

HOW TO READ YOUR INBODY REPORT

There are TWO main areas from your InBody Report that we invite you to focus on for the next 60 days that will ultimately help support you to DECREASE Body Fat Mass. Those two areas are **BMR** (Basal Metabolic Rate) and **Lean Body Mass** (Total Weight – Body Fat Mass). NOTE: We are not Dieticians or Nutritionists, so if you have any medical conditions that monitor calories or nutrients, please see your Dr. for advice. This is a guideline based upon our experience and what has worked for us personally.

BMR = Basal Metabolic Rate

Your **BMR** is specific to YOU and is different for every person. It is circled on the right column on your InBody Report. This is how many calories you burn at rest. Basically if you stayed in bed for 24 hours, your body is still burning calories – “using” calories to sustain life. Calories are what “fuel” your body to stay alive. Think about a car – what does it use for fuel? It uses gas right? When you go to start your car, it needs gas for fuel – to start, to idle and then even more when you press down on the pedal to GO! If you don’t have enough gas in your car, it wouldn’t be able to even start!

It is vital that you “fuel” your body enough calories to sustain this resting state. Going too far BELOW your BMR can cause fatigue, headaches, dizziness, etc. Your brain will believe you are “starving yourself” and will store fat because it thinks you will need it later for “fuel.” You do Metabolic Damage when you under-eat the # of calories below your BMR. Scientists, Nutritionists and Dieticians have determined that nobody should go below 1,200 calories per day, as this doesn’t allow your body the vitamins and nutrients it needs to properly function.

Going too far ABOVE your BMR will cause weight gain. An example of this would be eating 500-1,000 calories above your BMR and NOT exercising or doing any activity to burn those extra calories. So how many calories “should” you eat per day maximum? Research shows the following formula and guideline to give you the number of calories to eat per day based upon your BMR.

CALORIES TO CONSUME DAILY

Take your BMR and multiply it by the number below that best fits your lifestyle.

- **1.2** for a person who does little to no exercise
- **1.37** for a slightly active person who does light exercise 1–3 days a week
- **1.55** for a moderately active person who performs moderate exercise 3–5 days a week
- **1.725** for a very active person who exercises hard 6–7 days/week
- **1.9** for a very active person who exercises hard 6–7 days/week + a physically demanding job

For example, if my BMR is 1,300 and I have a desk job and don’t exercise, my calories to consume daily would be $1,300 \times 1.2 = 1,560$

When you eat fewer calories than you burn, you create a calorie deficit. **You must create a calorie deficit to lose weight.** In general terms, if you eat in # of calories equivalent to your BMR and don’t go too far above it, and stay active during the day, you will create a deficit every day and lose weight. (take the stairs, walk during your breaks, stretch and march in place at your desk, etc.) You create an even larger calorie deficit every day you exercise by burning 500-700 calories on average during your workout. This is when your body uses up some of the calories you ate (1,560) and then goes to your fat reserves for more “fuel” it needs when you are active and/or exercising, thus losing weight over time.

MINIMUM # of CALORIES PER DAY = Your specific Basal Metabolic Rate = _____

The information provided is based on personal experience. Any recommendations made about nutrition, supplements, or information provided to you in this program should be discussed between you and your doctor because all diet and exercise programs involves risks. The information you receive in our emails, programs, services and products do not take the place of professional medical advice.

LEAN BODY MASS

The second area to focus on daily is your **Lean Body Mass #**. Your Lean Body Mass is already calculated for you on your InBody Report and circled at the top middle part of your page. **This is the MINIMUM GRAMS of PROTEIN you need to consume every day to MAINTAIN that lean mass.** Minimum!! One way to decrease fat mass is to increase lean mass. This makes for a stronger and healthier body. When you increase lean mass, you also increase skeletal muscle mass, as they go hand in hand. So in theory, if you want to increase lean mass, you can increase your daily intake of protein. Dieticians and nutritionists have a few different formulas on calculating how much protein per day. We invite you to do your research on this topic. Again, if you are under the care of a Physician or have had weight reduction surgery, please consult with your Dr. for protein recommendations. What we have found in working with other clients and talking with dieticians is that there are two ways to calculate the "maximum" amount of protein for your specific report.

1. GOAL WEIGHT FORMULA:

- a. Whatever your goal weight is, consume that amount in grams per day of protein. So for example, if your goal weight is 120 and your lean mass is 80, your MINIMUM grams of protein per day would be 80 and maximum would be 120.
- b. **Grams of Protein / Day = 120**

2. DIFFERENTIAL WEIGHT FORMULA:

- a. Take your total weight and subtract the # of pounds it takes to get to your goal weight. So for example, if you weight 185 and your goal weight is 120, that would be 65 pounds to lose.
- b. Divide that pounds to lose in half. $65/2 = 32.5$
- c. Add THAT NUMBER to your Lean Body Mass number. So for example, if your lean mass was 80, you would add $80+32.5 = 113$ (rounded)
- d. **Grams of Protein / Day = 113**

WHAT IS PROTEIN?

Protein is part of every cell, tissue and organ in our bodies. An adequate protein intake in the diet is important across the life cycle, especially as we age. Proteins are made up of 20 different amino acids, which are needed by the body. *Nine amino acids are considered essential amino acids* since they are not made by the body and therefore must be obtained from food. The other 11 amino acids are made by the body and are considered nonessential amino acids. The proteins in our bodies are constantly being broken down and replaced. The body does not store amino acids like it does carbohydrates and fats, so the body needs a daily supply of amino acids to make new proteins. The protein in the foods we eat is digested into amino acids that can be used to replace the proteins in our bodies.

WHAT DOES PROTEIN DO?

Protein performs many functions in the body. An adequate dietary protein intake is important for building, maintaining and repairing body tissues. The body's structural components, such as skin, muscles, bones, and organs, are made up in large part by protein. Many hormones and enzymes that function to regulate body processes and chemical reactions are made of protein. Protein is also used to make antibodies to fight disease. If you do not receive enough protein in your diet, muscles wasting and other symptoms may result.

WHAT ARE THE DIFFERENT TYPES OF PROTEIN IN THE DIET?

There are different types of protein in our diet — complete, high-quality protein and incomplete protein. The "completeness" (or quality) of a protein is determined by its amino acid composition. High-quality protein sources are complete with all **9 essential amino acids**. High-quality proteins come from animal sources (e.g. eggs, milk, meat, poultry, and fish) and foods made from soy (e.g. tofu and tempeh). About 75% of the protein we eat in our diets should be complete or high-quality protein. An incomplete protein source is one that is low in one or more of the essential amino acids. Most plant proteins (e.g. legumes and nuts) are incomplete proteins because they do not contain all the essential amino acids. Our Protein we sell at the gym is a complete high-quality protein source. See your meal plan guide for protein sources.

MINIMUM GRAMS OF PROTEIN PER DAY = Your Lean Mass = _____

MAXIMUM GRAMS OF PROTEIN PER DAY = _____ (Use one of the formulas above)

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