

# PERSONAL WELLNESS PASS RESULTS



## Body Fat Range:

Women		AGE			Men			
excellent	healthy	medium	obese		excellent	healthy	medium	obese
18.2	22.1	25.0	> 29.6	20 - 24	10.8	14.9	19.0	> 23.3
18.9	22.0	25.4	> 29.8	25 - 29	12.8	16.5	20.3	> 24.3
19.7	22.7	26.4	> 30.5	30 - 34	14.5	18.0	21.5	25.2
21.1	24.0	27.7	> 31.5	35 - 39	16.1	19.3	22.6	> 26.1
22.6	25.6	29.3	> 32.8	40 - 44	17.5	20.5	23.6	> 26.9
24.3	27.3	30.9	> 34.1	45 - 49	18.6	21.5	24.5	> 27.6
25.2	28.2	31.8	> 35.1	50 - 54	19.2	22.1	25.1	> 28.2
26.6	29.7	33.1	> 36.2	55 - 59	19.8	22.7	25.6	> 28.7
27.4	30.7	34.0	> 37.3	60 +	20.2	23.3	26.2	29.3

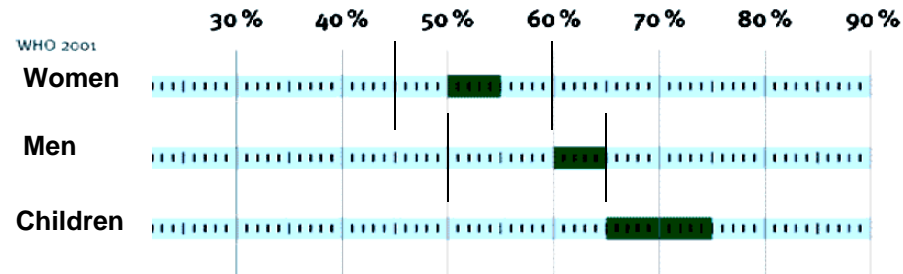
For Sports people (measured in athletic modus) with a minimum training from 10 hours a week the Index is valid: Women 11 to 18 % / Men: 5 to 15%

(University of Cambridge, 1999)

—	o	+	++
Under	Healthy	Over	Obese



## Water Index:



## Muscle Index & Physique Ratings:

The Muscle Index is given in kg, the value belonging to it is the Physique Ratings:

obese, untrained		normal	excellent
1 Hidden Obese	4 Under exercised	7 Thin	
2 Obese	5 Standard	8 Thin & muscular	
3 Solidly-built	6 Standard Muscular	9 Very muscular	

**Why is monitoring Muscle Mass important?** For every extra KG of muscle gained the body uses approximately 100 extra calories a day. Everybody who experiences a change in the muscle mass should monitor and adapt the calorie intake accordingly. Because muscle is denser than fat, monitoring your muscle mass gives you a more accurate understanding of your overall body compositions and changes in your total body weight.



**What is Physique Rating?** Offers you the opportunity to set a desired Physique Rating from which you can tailor your health/fitness programme accordingly.

**Why is monitoring Physique Rating important?** When a person increases their activity their weight may not change but their balance of body fat and muscle may alter which will change the overall physique or body shape. The physique rating helps accurately guide through a diet and fitness programme.



**What is Basal Metabolic Rate Indicator?** The Basal Metabolic Rate (BMR) is the number of calories the body needs when at rest.

**Why is monitoring the Basal Metabolic Rate important?** Understanding the Basal Metabolic Rate will allow you to monitor the number of calories your body requires according to your physique and lifestyle. The more muscle or general activity you take the more calories you require. The Basal Metabolic Rate level also decreases as the body ages.



**What is Metabolic Age Rating?** Basal Metabolic Rate starts to decrease after the age of 16/17 years old. Your Metabolic Age Rating indicates what age level your body is currently rated at.

**Why is the Metabolic Age Rating important?** If the age indicated is higher than your actual age then you need to improve your Basal Metabolic Rate. Increasing exercise levels will build healthier muscle tissue which burn more calories, consequently improving your Metabolic Age Rating.



