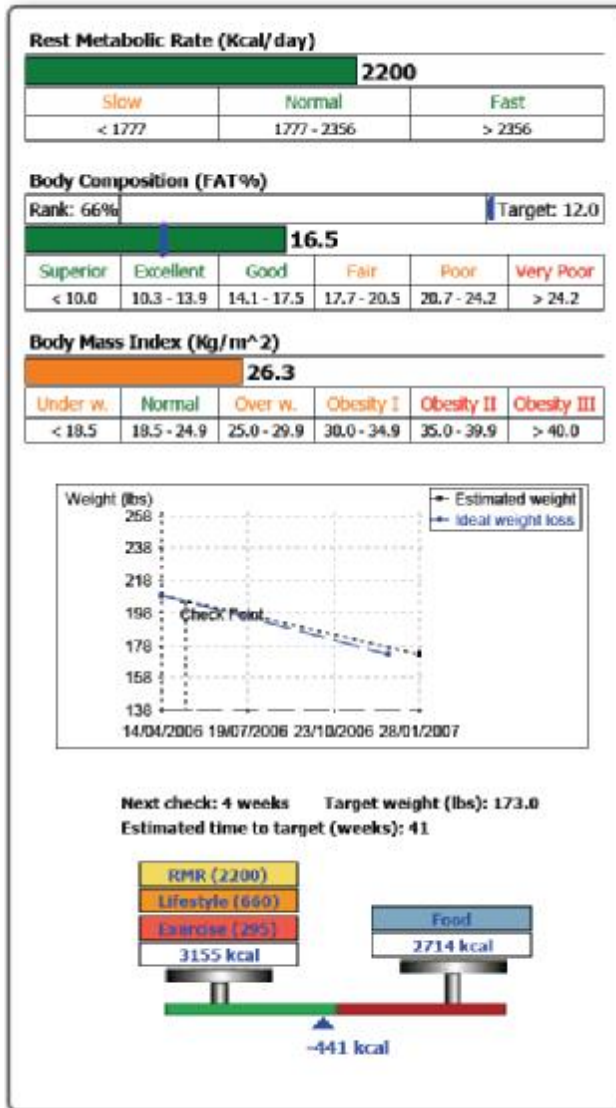


Weight Management Report



The weight management report includes your actual measurements compared with predicted values based on your age and gender and your energy balance containing the recommended daily caloric intake.

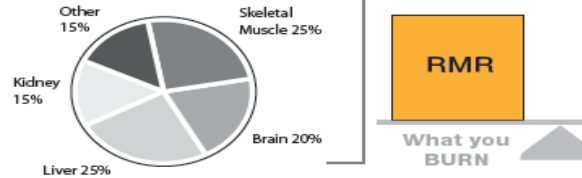


What you Burn

Resting Metabolic Rate (RMR):

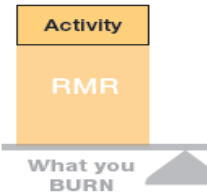
Today we measured your unique resting metabolic rate. This is the number of Calories your body would burn if you did nothing more than sit in a chair all day. This is similar to what is known as your *Basal Metabolic Rate* (BMR). Your resting metabolic rate is related to your lean body mass or the fat-free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

Breakdown of Resting Metabolic Rate



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.



Weight Management



Matraville Medical Complex

Consultations by Appointment

Tuesday & Fridays

496 Bunnerong Road

Ph: 95010827

E: info@southsideexercisetherapy.org

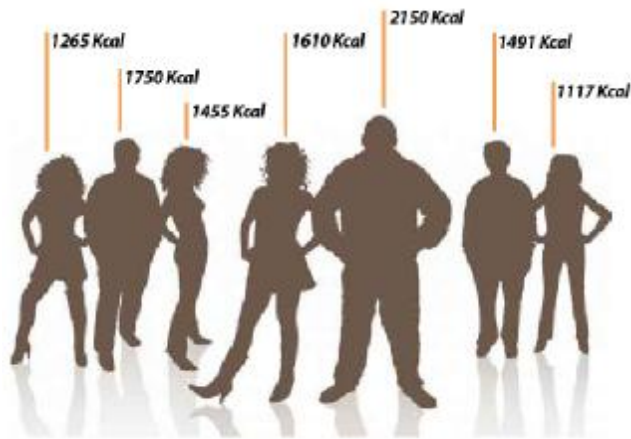
Simply...you can't manage what you don't measure



