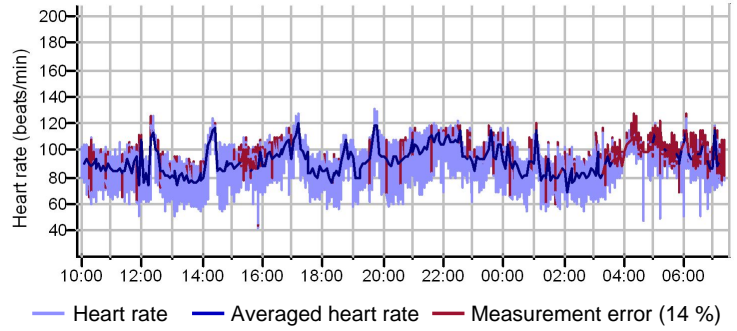


# Weight Management Report

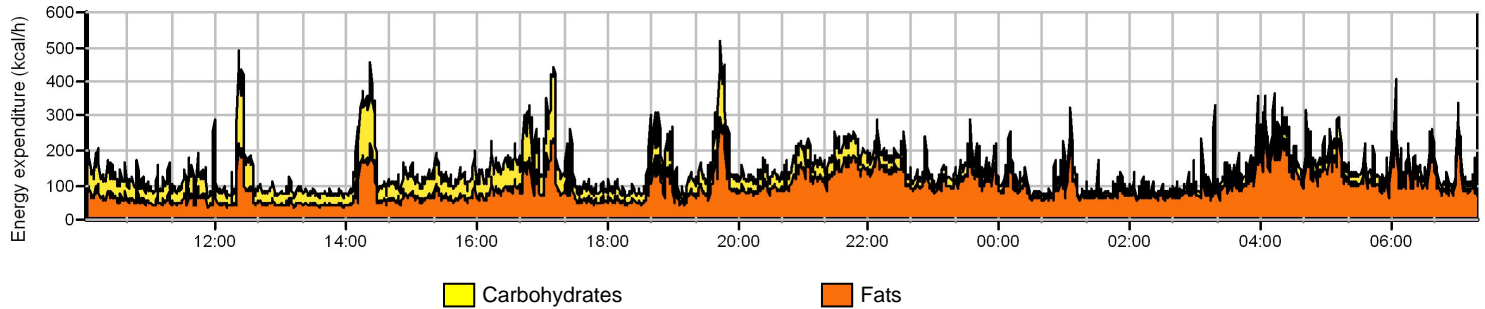
**Person:** John Doe

**Date:** 30.11.2005

Background information		Measurement information	
Age	45	Measurement length	21:19:52
Height (cm)	180	Measurement time	10:00:00 - 7:19:52
Weight (kg)	105	Lowest heart rate	68
Resting heart rate	59	Highest heart rate	130
Maximum heart rate	183	Average heart rate	93



## Distribution of Energy Sources



Proportions of carbohydrates and fats of total energy expenditure.

## Energy Expenditure During the Measurement

Energy expenditure reached the highest level (9 kcal/min) at the heart rate of 131 beats per minute. One hour of exercise at that level would accumulate an energy expenditure of 559 kcal/2338 kJ.

## Optimizing Fat Expenditure

Absolute fat consumption was the most effective at the heart rate of 127 beats per minute. In your case, proportionally the most effective fat consumption is at heart rate level of 119 - 137 beats per minute.



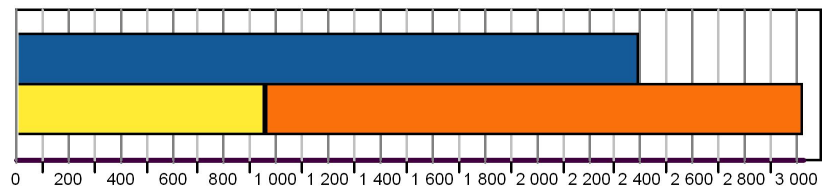
### Intensity of physical activity in weight management

When the intensity of physical activity is high, the utilization of fat starts to decrease. This is because the body simultaneously starts to utilize more carbohydrates, which are more quickly available for the working muscles. Fat consumption percentage is the highest at heart rate level 65 - 75% of maximum heart rate. This is also the most effective heart rate level for weight management, because at such intensity can be continued for longer durations compared with higher intensities.