## Bone Mass:

women		
less than 50 kg	50 kg to 75 kg	more than 75 kg
1.95 kg	2.4 kg	2.95 kg
men		
less than 65 kg	65kg to 95 kg	more than 95 kg
2.65 kg	3,29 kg	3.69 kg



## Visceral Fat:

1—4	excellent
5—8	healthy
9—12	bad
over 13	alarming

**What is Visceral Fat?** Fat that surrounds the vital organs in the trunk/stomach area of the body. **Why is monitoring Visceral Fat important?** High Visceral Fat levels increase the risk of high blood pressure, heart disease and type 2 diabetes. Lowering your Visceral Fat levels can stabilise insulin action substantially, reducing your risk of diabetes and other related illnesses.

## Body Mass Index (BMI)

### Is my weight healthy?

It sounds like a simple question, but it may surprise you to learn that the answer is more than a number on a scale. An accurate answer can make a life-changing impact on the way you look, live and feel.

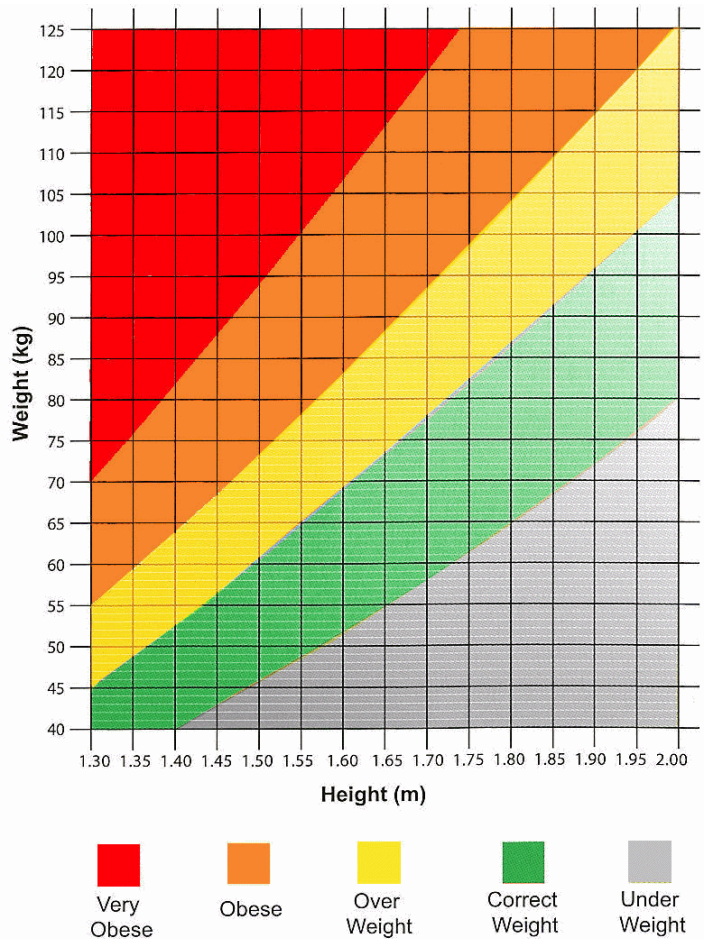
The Body Mass Index (BMI) is a widely recognised method for identifying a healthy weight and serve as an accurate indicator of overall well-being. It helps determine whether your weight is healthy or not and is considered a more useful measurement than weight.

Simply measure your height in metres and weight in kilograms and add them to the equation below.

$$\frac{\text{Your weight (kg)}}{\text{Your height (m) x Your height (m)}}$$

e.g. 70 kg divided by (1.68 x 1.68) = a BMI of 24.8

Alternatively, use the quick reference chart to the right for an indication of where you are now. Read your height and weight, where the lines cross in the chart indicates how suitable your body weight is for your height. Put a cross on the chart as a reminder of where you started.



### What your results mean:

Your BMI provides a helpful guideline for achieving the weight range that's healthiest for you. You can interpret your BMI results as follows:

A body mass over 25 is considered overweight and a body mass over 30 is considered obese.

