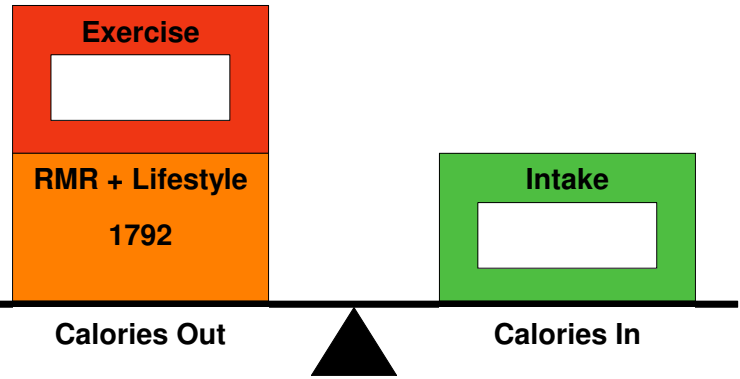


# CaloriePoint Report

Congratulations, you now have the key to your weight management success. Your CaloriePoint is your measured resting metabolic rate (RMR): a measure of the number of calories your body consumes at rest. This number is unique to you and is expressed in units of kilocalories (kcal), or simply calories. Knowledge of your body's "energy balance" is essential for proper weight management. Energy balance is a simple equation comparing how many calories you eat (energy input) versus how many you burn (energy output). RMR, combined with your lifestyle, makes up 75% of your daily energy output.

Your CaloriePoint assessment revealed that you need **1280** calories per day to sustain bodily function and with your given lifestyle, you need **1792** calories to do what it is that you do day to day. Lifestyle is determined by your physical activity during a normal day excluding exercise. The report below will help you work through the ideal program that is distinctively yours and will help you achieve your health and fitness goals.



## CLIENT GOAL

Weight Loss (8.0 lbs)

## PROJECTED WEEKLY WEIGHT CHANGE

Lose 0.25 lbs per week

## PROJECTED TIME TO REACH GOAL

31.9 weeks

## HOW TO DO IT

	Energy Input (Diet)		Energy Output (Exercise)		Deficit
<b>Weekly View</b>	_____ calories / wk	+	_____ calories / wk	=	875 calories / wk
<b>Daily View</b>	_____ calories / day	+	_____ calories / day	=	125 calories / day

Total daily intake can not fall below 1,200 calories / day

The American College of Sports Medicine [7] identifies a desirable weight loss program as one that meets the following criteria:

- (1) Provides intake not lower than 1200 kcal/day for normal adults and allows a proper distribution of foods to meet nutritional requirements.
- (2) Provides a negative caloric balance (not to exceed 500 to 1000 kcal/day), resulting in gradual weight loss.
- (3) Includes an exercise program that promotes a daily caloric expenditure of more than 300 kcal.

The National Weight Control Registry found that 89% of people who lost 30 or more pounds and kept it off for at least one year accomplished their goals through a combination of diet and exercise - only 10% succeeded using diet alone and only 1% using exercise alone.

<b>Client Name</b>	Metabolic Resting	<b>Gender</b>	Female
<b>Administrator</b>		<b>Height</b>	62"
<b>Age</b>	51	<b>Weight</b>	118 lbs.
<b>Assessment Date</b>	8/7/2002	<b>Goal Weight</b>	110 lbs.
<b>Next Assessment</b>			

## UNDERSTANDING YOUR METABOLISM!

You just completed one of the most popular assessments in weight management programming today. This technology used to be reserved only for clinics and human performance laboratories administered through large metabolic carts. Advancements in technology have allowed smaller systems to be developed and are now used in fitness facilities worldwide. Your CaloriePoint number is unique to you, like your fingerprint. It is an expression of your current nutritional state and determinant of how many calories you need to meet the demands of your lifestyle. It is equally as important for development of exercise and dietary programs that will either help you lose, maintain or gain weight - your personal "energy balance".

## WHAT IS RMR?

Resting Metabolic Rate (RMR) is the total amount of calories used by your body to sustain bodily function while at rest. Combined with your lifestyle, your resting metabolic rate represents the majority, roughly 75 percent, of the total calories you burn in a day. This number is always the missing link and a powerful tool in design and development of dietary and exercise programs to help you achieve your weight management goals. A Registered Dietician (RD) will use this information as a baseline in developing your dietary program and establishing the exact caloric intake you need to maintain your lifestyle. A Personal Trainer will use the dietary program from the RD and balance it against your fitness goals to determine how much or little exercise you need to attain your desired goals. Together they will utilize your CaloriePoint information to effectively design a program that is tailored to you and your health and fitness goals.

