

Fat, Fatigued & Fed-up?

“The Journey of 1000 Miles Begins with the First Step”

*Eat Well
Move well
Think Well*

Do you know that most chronic illness in the UK today is due to PREVENTABLE lifestyle factors?

Poor diet, inadequate exercise, bad posture habits, emotional and mental stress, poor sleeping patterns, accidents, incidents & falls weaken the body over time – eventually the body becomes overwhelmed and succumbs to debility and ill health.

Do you have a family history of diabetes, cardiovascular disease or other chronic illness?

Are you concerned about your current health status or where in fact it might be heading?

Do you find it hard to stick to diets or implement positive lifestyle changes and maintain them?

Do you have people who depend on you staying fit and well for many years from now?

Do you know you need to do something about your health but just keep putting it off?

Do you want to stay active and vital into old age?

Are you concerned about your weight and associated health risks?

Are you lacking in energy, focus and drive?

Are you simply overwhelmed with all the information out there and just don't know where to start?

Don't Despair, We Can Help!

In *just 9 weeks* you can start turning your health around with a complete 'metabolic reboot' & become Aligned to Wellness!


aligned to
wellness

WE USE A MULTI THERAPUETIC APPROACH

So many 'wellness' programs are one dimensional: they are either just an exercise plan, just a diet plan or just a 'changing behaviour' program – our program is *different*, as we take a 3 pronged approach: **Eat well, Move Well & Think Well**



WE MEASURE YOUR HEALTH TO MANAGE IT....

Most programs don't have a means to truly measure progress. In our program we measure a range of biomarkers such as:

Body composition (Fat mass, organ fat, water content, muscle mass & balance, muscle/fat ratio)

Blood tests (complete blood fat analysis – heart disease risk, diabetic risk, complete thyroid panel, vitamins - B12, Folate, D, complete iron profile, liver function tests)

Functional movement patterns (how coordinated and balanced are your movements)

Postural spinal scanning/surface electromyography (to locate spinal weaknesses and imbalances)

X-rays (if required, to better assess spinal, pelvic or peripheral joints)**only done at start of program**

THEN WE GIVE YOU A 'WELLNESS SCORE'

This is your wellness 'grade' from collating all your biomarkers – we give you a score at the beginning of your program and another at the end!

Parameters	Exam ID: 1487		Exam ID: 1489	
	Data	Rating	Data	Rating
MSQ	65	0	5	100
BMI	32	30	27	70
Waist to Hip Ratio	1.01 waist/hip	10	.92 waist/hip	100
HbA1c	6.1%	60	5.5%	100
Triglyceride/HDL Ratio	12.2:1	0	2.9:1	50
Overall Wellness Grade	F		B	

Overall Wellness Score
61.67

TRAUMA Physical Stress	THOUGHTS Mental/Emotional Stress	TOXINS Chemical Stress
<ul style="list-style-type: none"> • Birth • Walking, Sitting, Standing • Computer Use • Sports • Falls & Trips • Accidents • Posture • Regular Activities • Lack of Regular Activity • Gravity 	<ul style="list-style-type: none"> • Anger • Worry & Fear • Guilt • Financial • Time • School • Relationships • Family • Grief • Job 	<p>NUTRITION</p> <ul style="list-style-type: none"> • Processed Foods • Refined Sugar • Prepared food • Fast Food • Additives • Preservatives • Low Nutrients • Dehydration <p>DRUGS</p> <ul style="list-style-type: none"> • Prescriptions • Illegal • OTC • Tobacco • Alcohol • Caffeine

ILLNESS 50	COMFORT ZONE False Wellness 75	WELLNESS 100
<p>Disease</p> <ul style="list-style-type: none"> • Multiple Medications • Poor Quality of Life • Limited Potential • Limited Body Function 	<p>Poor Health</p> <ul style="list-style-type: none"> • Symptoms • Drug Therapy • Surgery • Losing Function 	<p>Maintaining Health</p> <ul style="list-style-type: none"> • No Symptoms • Inconsistent Nutrition • Sporadic Exercise • Health is Low Priority