Below 20	slender-lean	<p><b>Calculate Your BMI</b></p> <p>_____ kg</p> <hr/> <p>_____ (m) x _____ (m)</p> <p><b>Your BMI:</b> _____</p>
20 to 25	ideal weight range	
25 to 30	overweight (25-27 could be healthy range if large-boned and heavily muscled)	
30 +	very overweight / high risk	
40 +	significantly overweight / high risk for health complications	

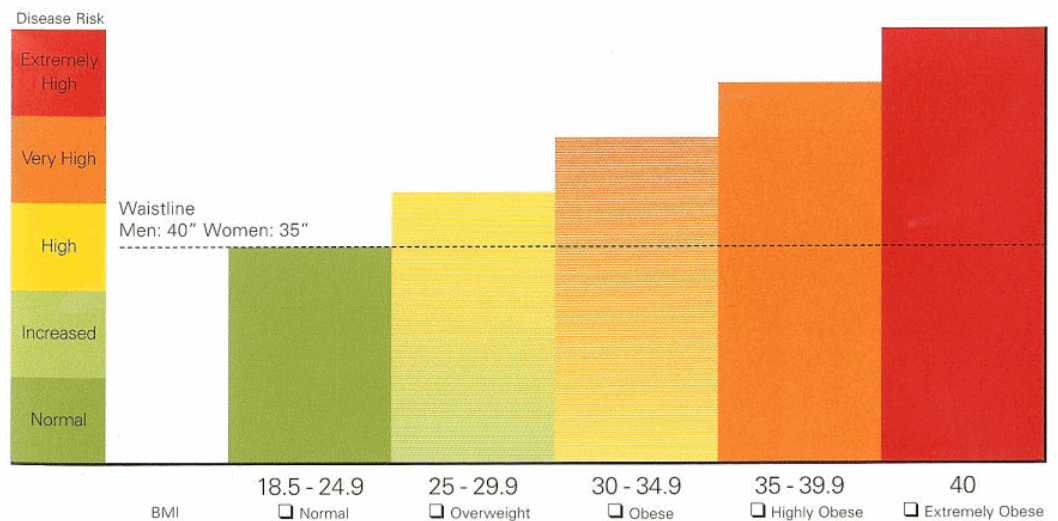
Based on your BMI results, we encourage you to explore your personal path to healthier living with the help of your Herbalife Distributor. Your Distributor is a wellness consultant dedicated to helping people change their lives, both through powerful one-on-one support and good nutrition made simple!

### Why know your BMI?

As you set personal goals on the way to changing how you look and feel, your BMI can serve as an accurate indicator of overall well-being.