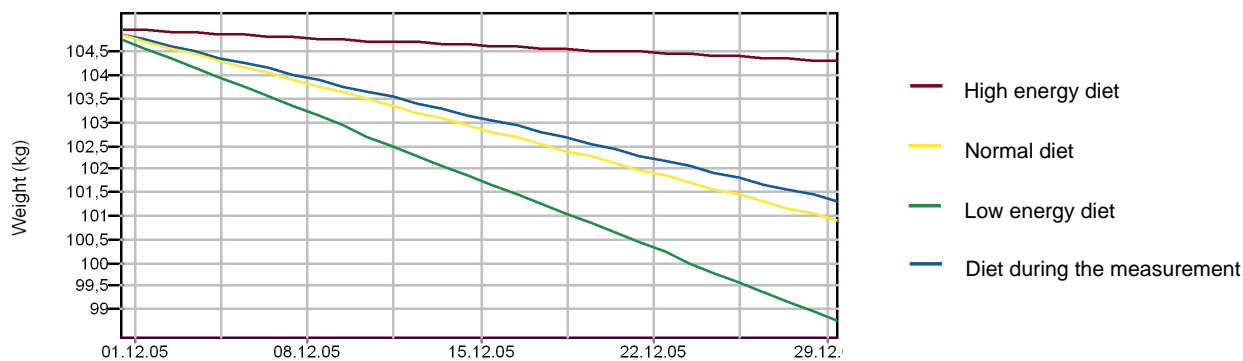
## Energy Balance

Consumed energy during the measurement was 3028 kcal/12677 kJ, with 963 kcal/4034 kJ from carbohydrates and 2064 kcal/8644 kJ from fats.

Energy intake	2400 kcal
Consumed carbohydrates	963 kcal
Consumed fats	2064 kcal



## Weight Change Prediction



Prediction of the average weight change with different diets. The prediction is based on the assumption that physical activity stays at the level of the measurement.

	Week	Month
Energy intake 2400 kcal	-0,9kg	-3,7kg
Low energy diet (1800 kcal / 7500 kJ)	-1,5kg	-6,2kg
Normal diet (2300 kcal / 9600 kJ)	-1,0kg	-4,1kg
High energy diet (3100 kcal / 13000 kJ)	-0,2kg	-0,7kg



### Low energy diet

Mainly low energy food such as vegetables, fruits, wholegrain and nonfat products.

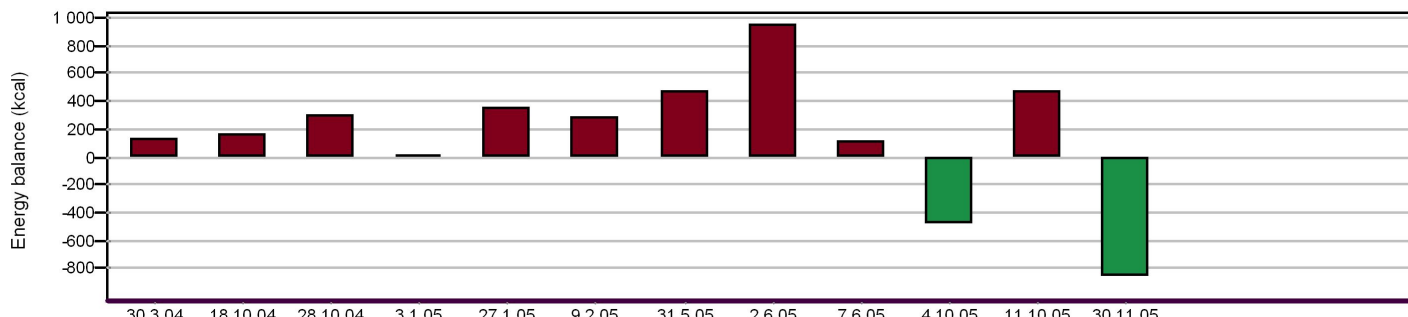
### Normal diet

Diet including basic food with some fatty products.

### High energy diet

Diet based on fatty food such as pizzas and hamburgers. A high energy diet can also be healthy, for example in case of athletes the daily energy demand can be over 4000 kcal.

## Energy Balance Follow-Up



Energy balance during the follow-up. (The follow-up does not include measurements where energy intake was not given.)