## MEASURED VS. ESTIMATED (CALCULATED)

There are many ways to determine your CaloriePoint, but none are more accurate than the assessment you just completed, the Exersmart system by New Leaf. Many systems determine resting metabolism through complex calculations, or predictive measure based off assumptions and averages. To estimate (calculate) an individual's resting metabolic rate, most equations use basic demographics (age, height, weight, and gender), making the assumption that everyone has a similar metabolic rate. Studies have shown that there are significant differences between actual (measured) and estimated (calculated), as much as 35 percent variance (see figure 2).[1,2] The best equation used is incorrect 70% of the time, and it can be off by as much as 10 percent. What does this mean for me? See the example below:

### **Example:**

*If your predicted (calculated) daily intake is 1500 kcal per day, 10% error equates to an additional 150 calories consumed per day. In just one month, the increase of 150 calories per day adds up to a total of 4,500 calories.*

**Note:** *One pound of fat is equal to approximately 3,500 calories*

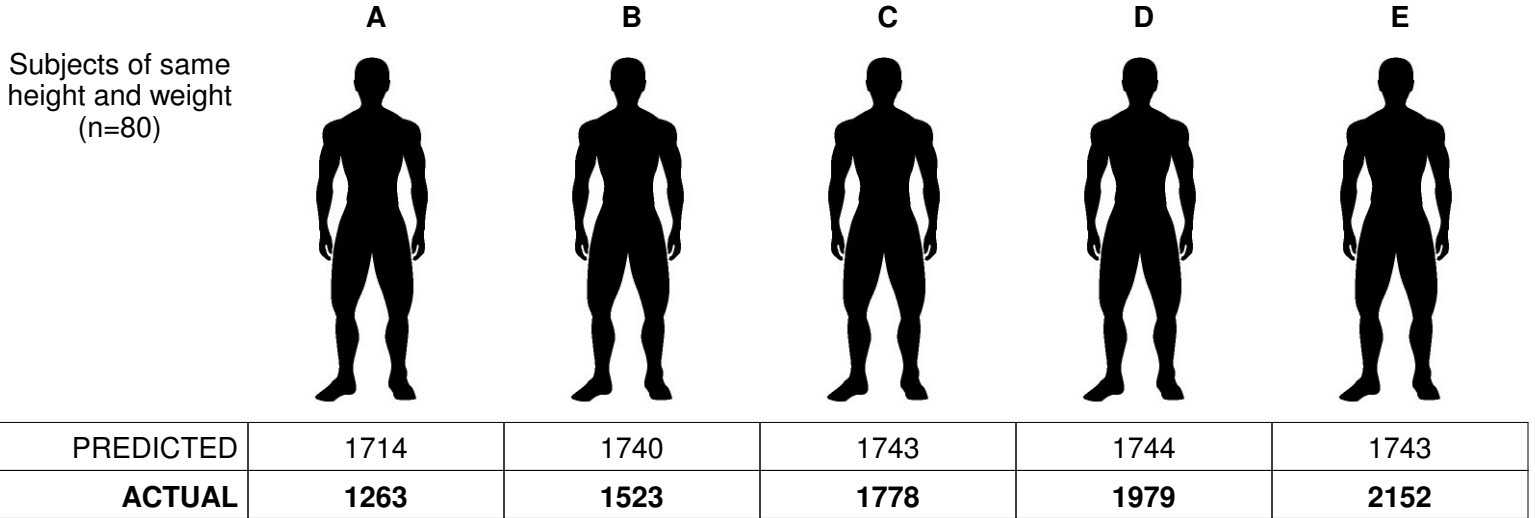
**WHAT THIS MEANS FOR ME:** *if your resting metabolism is off as little as 10%, you could anticipate weight gain of approximately 1 pound per month or 12 pounds per year!*

In addition, predictive equations are not able to track physiological changes such as hormones, genetics and improvements in lean muscle mass. For example, testosterone can increase resting metabolism by increasing lean muscle mass. Predictive equations are not capable of adjusting caloric intake if 5 pounds of muscle are developed and 5 pounds of fat is removed. The individual will have the same bodyweight, and the estimated resting metabolism will remain the same. And, post-menopausal women can have a significant reduction in resting metabolism.[3,4] And when over 74 percent of women join a facility to lose weight, it becomes imperative to determine their accurate resting metabolism for successfully achieving their weight management goals. The gold standard that can accurately establish individual energy intake levels is by measuring oxygen consumption (VO<sub>2</sub>) and oxygen expression (VCO<sub>2</sub>).[6] The Exersmart system by New Leaf is one of the few that has this capability and does provide accurate measurable results, the gold standard. The American College of Sports Medicine (ACSM) indicated in its position paper *Appropriate Interventions for Weight Loss* that "It is recommended that an individual level of energy intake be established".[5] It's time to stop guessing and start measuring metabolism.

## WHEN SHOULD I REASSESS?

Reassessing is a critical part of effectively executing your weight management program. As your body adjusts to your new weight management program, you will need to regularly redefine your body's need for caloric intake. A variety of factors will determine the frequency in which you'll need to reassess. Depending on your initial fitness level, health and wellness goals, reassessing can range from six to twelve weeks. Please consult with a certified Personal Trainer and/or Registered Dietician to determine your timetable.

Figure 2 - Actual vs Estimated Resting Metabolic Rate [1]



REFERENCES

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[3] Poehlman, E.T., M.J. Toth and A.W. Gardner. Changes in energy balance and body composition at menopause: A controlled longitudinal study. *Annals of Internal Medicine* 123(9): 673-675, 1995

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[6] Weir, J. New methods for calculating metabolic rate with special reference to protein metabolism. *Journal of Physiology* 109: 1-9, 1949.

[7] ACSM's Guidelines for Exercise Testing and Prescription. 6th Edition, 2000; pg 215-216