A high BMI can be associated with serious health risks including

- Obesity
- Heart Disease
- Diabetes
- Cancer



### Did you know?

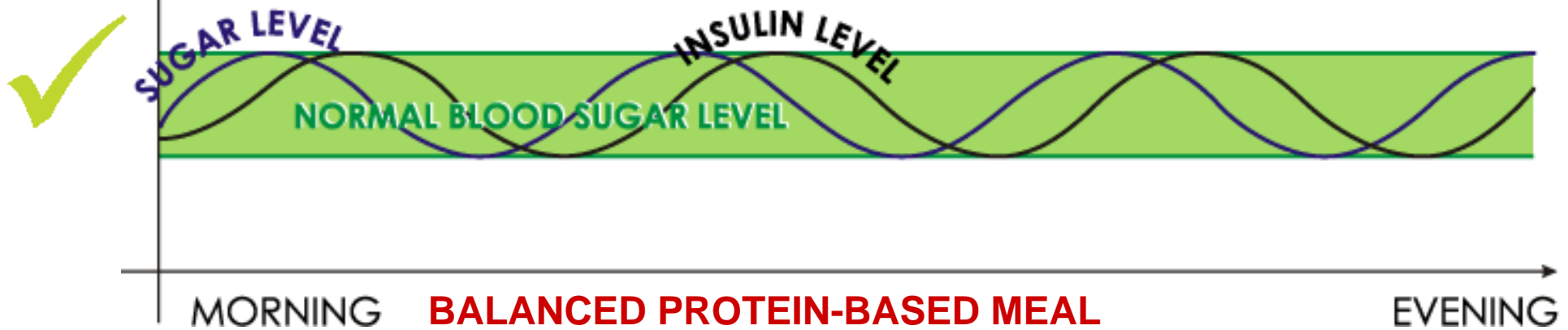
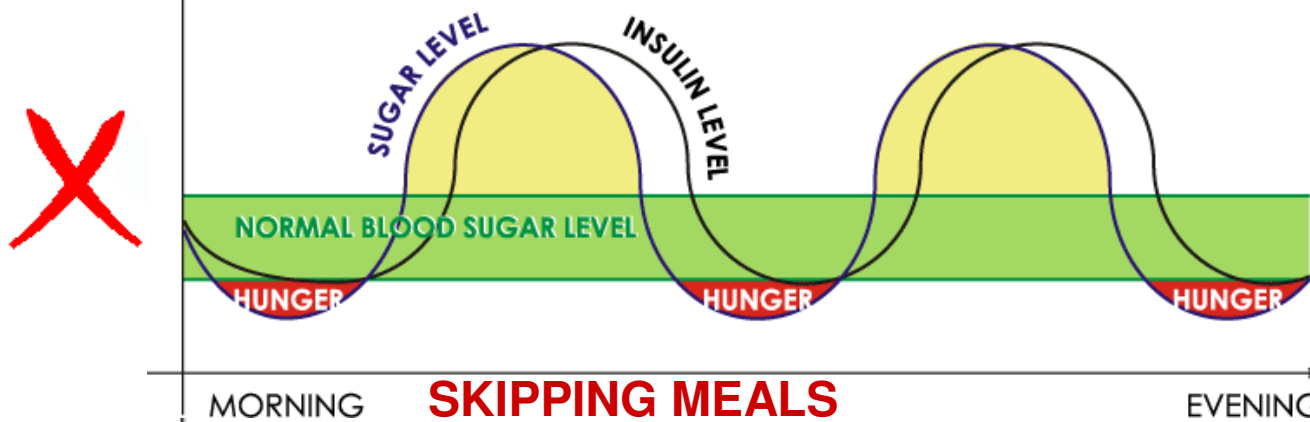
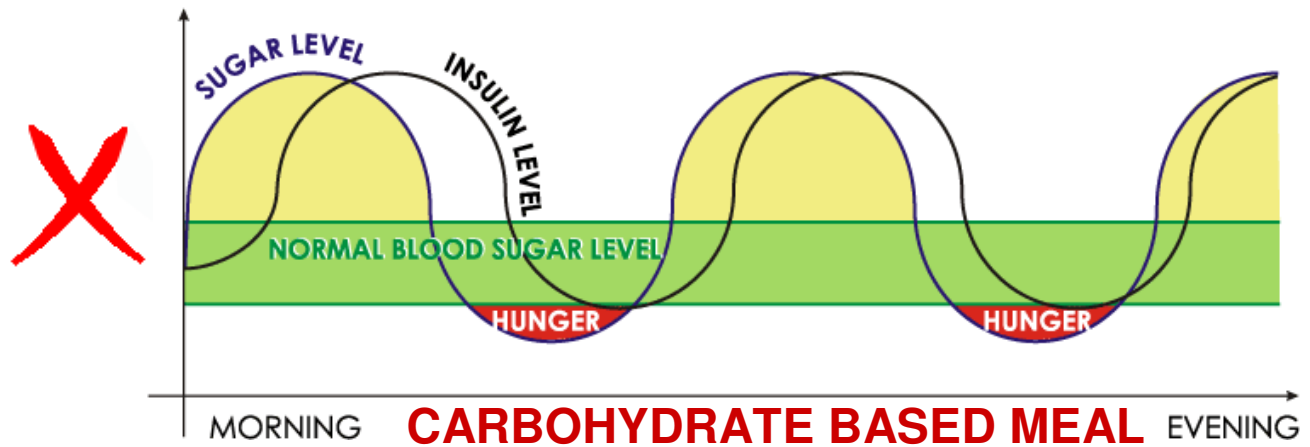
Your BMI and the size of your waistline can help determine your Disease Risk Rating. Men over 40" (100cm) waistline and Women over 35" (90cm) waistline are at high risk.

