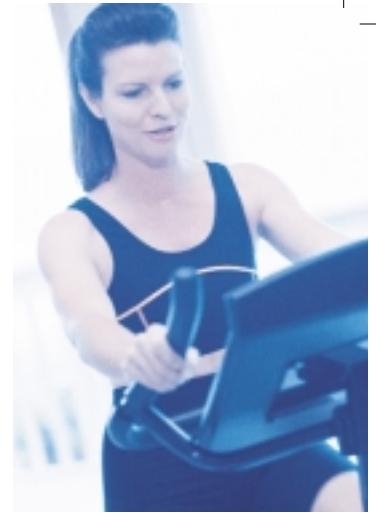


## We Can Help

We can provide you with a body composition program that has been clinically tested and shown to reduce fat while retaining (and even increasing!) lean muscle tissue. Our program includes practical dietary guidelines, a simple exercise plan, and a delicious, nutritionally balanced medical food to promote healthy body composition.

# Discover the Importance of Healthy Body Composition

Whether you are overweight or of normal weight you should be aware of the impact body composition has on your health! Even if your weight is within a normal range, you can still have unhealthy or altered body composition.



**What is unhealthy body composition?** Generally speaking, it refers to carrying too much fat in comparison to lean tissue (e.g., muscle)—often referred to as having a high fat-to-lean ratio. As your body's fat-to-lean ratio increases, so do your health risks. In fact, unhealthy body composition often leads to obesity (defined as 30 pounds or more overweight)—a condition associated with many critical health concerns, including:

- ▶ Heart disease
- ▶ Stroke
- ▶ High blood pressure
- ▶ High cholesterol
- ▶ Metabolic syndrome
- ▶ Type 2 diabetes
- ▶ Estrogen-related problems
- ▶ Certain forms of cancer
- ▶ Hysterectomy
- ▶ Back pain
- ▶ Gallbladder disease and gallstones
- ▶ Kidney disorders
- ▶ Osteoarthritis
- ▶ Respiratory problems
- ▶ Sleep apnea
- ▶ Excess fatigue
- ▶ Urinary incontinence
- ▶ Depression

## What Are Some Important Benefits of Our Program?

1. Includes our support and guidance.
2. Promotes **healthy** weight loss. Reduce unhealthy and unattractive fat while you preserve lean muscle tissue!
3. Provides a blend of nutrients shown to promote overall health. You can be confident that you're receiving the essential vitamin and minerals your body needs each day.
4. Reduces your risk of a variety of health conditions through its positive effects on your weight, cholesterol, blood pressure, insulin, and glucose.



### Factors that Contribute to Unhealthy Body Composition

- A high-fat, high-sugar diet
- Lack of exercise
- Overeating
- Excess alcohol intake
- Hormonal disorders
- Certain medications, such as steroids, antidepressants, or anti-epilepsy drugs
- Other metabolic factors (e.g., Cushing's syndrome, polycystic ovary syndrome, hypothyroidism)

### Did You Know?

- More than 60% of the U.S. adult population is overweight, with over 25% considered obese.
- Almost 30% of U.S. children and teens aged 6 to 19 years are categorized as overweight. Overweight adolescents have a 70% chance of becoming overweight or obese adults.
- In America, approximately 47% of those who are overweight and 71% of those who are obese have high blood pressure.
- Half of all overweight and obese American adults have cholesterol levels higher than they should be (greater than 200 mg/dL).
- Approximately 25% to 33% of Americans have insulin resistance, which left unchecked, may develop into type 2 diabetes. About 70% of people with type 2 diabetes are overweight.

*Turn the page to learn more...*

## Taking Measures To Reduce Your Disease Risk

## The Benefits of Healthy Body Composition

The association of altered body composition with chronic health conditions is so strong that in 1995 the National Institutes of Health convened an Expert Panel to encourage programs for improving body composition.

By reducing body fat, a healthy body composition may:

- Improve insulin sensitivity and glucose tolerance
- Improve blood circulation in all parts of the body, thereby reducing the risk of heart disease and stroke
- Promote healthy blood pressure and cholesterol levels
- Reduce respiratory infections and breathlessness, and improve lung function
- Improve quality of sleep
- Relieve some of the strain placed on your knees, hips, and lower back—which can reduce pain
- Increase energy and endurance
- Reduce the risk of certain pregnancy complications
- Improve mood and self-confidence

**Plain and simple...A healthy body composition can improve the overall quality of your life!**



## How Do You Measure Body Composition?

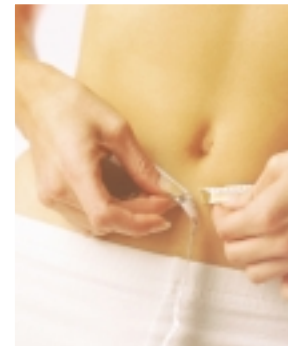
Well, it can't be measured by your bathroom scale. Body weight isn't an accurate measure of body composition, and therefore, it's not an accurate measure of overall health.

The following methods can be used to assess your body composition:

**Waist Circumference and Waist-to-Hip Ratio (WHR):** Generally speaking, a waist circumference of 35 inches or more in women and 40 inches or more in men indicates increased health risk. WHR is calculated by dividing your waist circumference by your hip circumference. A WHR of 0.8 or greater in women or 1.0 or greater in men indicates unhealthy body composition.

**Skin-Fold Thickness:** This method uses calipers to measure the amount of subcutaneous fat (fat below the skin) at the back of the arm and/or at other specific sites on the body.

**Bioelectrical Impedance Analysis (BIA):** BIA determines fat-to-lean ratio by utilizing modern electrical frequency science.



## Three Easy Steps to Healthy Body Composition

After assessing your body composition, we can determine which program is right for you. A healthy body composition program that includes the following will target fat and preserve muscle.

### 1 A Healthy Diet

It is important to reduce the amount of calories in your diet without compromising your body's nutritional needs. The low-calorie diets commonly used in weight-loss programs may not be beneficial, and may even produce fatigue, dizziness, and weakness. A diet consisting of a variety of fruits, vegetables, and fiber-enriched whole grains, as well as healthy protein and fat, will ensure adequate nutrition and a feeling of fullness.



### 2 Personalized Nutritional Support

Nutritional supplementation has been shown to help patients achieve their desired weight and fat-to-lean ratio. Providing a high quality, nutrition-based medical food may be particularly beneficial. A study showed that patients on a medical food program lost most of their weight from fat. This is in contrast to patients on a popular, over-the-counter diet drink program who lost the majority of their weight from muscle—despite participating in the same exercise routine and consuming the same foods as those on the medical food program.

### 3 A Simple Exercise Program

A healthy body composition program should include some kind of exercise. Numerous studies have shown that non-vigorous exercise, such as moderately brisk walking, can provide health benefits similar to those of more vigorous activities like running. Resistance exercises (e.g., light weightlifting) may also be beneficial.

## Change Your Lifestyle...Change Your Life

Don't fall victim to fad "starvation" diets or potentially dangerous weight loss pills—in the long run your body will only end up retaining fat and losing lean tissue (muscle).

According to the National Institutes of Health, lifestyle modifications such as nutrition, diet, and exercise are the preferred methods for achieving healthy body composition. With a targeted body composition program, you will not only lose unhealthy and unattractive fat—you will also minimize your risk of developing high blood pressure, high cholesterol, insulin resistance, hormone-related problems, and more!

**Take the first step toward better health. Ask us about our nutrition-based body composition program today!**

*See the back panel for more information...*