

Setting and meeting an exercise goal can significantly impact your weight management results. **Your calorie budget does NOT include additional calories you burn during purposeful exercise (walks around the block, gym class, riding your bike, etc.).**

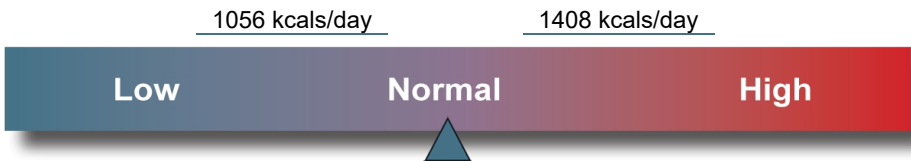
ACTIVITY GOAL:

4 hours of Moderate exercise per week 224 kcals/day (more per day)

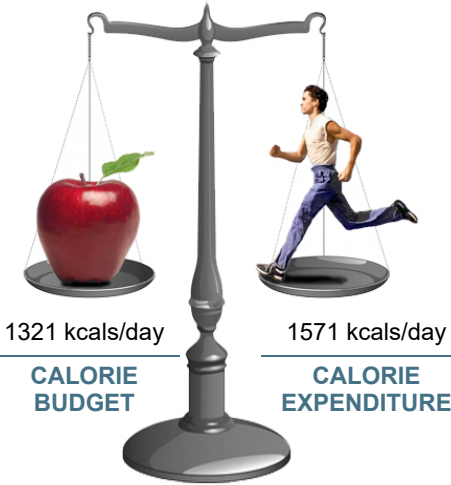
Is My RMR Good or Bad?

Unlike other health assessments (i.e., blood pressure or cholesterol), there is no such thing as a good or bad RMR. However, your RMR is unique to you. Although there is no specific standard for individual metabolism, your RMR can vary based on your muscle weight, age,

gender, genetics, and if you are taking medications. Based on these factors, your RMR may be higher or lower than other individuals. This is why it is important to monitor your RMR throughout your weight management program. A standardized RMR range is provided below as a comparison.



DAILY CALORIE BALANCE



Activity is up to you.

Eat your planned daily calorie budget and let those exercise calories that you burn help you lose weight more quickly. Or, adjust your daily calorie budget by adding your activity goal calories, as a daily or weekly reward for the activity that you performed.

Assessing Your Weight

WEIGHT: 140 lb **BMI:** 24.8 kg/ml **BODY FAT:** 32.2 % **FAT WEIGHT:** 45.1 lb



Excess Weight increases your risk for developing type 2 diabetes, cardiovascular disease, arthritis, and some cancers. Normal body weight is determined by frame size and height. Body Mass Index (BMI) is commonly used to determine if you are under weight, normal weight, or overweight. For adults, normal bodyweight is a BMI score between 20 - 24.9 kg/m². For children, normal BMI is age specific and you should consult your healthcare provider to determine optimal BMI for your child. If you have excess bodyweight, a clinician needs to determine how much of this excess weight is contributed by body fat.

Body fat is essential for survival. Fat is used for insulation, temperature regulation, protecting vital organs. Men should have a body fat range between 12-18% and women between 20-25%. The correlation between the BMI number and body fatness is fairly strong; however the correlation varies by sex, race, and age.

RMR is heavily influenced by your body and lean muscle weight. As your weight decreases, it is likely that your RMR will decrease too. This is a normal response to the body's loss of weight and reduced calories needed to support it. On the other hand, lean muscle weight can also impact RMR. It is possible to increase or maintain your RMR by building lean muscle weight during a weight management program. Lean muscle weight requires more calories. Keep in mind that building lean muscle weight requires intense strength training and generally will not occur with an increase in your cardiovascular workout or overall activity levels. It is recommended to re-measure RMR as your bodyweight changes to determine the change in body fat and to adjust your nutrition and/or activity plan.

Notes From Your Healthcare Professional

NAME: _____

FACILITY: Microlife MedGem Sample Clinic

NOTES:

Test notes



A balanced diet combines the proper amount of macronutrients (carbohydrate, protein and fat) and micronutrients (vitamins and minerals). Carbohydrates (starches, sugars, fibers) are our body's main source of energy. While sugar adds primarily calories to our budget, complex carbohydrates (found in whole grains, fruit, vegetables and legumes) provide important nutrients. These tend to be high in fiber which benefits digestion and helps maintain healthy cholesterol levels. Essential for growth and tissue repair, protein can be found in meats, chicken, fish, dairy products, and legumes. Fat contributes to the absorption of the fat-soluble vitamins, A, D, E, and K while providing energy. Healthy sources of fat come from vegetable oils (canola and olive), nuts and seeds, and fatty fish such as salmon.



Vitamins and minerals (i.e. calcium and iron) are not a source of energy but allow us to utilize the energy from carbohydrate, fat and protein. For bone health, consume calcium from dairy products (milk, yogurt, cheeses), dark leafy vegetables such as collard greens and calcium fortified foods (check soy milk, tofu and orange juice for content). Iron is vital in our body's ability to carry oxygen and fight infection. It can be found in meat, poultry and fish as well as fortified foods (cereals, breads, pastas), legumes and dark leafy vegetables. To boost your natural defenses, look for vitamin C in citrus fruit such as oranges, and bell peppers, broccoli, strawberries and papayas. Carrots, sweet potatoes, apricots, and fortified milk are all sources of vitamin A, responsible for vision and healthy skin and hair.

For more information about these and other nutrients; consult your healthcare professional.

CALORIE BUDGET: 1321

FAT CALORIES: 396

FAT (G): 44 g

CHOLESTEROL (MG): 300 mg

SAT.FAT (G): 14.5 g

SUGAR (G): **

CARBOHYDRATE (G): 132 g

FIBER (G): 25 g

PROTEIN (G): 99 g

IRON (MG): 18 mg

SODIUM (MG): 2300 mg

VITAMIN C (MG): 75 mg

VITAMIN A (IU): 700 mcg

CALCIUM (MG): 1000 mg

Your specific values are based on standard dietary requirements recommended by the Institute of Medicine (IOM) or your healthcare professional.



BIRTH DATA: 5/29/1989

GENDER: Female

WEIGHT: 140 lb

HEIGHT: 5 ft 3 in

FRAME SIZE: Medium

BODY FAT: 32.2 %

PREGNANT/LACTATING:

RMR: 1250 kcals/day

OCCUPATION LEVEL: Very light

WORK HOURS (WEEK): 40 hours

SLEEP HOURS: 8 hours
(WORK DAYS)

SLEEP HOURS: 9 hours
(NON WORK DAYS)

EXERCISE GOAL: 4 hours per week

EXERCISE LEVEL: Moderate

DIET PLAN: Custom

CALORIE BUDGET: 1321 kcals/day

RATE OF WEIGHT
CHANGE: 0.5 lb per week

GOAL DATE: 10/16/2024

Additional Information and Support:

For additional coaching or counseling, ask your healthcare professional to monitor your progress. They can offer additional assistance or suggestions to help you stay motivated in pursuing your personal weight goal. Additional information on healthy weight management, nutrition and fitness is available at