**Your Waistline:** \_\_\_\_\_

# WEIGHT REFERENCE FOR FEMALE & MALE

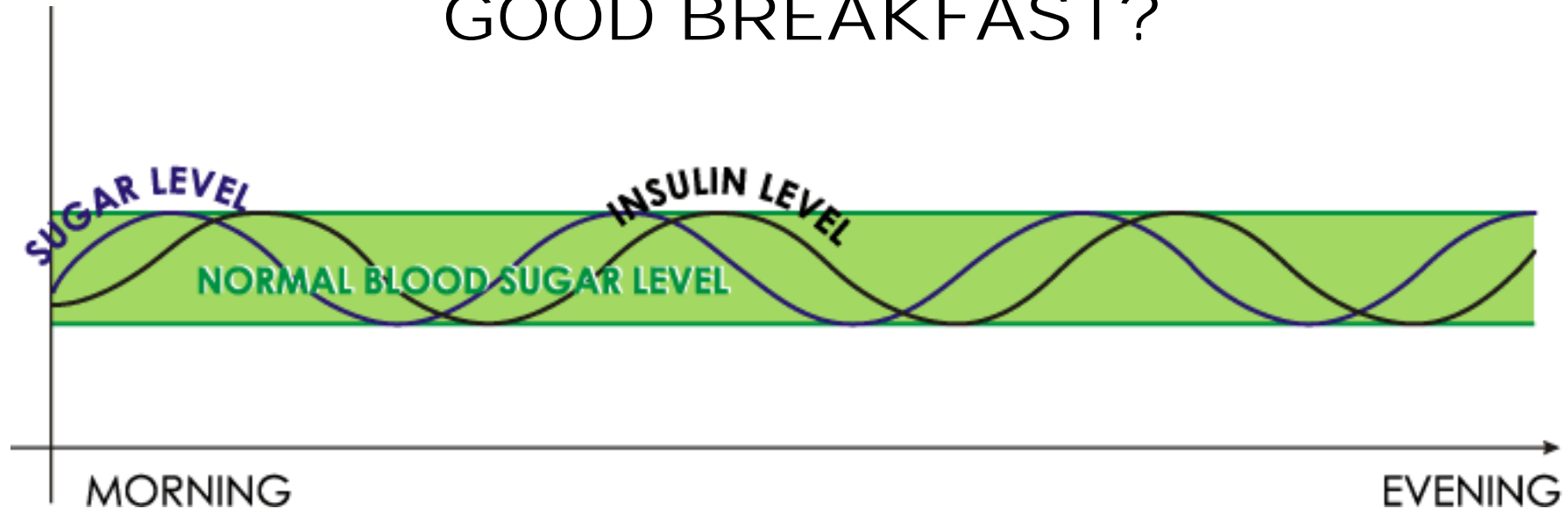
Woman				Man			
	Build				Build		
Height	Large	Medium	Slight	Height	Large	Medium	Slight
147	47 - 54	44 - 49	42 - 45	157	57 - 64	54 - 59	51 - 55
150	48 - 56	45 - 50	43 - 46	160	59 - 66	55 - 60	52 - 56
152	50 - 58	46 - 51	44 - 47	162	60 - 67	56 - 62	54 - 57
155	51 - 59	47 - 53	45 - 49	165	61 - 69	58 - 63	55 - 59
157	52 - 60	49 - 54	46 - 50	168	63 - 71	59 - 65	56 - 60
160	54 - 61	50 - 56	48 - 51	170	65 - 73	61 - 67	58 - 62
162	55 - 63	51 - 57	49 - 53	173	67 - 75	63 - 69	60 - 64
165	57 - 65	53 - 59	51 - 54	175	69 - 77	65 - 71	62 - 66
168	58 - 66	55 - 61	52 - 56	178	71 - 79	66 - 73	64 - 68
170	60 - 68	56 - 63	54 - 58	180	72 - 81	68 - 75	66 - 70
173	62 - 70	58 - 65	56 - 60	183	75 - 84	70 - 77	67 - 72
175	64 - 72	60 - 67	57 - 61	185	76 - 86	72 - 80	69 - 74
178	66 - 74	62 - 69	59 - 64	188	79 - 88	74 - 82	71 - 76
180	67 - 76	64 - 71	61 - 66	190	88 - 91	76 - 84	73 - 78
183	70 - 79	66 - 72	63 - 67	193	83 - 93	78 - 86	75 - 80

