

## Measuring Success with your InBody Assessment

### What are the key values on my InBody Composition Report and what do they mean?

1. **Basal Metabolic Rate** – That’s how many calories you burn a day at rest. Your body/brain needs you to consume that # of calories minimum per day to “sustain life at a resting rate”. If you go below that number, your body/brain thinks you are starving. Consuming less calories than this will continue to trigger your body slow down your base rate even more and start storing more calories to fat to “save” as fuel.
2. **Lean Body Mass** – Calculated by taking your **Total Weight** less your combined **Fat Mass + Body Water** weight. At a minimum you want to maintain that **Lean Mass**. In order to become more fit, we are looking to **INCREASE Lean Mass** and **DECREASE Fat Mass**. Your **Lean Body Mass** (which is given in pounds on the report) is used to determine the protein you need to eat in **GRAMS PER DAY**. This helps to ensure that you of feeding your body to maintain existing muscle mass.
3. **Segmental Lean Analysis** – This indicates how strong your limbs are. Goal should be 100%. We look at any significant differences between right/left arm, right/left leg, for training purposes.

### How should my exercise and healthy eating impact these indicators?

- Increase your Lean Mass, Skeletal Muscle Mass and Basal Metabolic Rate
- Decrease your Fat Mass and Total Weight
- Improve wellbeing with deeper sleep, more energy and better mood

### What else can I do to enhance my weight loss?

There are some many things you can do to help improve your health not just because they help you lose weight but because they will make you feel better. Don’t try to do them all at once. Add one each week until they become habits.

- **Track what you eat** – Just starting with tracking your calories and protein for 7 days can be very enlightening. *Tip: Download the MyFitnessPal app to your phone or iPad.*
- **Drink more water** - Drink ½ of your total body weight in ounces per day. *Tip: Add an ingestible essential oil for flavoring: sweet orange, lemon, lime, peppermint, spearmint*
- **Start each day with 8oz. of cold water and lemon juice** – *Tip: Adding lemon to your water daily help to balance your Ph which in turn helps your body to be more alkaline. Google “Dr. AXE Secret Detox Drink”.*
- **Cut out soda** - Carbonation leads to inflammation not to mention all the other chemicals and additives in soda.
- **Plan for your sweet tooth** - Try flavored protein 2 times a day. In addition to helping your weight loss, protein helps satiate the appetite.
- **Avoid artificial sugars** - Anything that ends in “ose” - fructose, sucralose, glucose - can lead to inflammation/bloating and worse!
- **Watch your portions** – Portion Control alone can help you lose a few lbs. If you go out to eat, a good habit is to ask for a “to go” box right away and divide your meal. Take ½ “to go” and eat the other ½ at the restaurant.
- **Get active** – Working out just 20-30 minutes a day can help your energy, mood, and weight loss! Start with 3 days a week and then progress to 5 days to see an even bigger impact.
- **Keep a food journal for a week** – Don’t change anything, and then see if you can cut 100 calories next week.
- **Eat more clean foods** - Ditch boxed, processed or packaged foods.

- **Skip the drive-through** – If you must, choose healthier options by reviewing the nutrition information on the website
- **Follow the “80/20 Rule”** - 80% healthy foods and 20% what you want

### Are there other options for meal plans I can follow?

Great Vibrations offer a 30 Day Meal Plan that is customized to your InBody body composition assessment, weight goal and dietary needs. The cost is \$50.00 for one month. Once enrolled you will receive a login to our special website through Evolution Nutrition. The daily meals will be planned for you; however, you can substitute by selecting different items from the dropdown menu. We also break down the PROTEIN, CALORIES, CARBS, and FATS for you so you can track easier.

### **MASTER FOOD LIST:**

<b>Proteins:</b>	<b>Veggies:</b>	<b>Carbohydrates:</b>	<b>Fats:</b>
Chicken Breast	Broccoli	Baked Potato	Avocado
Turkey Breast	Asparagus	Sweet Potato	Pumpkin Seeds
Lean Ground Turkey	Lettuce	Yams	Sunflower Seeds
Top Round steak	Carrots	Squash	Cold Water Fish
Top Sirloin Steak	Cauliflower	Beans	Low-Fat Cheese
Lean Ground Beef	Green Beans	Corn	Low Sodium Nuts
Lean Ham	Green Peppers	Brown Rice	Olives
Wild Game Meats	Mushrooms	Wild Rice	Olive Oil
Egg Whites / Substitutes	Spinach	Pasta	Sunflower Oil
Soy (Tofu/Tempeh/Seitan)	Tomatoes	Oatmeal	Flaxseed Oil
Tuna	Peas	Rice Cakes	Natural Peanut Butter
Swordfish	Onions	High-fiber cereal	Low-Fat Dressing
Haddock Steamed	Brussel Sprouts	Popcorn	Coconut Oil
Salmon Steamed	Artichokes	Tortillas	
Crab	Cabbage	Whole Grain Breads	<b><u>AVOID:</u></b>
Lobster	Celery	Apples	Margarine
Shrimp	Zucchini	Oranges	Fried Foods
Low-fat cottage cheese	Cucumbers	Fat-free yogurt	Whole-Fat Dairy
Veggie Burgers/Veggie Protein			Veg/Corn/Canola Oil

**SNACK IDEAS:** Pumpkin Seeds (Pepitas), Almonds, Walnuts

### What can I do to make the most of what I am eating?

- **Eat 4-6 times a day** - This will help boost metabolism so you will be burning calories and melting fat all day long. This will also help keep your blood sugar level stable all day, so you will maximize your energy levels. Make sure you are eating within one hour of waking up and every 2 to 3 hours afterward and finishing at least 4 hours before you go to bed.
- **Combine protein and carbs for breakfast and lunch** – Most people include a veggie with lunch and dinner but adding a veggie to breakfast has bigger payoff. This combination is easier for your body to breakdown which helps it not be stored as fat. This also boosts your metabolism and energy levels.
- **Combine protein and fats for dinner but no carbs** - Research supports that the combination of carbs and fats together lends to the body storing excess fat. Avoid saturated fats all together (*refer to Avoid list above*).
- **When you snack always bundle carbs with protein** - *Apple + Peanut Butter; Orange + Almonds; Salsa + Cottage Cheese; Adult Beverage + Pepitas*
- **Eat appropriate portions** - You need to ensure that you are consuming the right number of calories per day for your body. Don't over feed yourself, but don't underfeed yourself! You do not want to eat too large

of a portion of specific food. Use the "size of the palm of your hand" rule to measure your portion per serving.

- **Plan your meals in advance** - Planning your meals at least one day in advance can help you to stay focused on your goal. This makes it easier to stick to "eat 4 to 6 times per day" recommendation. When planning, keep in mind snacks you plan to eat so they are handy in the event of a schedule change or when faced with challenging situations (like someone bringing cake to the office).
- **Water** - It is extremely important to stay well hydrated to maintain and build lean muscle which keeps the metabolism up and helps to burn fat. Drink  $\frac{1}{2}$  of your total body weight in ounces per day. If you are consuming any type of caffeine or diuretic products you may want to consume even more water.
- **Stay Focused** - This key to achieving your goals. Nutrition impacts about 70-80% of your total results. Every time you think of cheating on your food regime, think about your goals and how you feel about them at the present time. Are you happy with how you look and feel? Do you feel better or worse after eating poorly or skipping a workout?