Lifestyle Health
BY CENTRACARE HEALTH

UNDERSTANDING YOUR REEVUE RESULTS

RESTING METABOLIC RATE (RMR)/ RESTING ENERGY EXPENDITURE (REE)

- Using indirect calorimetry, the amount of oxygen consumed is measured. (in direct calorimetry, the amount of heat produced is measured)
- Every calorie consumed requires a fixed amount of oxygen to be converted to energy.
- The rate at which oxygen is used is directly related to the rate of caloric expenditure.
- In short, measuring the rate of oxygen consumption is equivalent to measuring the number of calories being used.

PREDICTED REE
The predicted number of calories you burn per day using the Harris-Benedict equation would predict your RMR to be based strictly on height, weight, and age.

TOTAL ENERGY EXPENDITURE (TEE)
Your measured REE along with the estimated lifestyle and activity expenditure, which considers all the measurements from this test. (1.30 x REE). In other words, measures the number of calories you burn per day doing normal activity.

VO2
The rate you consume oxygen or how much air your lungs take in (ideal for runners).

- Average Vo2 for healthy male adults is 2-7 ml/kg/min
- Average Vo2 for healthy female adults is 1.5-5 ml/kg/min

FeO2
The fractional concentration of oxygen in the expired gas (the air you exhale), which is measured. This is the percentage of your expired oxygen that is turned into CO_2.

- Average FeO2 is 15-18% for healthy adults.

MINUTE VOLUME
The amount of oxygen consumed per minute.

- Average minute volume in a healthy adult is 5-8 L per minute.

TIDAL VOLUME
The difference between lung volumes after a normal inhalation and a normal exhalation.

- Average tidal volume for a young, healthy adult male is 500 ml. Female is 400 ml.

RESPIRATORY RATE
The rate of your breathing

- Average respiratory rate in healthy adults is 12-18 breaths per minute.
- For children, respiratory rate average would be 18-30 breaths per minute.

WEIGHT MAINTENANCE ZONE
Gives a range of calories needed to maintain the current weight.

WEIGHT LOSS ZONE/ MEDICALLY SUPERVISED WEIGHT LOSS ZONE
The range of calories to lose weight safely on your own and the range of calories to lose weight, but with a doctor's supervision.

EXERCISE CALORIE EXPENDITURE
The number of calories you use (approximate) in a 30-minute moderate intensity, exercise bout.

**If you have any questions on any of the information, please let a coach know!

UNDERSTANDING YOUR TANITA RESULTS

The definition of body composition is 'the percentages of bone, fat, water and muscle in human bodies'. Keep reading to learn which measurements there are, and how they impact you.

BODY MASS INDEX (BMI)
BMI is a standard height to weight ratio used for classifying risks associated with weight gain. BMI is a good general indicator for population studies but has serious limitation when assessing on an individual level. The World Health Organization (WHO) classification has been developed using the following grading system:

BMI	WHO Classification
<18.5	Underweight
18.5-24.9	Healthy weight
25.0-29.9	Overweight
30+	Obese

FAT % / FAT MASS
Fat Mass is the weight of fat in your body. Fat % is the proportion of Fat to the total body weight. Body Fat is essential for maintaining body temperature, cushioning joints and protecting internal organs. Yet, too much fat can damage your health. Reducing excess levels of body fat has shown to reduce the risk of certain conditions such as high blood pressure, heart disease, type 2 diabetes and cancer. Too little body fat may lead to irregular periods in women and infertility.
Check your body fat results against the healthy body fat ranges shown at the bottom of your printout.

FAT FREE MASS (FFM)
Fat Free Mass is comprised of non-fat components of the human body. Muscle, bone and water are all examples of fat free mass.

BASAL METABOLIC RATE (BMR)
Basal Metabolic Rate is the daily minimum number of calories your body needs when at total rest. Increasing muscle mass will speed up your metabolic rate. A person with a high BMR can burn more calories at rest than a person with a low BMR.

TOTAL BODY WATER (TBW)
Total Body Water Percentage is the total amount of fluid in the body. Being well hydrated will help concentration levels, sports performance and general well-being. Drinking 64 oz. of fluid a day will ensure good hydration levels.
To figure out total body water percentage:

_____ / _____ x 100 = _____
TBW Weight Estimated Total body water %

The average TBW% ranges for a healthy person are:
Female 45 to 60%
Male 50 to 65%

Individuals with a high body fat % may fall below the recommended body water percentage. As body fat is reduced over time the TBW should gradually improve.

UNDERSTANDING YOUR SKIN FOLD RESULTS

Description	Women	Men
Essential fat	10–13%	3–5%
Athletes	14–20%	6–13%
Fitness	21–24%	14–17%
Average	25–31%	18–24%
Overweight/Obese	32%+	25%+

**If you have any questions on any of the information, please let a coach know!