# FEEL GOOD AND CONTROL YOUR WEIGHT!



**ARE YOU FUELING  
YOUR BODY  
CORRECTLY?  
or *GIVING IT FUEL  
AT ALL?***

# WHAT ARE THE CRITERIA OF A GOOD BREAKFAST?



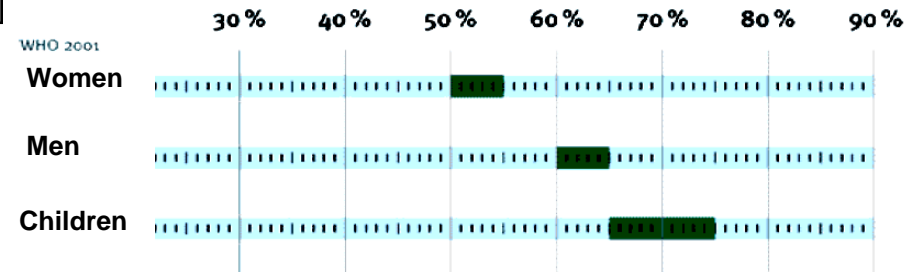
1. Provides the body with all vital nutrients ✓
2. Provides the body with energy ✓
3. Provides the body with water ✓
4. Helps to maintain a normal blood sugar level ✓

# THE IMPORTANCE OF DRINKING WATER

75% of our body consists of water. We lose an average of 1.7 litres of water everyday through breathing, sweating and detoxification etc



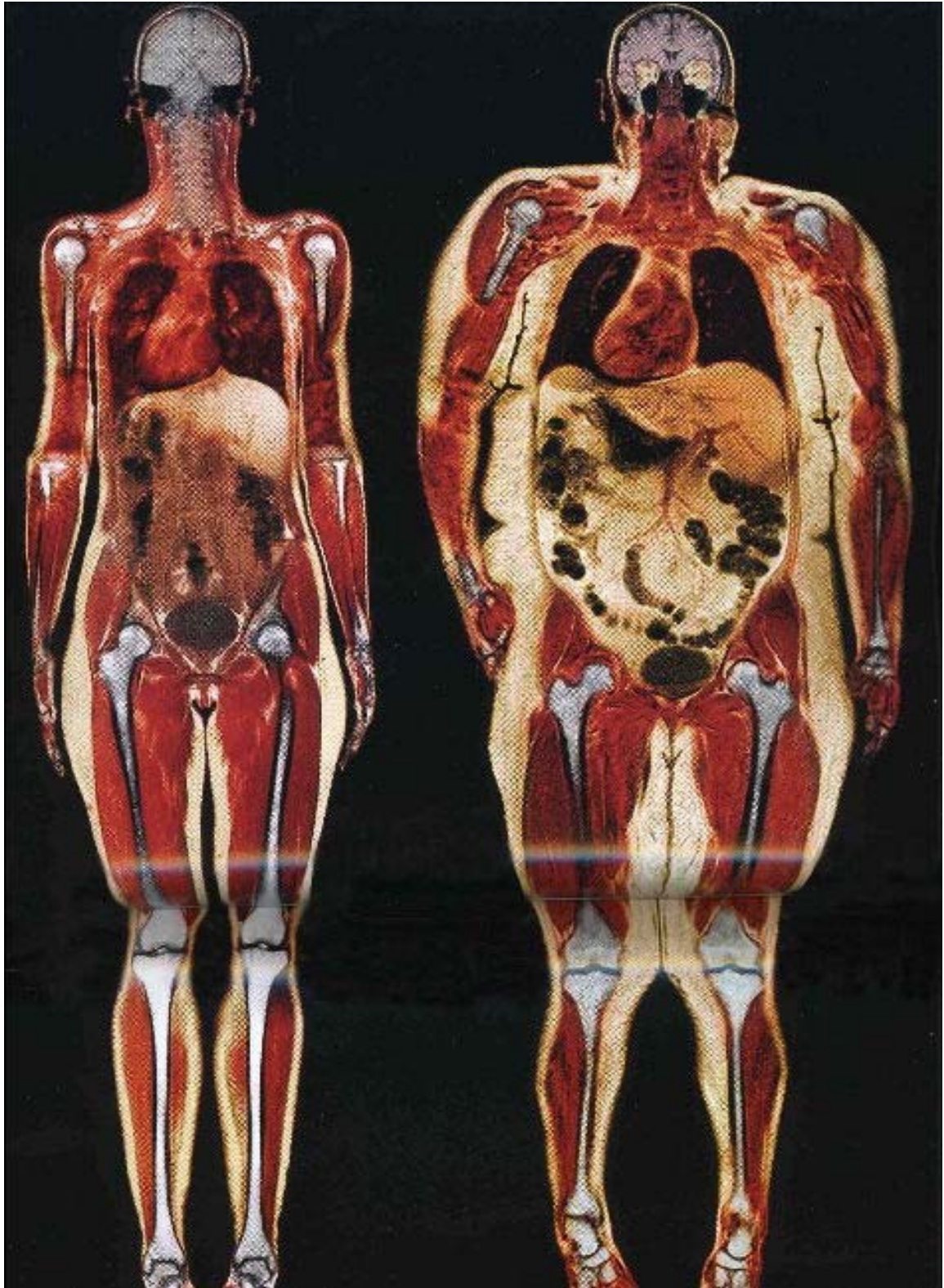
## Water Index:



