

# Body Composition/ Transform Program

## Harmony & Health

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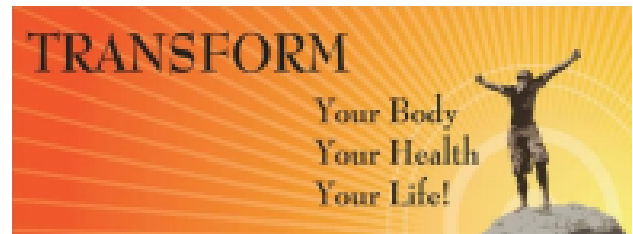
Quality Products for Health

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Weight is not always a true measure of health. You can have two individuals, same height, both weigh 155 lbs., but have very different health statistics. We encourage all to discover their body composition, using BIA technology, we can measure key health indicators:

- Weight
- Body Fat Percentage
- Body Water Percentage
- Muscle Mass
- Bone Mass
- Visceral Fat
- Metabolic Age



Composition assessment can be done anytime; for best results, do not exercise, eat, or drink any liquids besides water 4 hours prior to testing. **Body Composition** (Provided by Tanita™)

**Weight** = Your total body total body weight.

**Body Fat %** = The amount of body fat as a proportion of your body weight.

	<u>Underfat</u>	<u>Healthy</u>	<u>Overfat</u>	<u>Obese</u>
Female Age 18-39	0-21%	21-33%	33-39%	39% +
Female Age 40-59	0-23%	23-34%	34-40%	40% +
Female Age 60-99	0-24%	24-36%	36-42%	42% +
Male Age 18-39	0-8%	8-20%	20-25%	25% +
Male Age 40-59	0-11%	11-22%	22-28%	28% +
Male Age 60-99	0-13%	13-25%	25-30%	30%+

Underfat = Below the healthy body fat range. Increased risk for health problems.

Healthy = Within the healthy body fat percentage range for your age/gender.

Overfat = Above the healthy range. Increased risk for health problems.

Obese = High above the healthy range. Greatly increased risk of health problems.

### Body Water %

Female 45-60%

Male 50-65%

The total amount of fluid in a person's body expressed as a percentage of their total body weight.

Your body water levels naturally fluctuate throughout the day and night. Your body tends to be dehydrated after a long night's sleep and there are differences in fluid distribution between day and night. Eating large meals, drinking alcohol, menstruation, illness, exercising, and bathing may cause variations in your hydration levels. Drinking a large amount of water in one sitting will not instantly change your water level. In fact, it will increase your body fat reading due to the additional weight gain.

*Note: Total body water percentage tends to decrease as percentage of body fat increases. Therefore; as you lose body fat, the total body water % should gradually move towards the typical range given above.*

**Muscle Mass** - Indicates the weight of muscle in your body, goal is greater than half your total body weight. This includes the skeletal muscles, smooth muscles (such as cardiac and digestive muscles), and the water contained in these muscles. Muscles act as an engine in consuming energy. As your muscle mass increases,

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



*Help Your Body Stay Healthy with Natural Remedies.*

your energy consumption increases helping you reduce excess body fat levels and lose weight in a healthy way.

**DCI (Daily Caloric Intake)** = sum of calories for basal metabolism, daily activity, and diet-induced thermogenesis (energy used in connection with digestion, absorption, metabolism, and other eating activities). An estimate of how many calories you can consume within the next 24 hours to maintain your current weight.

**Metabolic Age** - indicates the average age associated with your type of metabolism based off of your BMR/DCI. If your BMR age is higher than your actual age, it indicates that you need to improve your metabolic rate. Increased exercise will build healthy muscle tissue, which will improve your metabolic age.

**Bone Mass** - the amount of bone (bone mineral level, calcium, or other minerals) in the body. Research has shown that exercise and the development of muscle tissue are related to stronger, healthier bones. While bone structure is unlikely to make noticeable changes in a short period, it is important that you develop and maintain healthy bones by having a balanced diet and plenty of exercise. People worried about bone disease should consult their physician. People who suffer from osteoporosis or low bone densities due to advanced age, young age, pregnancy, hormonal treatment or other causes, may not get accurate estimations of their bone mass. Below is the result of estimated bone masses of persons aged 20-40 who are said to have the largest amounts of bone masses, by weight.

**Women Avg. Estimate of Bone Mass\***

Less than	110 lb	110 lb – 165 lb	165 lb and up
	4.3 lb	5.3 lb	6.5 lb

**Men Avg. Estimate of Bone Mass\***

Less than	143 lb	143 lb – 209 lb	209 lb and up
	5.9 lb	7.3 lb	8.1 lb

Estimated Bone Mass is a value estimated statistically; It does not give a direct judgment on the hardness or strength of the bones or the risks of bone fractures.

**Visceral Fat** - the fat that is in the internal abdominal cavity, surrounding the vital organs in the trunk (abdominal area). Research shows that even if your weight and body fat remains constant, as you get older the distribution of fat changes and is more likely to shift to the trunk area especially post-menopause. Ensuring you have healthy levels of visceral fat may reduce the risk of certain diseases such as heart disease, high blood pressure, and the onset of type 2 diabetes. Note: Even if you have a low body fat rate, you may have a high visceral fat level

Ratings from **1-12**: Indicates you have a healthy level of visceral fat.

Continue monitoring your rating to ensure it stays in a healthy range.

Ratings from **13-59**: Indicates you have an excess level of visceral fat.

Consider making changes in your lifestyle possibly through diet changes or increasing exercise.

*Data from Columbia University (NY) & Tanita Institute*

## TRANSFORM PROGRAM

- **12 week** in-person / online program to help you reach your health & weight goals
- **Life-improving approach** addressing mindset, cravings, hormones, blood sugar imbalances, thyroid, emotional eating, sleep, gut health, and microbiome impact
- **Delivers support** with clinically studied resources, tracking body composition– weight, muscle mass, bone mass, hydration, and more with the option of a customizable array of products that help you achieve and maintain healthy results.
- **Working with a Certified health coach**, focusing on weight & health goals, includes:
  - Initial Consult reviewing health history, current concerns, and creating a plan.
  - 9 evaluations & 12 weeks of support -Connecting weekly x 6 wks, then every other week for 6 wks
  - Check-Ins include metabolic measurements & evaluation, accountability, & action steps
  - Check-Ins are available online, as well as in-person, with individual scheduling to fit your availability. If doing online, we suggest you purchase a Tanita scale that will accurately measure weight, fat %, muscle mass, and hydration.
  - We will help you monitor and troubleshoot any values not moving in the proper direction.
  - Nutritional & Supplementation recommendations, to support a healthy microbiome, glandular health, metabolism, and more.