

SECA BODY COMPOSITION RESULTS

The SECA Body Composition Analyzer sends mild electro-magnetic waves through your body and measures how different cells in your body resist against the current. Muscle, fat, and water resist the current differently and this allows the SECA to accurately measure body composition including muscle mass, skeletal density, and water mass. A comprehensive SECA test can tell you how much muscle you have and where it is distributed throughout your body, the amount of pounds of fat in your body, an estimation of hydration and daily caloric needs, and measures cell health. If desired, ask your Enrollment Consultant about how you can receive a comprehensive SECA (additional fee applies).

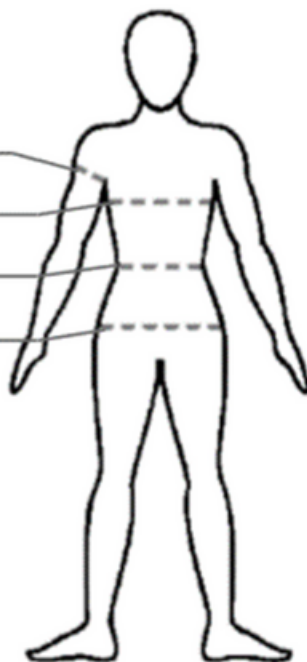
In the test you received today we will be focusing on three measurements: Fat Mass (FM), Fat Free Mass (FFM) and Visceral Adipose Tissue (VAT).

Body mass index (BMI) is a calculation that can be an indicator of health. BMI (your weight in kilograms divided by the square of your height in meters) doesn't account for above or below normal muscle mass or bone density, nor does it indicate percentage of body fat. It is an indicator but not an exact measurement.

We encourage exercise, including strength training, throughout your time in the program. For best results, make a commitment to complete two strength workouts a week. You can find fitness videos on positivechoice.org/exercise-videos or scan this code.



	PRE	POST
UPPER ARM		
CHEST		
WAIST		
HIP		

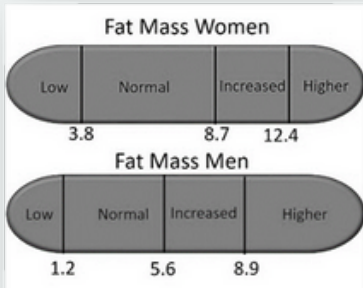


Measure at the widest point, in inches:
 1. Upper arm (armpit)
 2. Chest (bust)
 3. Waist (navel)
 4. Hips (widest part or 7 to 9" below waist)

AGE	HEIGHT
WAIST TO HIP RATIO	GOAL WEIGHT RANGE

	PRE	POST
TOTAL BODY WEIGHT		
BODY MASS INDEX (BMI)		
SECA BODY FAT %		
SECA VISCERAL FAT		

YOUR RESULTS



Fat Mass (FM)

FM is the total number of pounds of fat that makes up your body weight.

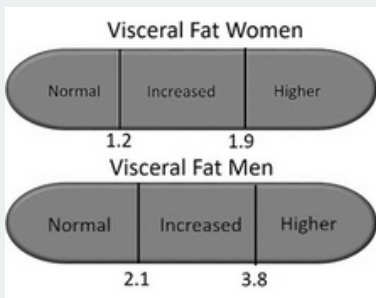
Your FM is: _____ lbs. or _____ %

This value is:

FAT FREE MASS (FFM)

Your FFM is: _____ lbs. or _____ %

This value is:



Visceral Adipose Tissue (VAT)

Recommended < 2 lbs. for women or < 4 lbs. for men

Your VAT value is: _____ liters or _____ lbs.

This value is:

Percentage Body Fat

Recommended percentages are as follows:

- 25-35% body fat for women
- 11-22% body fat for men

Your weight at _____ % Body fat = _____ lbs.

Your weight at _____ % Body fat = _____ lbs.

ABOUT THESE RESULTS

FAT MASS (FM)

Fat is metabolically active tissue which aids different metabolic pathways (including pathways that regulate weight and appetite), promotes the development of cells and provides your body with many vital functions. Subcutaneous Fat (the fat that is right below your skin) covers your muscles and acts as insulation helping your body maintain its internal temperature. It also is a reserve source of calories.

VISCERAL ADIPOSE TISSUE (VAT)

Visceral fat is the fat that is stored in and around your major organs. This type of fat provides protection and structure for your major organs. Although this fat is vital to your health, if you have a poor diet with too many nutritionally void calories (think refined and processed foods, sugars, etc.) this type of fat can accumulate in excess around the major organs and become a source of inflammation that can greatly increase risk for diabetes, cardiovascular disease, and cancer.

FAT FREE MASS (FFM)

During weight loss it is natural to lose some muscle mass as you lose body fat. If your FFM is below normal you will want to focus on strengthening your muscles as you lose weight to stimulate a healthy metabolic rate. Even if you have a good amount of muscle mass, you will want to work on minimizing muscle loss. Strengthening muscle mass will also greatly help you with balance and agility. Heavy weightlifting to build muscle mass is not allowed on a meal replacement program. Instead, we recommend working out with light weights, bands, or body resistance training.

Learn about our
additional
fitness services