## Lack of water causes:

- Tiredness
- Migraine
- Constipation
- Muscle cramps
- Irregular blood-pressure
- Kidney problems
- Dry Skin
- >20% dehydrated - Risk of death

**DIFFERENCE BETWEEN  
BMI 20 AND 40**  
*(fat appears white)*



# When big is bad

Watch out for potential health problems if you are obese. We list some of them here.

## STROKE

A stroke occurs when a blood vessel ruptures or a blood clot blocks an artery to the brain. People with Type 2 diabetes have a higher chance of getting a stroke.

## LIVER DISEASE

Many obese people develop deposits of fat in their liver, which can lead to cirrhosis. This reduces the liver's ability to produce proteins, fight infections and clean blood.

## TYPE 2 DIABETES

People with too much body fat often become resistant to insulin, which helps the body store glucose. Diabetes occurs when glucose levels get too high. Type 2 diabetes can cause blindness, kidney and nerve damage.

## OSTEOARTHRITIS

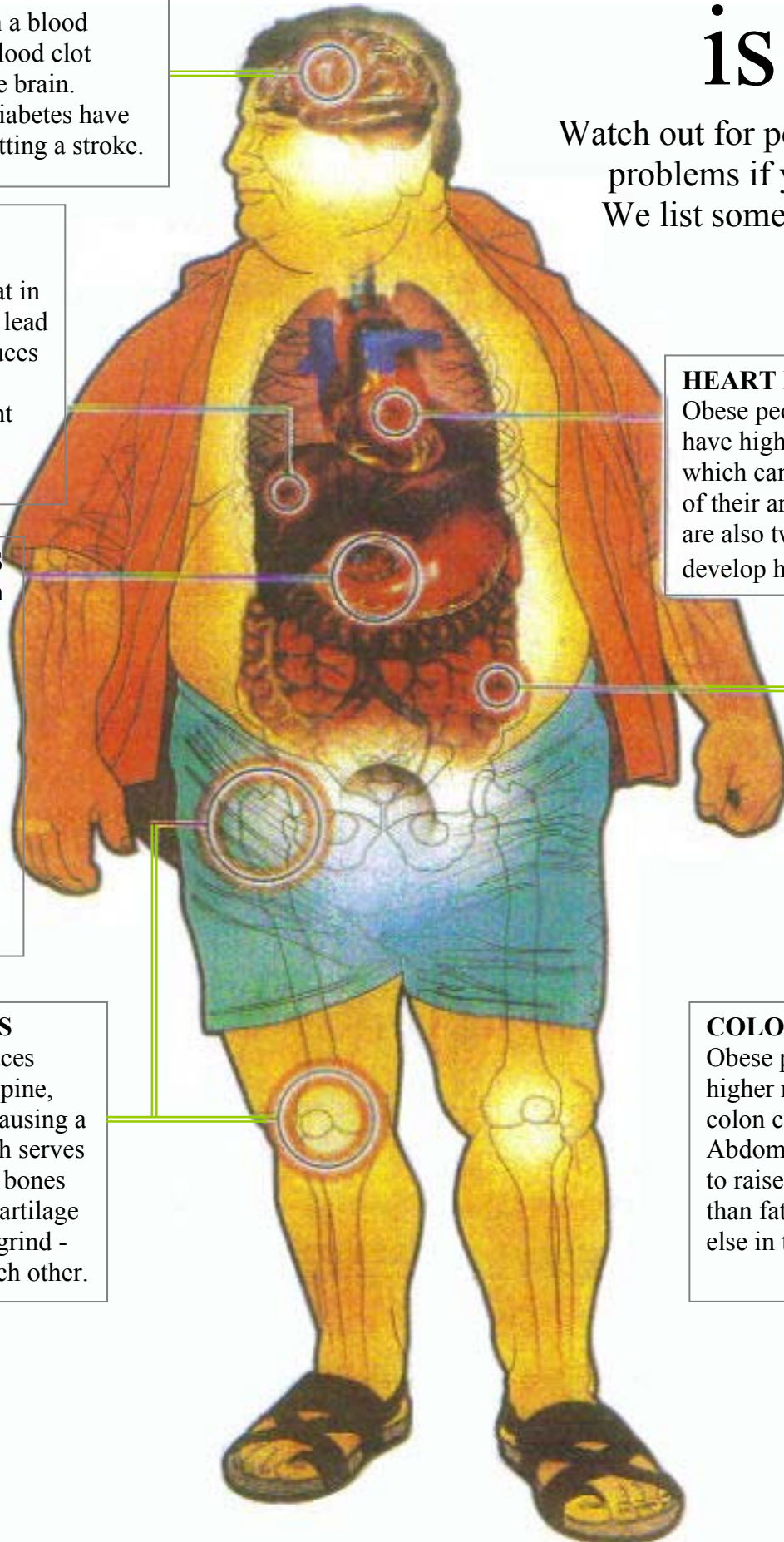
Being overweight places greater strain on the spine, hip and knee joints, causing a loss of cartilage which serves as a cushion between bones of the joints. As the cartilage wears out, the bones grind - painfully - against each other.

## HEART DISEASE

Obese people tend to have higher cholesterol, which can lead to clogging of their arteries. They are also twice as likely to develop hypertension.

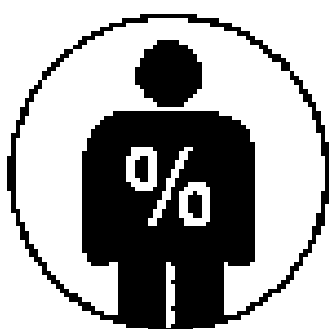
## COLON CANCER

Obese people have a higher risk of developing colon cancer. Abdominal fat appears to raise that risk more than fat found anywhere else in the body.

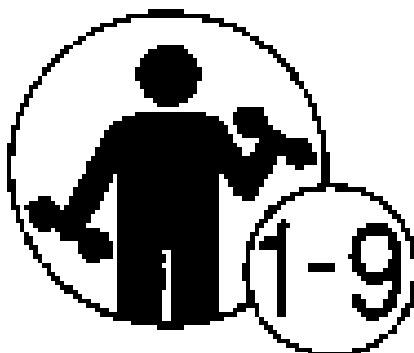


# Wellness Check

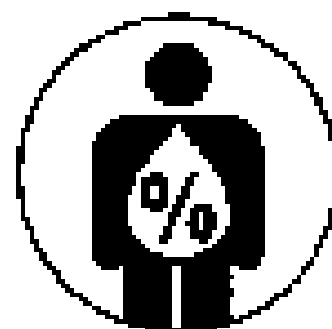
Including Complete Inner Body Scan



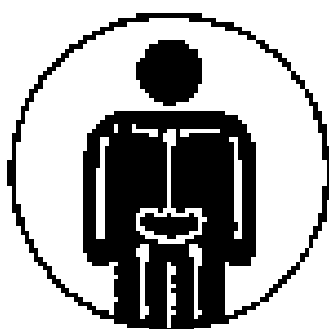
Body Fat



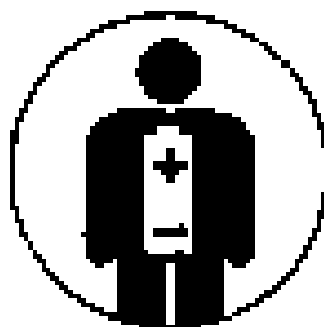
Muscle Mass  
Physique Rating



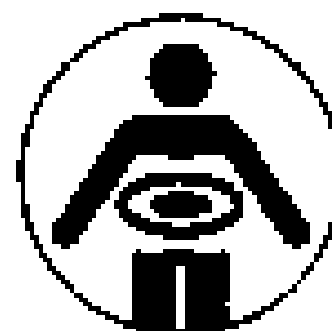
Body Water



Bone Mass



Metabolic Age  
Basal Metabolic Rate



Visceral Fat

Approach us for a body analysis