

Your Personalized Weight Management Program

Name : **Mary S**

Date : **10/21/2008**

Goal Weight : **155 lb**

Your unique RMR is: **1630**

It's all about the Calories - 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. Knowing how many calories our body burns each day by measuring our resting metabolic rate (RMR) is the missing link that allows us to determine a calorie budget (how much food to eat) to achieve your goals.



What is RMR? Resting Metabolic Rate (RMR) is the number of calories your body burns each day with little or no activity and accounts for a majority of the total calories your body burns. Knowing your RMR will allow you to establish a calorie budget and personalize your weight management efforts.

By knowing the precise number of calories your body burns in a day and the amount of your desired weekly weight change, your total daily calorie needs can be precisely determined. No more guessing how much you can eat to successfully reach your goals!

Based on your **lifestyle/occupational selection** of:

Very light

and your **weekly weight goal** of:

1 lb per week

your **Total Daily Calorie Budget** is:

1548 Calories

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

Your exercise goal is: **3 hours of Light exercise per week**

It's up to you. Eat your planned total daily calorie budget of **1548 Calories**, and let those exercise calories that you burn help you lose weight more quickly. Or, adjust your total daily calorie budget by adding your exercise calories, for a total of **1679 Calories**, to stick with your original per/week weight change of **1 lb per week**.



Is My RMR 'Fast' or 'Slow'?

Unlike other health assessments (blood pressure or cholesterol for example), there is no such thing as a high or low, or good or bad RMR. It is, however, unique to you. Two similar individuals can follow the same diet and exercise routine, and have dramatically different results. This is why it is important to have your RMR measured. RMR accounts for the majority of calories your body burns each day. An accurate measurement gives you the missing link, and the information necessary to successfully reach your weight goals.



How It Works

Does RMR change, or can you change your RMR?

Two of the largest determinants of your RMR are your weight and body composition. 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, body composition, or the amount of lean muscle mass you have, can also impact RMR. It is possible to increase your RMR by building lean muscle mass, which requires more calories for your body to support. Keep in mind that building lean muscle mass requires intense strength training, and generally will not occur with an increase in your cardiovascular workout or overall activity levels.



Re-measuring your RMR is a key to long-term success.

Talk with your health or fitness professional about your personalized plan, and determine the appropriate date for a re-measurement appointment. Since your RMR will change as you lose weight or increase lean muscle mass, it's important to re-measure to avoid those all too common frustrating plateaus. As your body sheds pounds, it needs fewer calories to support itself, therefore you should schedule your follow-up measurements to stay on track.

Your next RMR measurement appointment is: **11/21/2008 5:53 PM**

Pick your diet plan, and stick with it.

The type of diet plan you choose should be based on your preferences, needs, and the advice of your physician or nutrition counselor. Once you select the plan that's right for you, it's simply a matter of managing your daily calorie intake to your unique calorie budget. Use a program like BalanceLog software to help you manage calories in and out each day, regardless of the diet you choose to follow. www.microlifeusa.com



Remember, the key to successful weight management is to personalize your daily plan, and stick to it. Follow these simple steps, and you'll be on your way to reaching your goal.

- 1 Have your RMR measured, and re-measured as necessary
- 2 Increase your daily activity
- 3 Monitor your progress by tracking your food & exercise, and make the appropriate modifications to continue progressing toward your goal

Any information, content or results available through the use of Analyzer Software or the Microlife website is solely for informational purposes. In no way should it be construed as a substitute or alternative for seeking medical advice, medical opinion, diagnosis or treatment from your healthcare professional. Microlife strongly recommends that you consult with your physician before you change or begin a healthcare program.

Notes from Your Measurement Professional

Name: **Your Clinical Staff**

Facility: **ML Medical Home Solutions**

Notes:

microlife
Medical Home Solutions

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Diet Plan Details

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 solely 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 health professional.

Calories:	1548	Dietary Fiber:	25 g
Total Fat:	52 g	Sugars:	**
Calories From Fat:	468	Protein:	58 g
Saturated Fat:	17.2 g	Vitamin A:	700 mcg
Cholesterol:	300 mg	Vitamin C:	75 mg
Sodium:	2300 mg	Calcium:	1000 mg
Total Carbohydrate:	213 g	Iron:	18 mg

** BalanceLog allows users to track sugar intake based on their personal goals. Values for sugar are available for individual foods and total sugar intake is calculated in the nutrient analysis report. However, a sugar target is not established for users because there is no published recommendation for total sugar intake. It is thought that individuals that consume a large amount of added sugars are at risk of displacing other important nutrients or are at risk of consuming too many calories.

What You Need to Know

How to Conveniently Track Your Daily Progress – use BalanceLog® software.

It's a fact. Individuals who routinely log and track their food and exercise, achieve – and maintain – weight loss success. It's all about the calories, and managing them to meet your needs and goals. To set up your personalized calorie budget at home on your individual copy of BalanceLog software, use the following information. Fast and Easy.

Birthdate:	10/21/1973	Height:	5 ft 5 in
Weight:	165 lb	Gender:	Female
Frame Size:	Medium	Pregnant/Lactating:	
		RMR:	1630 Calories per day
Occupation Level:	Very light	Sleep -Work Days:	8 hours
Work Hours Per Week:	40 hours	Sleep - Non Work Days:	9 hours
Desired rate of change/ goal date:	1 lb per week 12/30/2008	Exercise Goal:	3 hours per week <small>(Remember: only counted toward daily calorie budget if logged)</small>
Diet Plan:	USDA Dietary Guidelines	Exercise Level:	Light
Total Daily Calorie Budget of:	1679 Calories per day		

Now you're on your way to successful weight management with a program personalized just for you! Log your food and purposeful exercise each day, and use BalanceLog to help you stay on track.



Additional Information and Support:

For additional coaching or counseling, ask your measurement provider to monitor your progress by emailing or printing your BalanceLog reports. 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 www.microlifeusa.com



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