[InBody570]

SEE WHAT YOU'RE MADE OF

ID	Height	Age	Gender	Test Date / Time
Jane Doe	5ft.01.8in.	51	Female	05.04.2012 09:46

Body Composition Analysis

Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lb)	36.6	82.2	130.3
Extracellular Water (lb)	24.0		
Dry Lean Mass (lb)	21.6		
Body Fat Mass (lb)	48.1		

Muscle-Fat Analysis

Weight (lb)	SMM (lb)	Body Fat Mass (lb)
130.3	43.2	48.1

Obesity Analysis

BMI (kg/m²)	PBF (%)
24.0	36.9

Segmental Lean Analysis

Segment	Based on ideal weight (%)	Based on current weight (%)
Right Arm	102.0	97.7
Left Arm	102.0	97.7
Trunk	99.3	99.3
Right Leg	114.9	83.7
Left Leg	112.9	82.3

ECW/TBW Analysis

ECW/TBW
0.396

Body Composition History

Weight (lb)	SMM (lb)	PBF (%)	ECW/TBW
143.9	44.3	41.3	0.399
139.9	44.1	40.7	0.398
137.6	43.4	39.2	0.396
136.2	43.4	39.0	0.396
137.3	43.6	39.4	0.397
134.3	43.4	38.6	0.396
133.4	43.6	37.8	0.398
130.3	43.2	36.9	0.396

Body Fat - Lean Body Mass Control

Body Fat Mass - 21.8 lbs
Lean Body Mass + 5.5 lbs
(+) means to gain fat/lean (-) means to lose fat/lean

Segmental Fat Analysis

Segment	Percentage
Right Arm (3.5 lb)	179.0%
Left Arm (3.5 lb)	184.1%
Trunk (25.8 lb)	239.9%
Right Leg (6.4 lb)	132.5%
Left Leg (6.4 lb)	131.5%

Basal Metabolic Rate
1175 kcal

Visceral Fat Level
Level 12 (Low 10 High)

Results Interpretation

Obesity Analysis
BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

Segmental Lean Analysis
Evaluates whether the muscles are adequately developed in the body. In each segment, the top bar shows the comparison of muscle mass to ideal weight and the bottom bar shows that of the current weight.

Body Water Analysis
ECW/TBW is the ratio of Extracellular Water to Total Body Water, which is an important indicator whether the body water is balanced.

Visceral Fat Level
Visceral Fat Level is an indicator based on the estimated amount of fat surrounding internal organs in the abdomen. Maintain a Visceral Fat Level under 10 to stay healthy.

Results Interpretation QR Code
Scan the QR Code to see results interpretation in more detail.

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 50Hz	373.1	385.4	25.7	303.0	314.1
50Hz	337.2	352.5	23.0	282.3	289.8
500Hz	297.4	311.5	19.1	258.1	267.8

Our Aligned to Wellness - Total Health

Solutions Program incorporates:

- ✓ Chiropractic Care
- ✓ Bespoke Exercise Program
- ✓ Stretch Classes
- ✓ Core Strengthening
- ✓ Nutritional Counselling & Meal Plans
- ✓ Nutritional Supplementation
- ✓ Neuro- programming (positive thinking)
- ✓ Better Sleep Advice
- ✓ Full Support Every Step of the Way

Lose weight, increase energy, think clearer, function better, improved health & wellbeing
A COMPLETE METABOLIC REBOOT!

All aspects of the assessments & program itself are 'in house'. Our facilities including: exercise studio, parking, digital x-ray, InBody body composition, Myovision scanning, blood tests (finger prick)

Call now to attend our *Free Information Session* on **01434 60568**

Sele Gate House, 1 Hencotes, Hexham, NE46 2EQ