The obesity crisis in today's society is the result of simple math, it's a calories-in-calories-out calculation. Anything you eat beyond your immediate need for energy converts to fat. A cup of milk and a croissant (equivalent to 250Kcal) consumed everyday exceeding your daily nutritional needs can lead to an increase in your weight of approximately 12kg (26.4lbs) a year.

Your Metabolism

The amount of energy required (calories per day) by each individual can be very diverse. Resting Metabolic Rate (RMR) is the daily amount of calories burned at rest to maintain vital body functions. The majority of the calories your body burns each day are those just to remain alive. In a sedentary person, RMR accounts for up to 80% of the total daily energy expenditure.



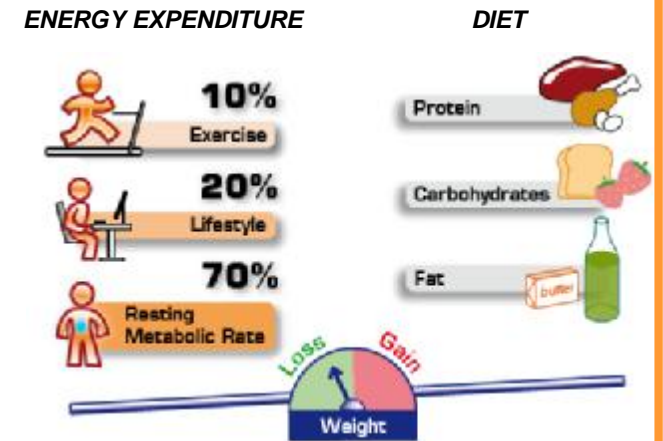
Each metabolism is unique...

The Energy Balance...

Developing your ideal weight management program means understanding the balance between the calories that you burn and the calories you intake daily. To know your daily energy expenditure we need to measure your individual metabolism (RMR), and estimate the energy required by your body to sustain your lifestyle and physical activity. Once we know these three variables, we are able to provide you with a scientifically recommended daily food intake based upon your individual metabolism. A diet of just 350Kcal/day less than your typical daily energy expenditure allows you to lose up to 3kg (6 pounds) per month.

Ask a staff member and get measured today!!

Your Energy Balance (calories)



Resting Metabolic Rate, how can you measure it?

Measuring your metabolism is easy and fast. Just breathe normally inside a disposable/single use mask for 15 minutes and that's it. You will get the actual amount of calories your body burns at rest.

Kcal



Resting Metabolic Rate

Consists of 15 minutes breathing normally sitting in a comfortably chair.

Other measurements

There are additional measurements to receive a full body assessment.



Body Measurements

Anthropometrics, Body Mass Index, Body Circumferences, Waist-Hip Ratio, Resting Heart Rate, Blood Pressure etc.



Body Composition

5 more minutes to measure your body fat mass and percentage with skin-fold calliper or Body Impedance Analysis.

The day of your assessment...

Like most health assessments, such as getting your cholesterol checked, there are certain guidelines you need to follow. To get an accurate resting metabolism measurement, the day of your testing be sure to comply with the following guidelines:



Do not eat or drink anything other than water for at least 4 hours prior to the measurement.



Do not smoke, use nicotine, consume caffeine, nutritional supplements, drugs containing ephedra (Ma Huang) or pseudoephedrine for a least 4 hours prior to the measurement.



Do not exercise (aerobic or strength training) for at least 8 hours before your scheduled appointment.

My scheduled visit:

Date: / /

Hour: