Causes of Death

- Heart Disease
- Cancer
- Stroke
- Diabetes
- Others

32%
30%
27%
7%
4%
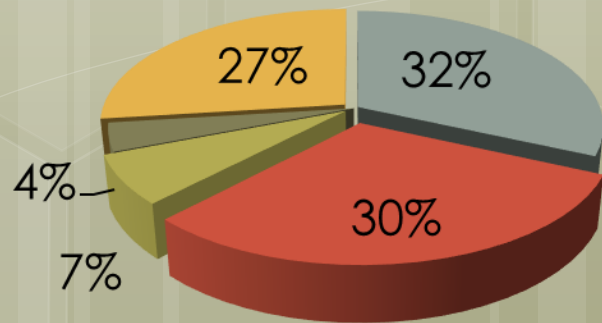
Source: CDC, Health US, 2015

* Over 50% of deaths are from obesity-related chronic diseases!

Why focus on Health & Fitness

Contact a Team Member for Supplement recommendations

www.LuminosityBaltimore.com

Omron Full Body Sensor Body Composition Monitor & Scale with 7 fitness indicators

- Weight
- Body Mass Index (BMI)
- Body Fat %
- Skeletal Muscle %
- Visceral Fat Level
- Resting Metabolism
- Body Age

This is not a cure. Pure analysis machine which uses bio-electric signal to measure factors. Cannot use Omron if you have *pacemaker* or metal *in* your body.

Health & Fitness Assessment

Basic Information

Name: _____   Mobile: _____

Age: _____   Email: _____

Height: _____ feet _____ inches   Address: _____   City_____

Gender: Male / Female   Occupation: _____

Remarks: _____

Body Weight   _____ lbs

Body Mass Index (BMI) _____

☐	< 18.5	Under Weight
☐	18.5 - 24.9	Normal Weight
☐	25 - 29.9	Over Weight
☐	30+	Obese

Body Fat %   _____

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
	20-39	< 21.0	21 - 32.9	33 - 38.9	>= 39
Female	40-59	< 23.0	23 - 33.9	34 - 39.9	>= 40
	60-79	< 24.0	24 - 35.9	36 - 41.9	>= 42
	20-39	< 8.0	8 - 19.9	20 - 24.9	>= 25
Male	40-59	< 11.0	11 - 21.9	22 - 27.9	>= 28
	60-79	< 13.0	13 - 24.9	25 - 29.9	>= 30

Skeletal Muscle %   _____

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
	18-39	< 24.3	24.3 - 30.3	30.4 - 35.3	>= 35.4
Female	40-59	< 24.1	24.1 - 30.1	30.2 -35.1	>= 35.2
	60-80	< 23.9	23.9 - 29.9	30.0 - 34.9	>= 35.0
	18-39	< 33.3	33.3 - 39.3	39.4 - 44.0	>= 44.1
Male	40-59	< 33.1	33.1 - 39.1	39.2 - 43.8	>= 43.9
	60-80	< 32.9	32.9 - 38.9	39.0 - 43.6	>= 43.7

Lifestyle Diseases

Causes of Death

Stroke   Diabetes

Heart Disease

Cancer

other

Over 50% of deaths are from obesity-related chronic diseases

Subcutaneous

Visceral

Retroperitoneal
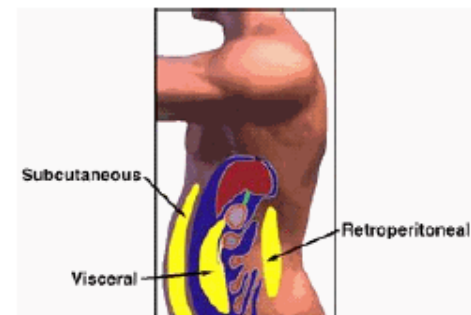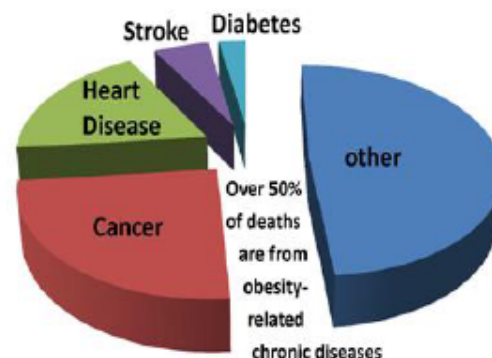
You & Your Family History

☐ High Blood Pressure	☐ Tiredness	☐ Allergies
☐ Low Blood Pressure	☐ Constipation	☐ Asthma
☐ Anemia	☐ Alcohol	☐ Knee/Joint Pain
☐ Diabetes	☐ Tobacco Use	☐ Muscle Cramps
☐ High Cholesterol	☐ Eye Problems	☐ Heart Problems

Visceral Fat Level _____

Less than 9	0 (Normal)
10 - 14	+ (High)
> 15	++ (very High)

Body Age _____ Good / Bad

Resting Metabolism _____ ☐ Low   ☐ Normal :1600+

Key indicators & Suggestions

- **Body Mass Index** - Ratio of height to weight
  - Carb reduction and Blocking supplements. Fat Burning supplements and Foods
- **Body Fat %** - essential fat + stored fat
  - Fat Burning supplements and food, Omega 3 focused on Heart. Key Term high in EPA (test your Fish Oil with styrofoam cup and hot water. If it won't eat through the cup you are wasting your money)
- **Skeletal Muscle** – muscle around skeleton
  - Increase protein highly recommend all plant protein powders for cooking
- **Visceral Fat %** - fat in abdomen & surrounds vital organs
  - Heart Health Omega 3 (EPA) & Cholesterol Reduction Foods and Supplements
- **Resting Metabolism** – calories for basic functions
  - Supplements focused on increasing metabolism. Suggest a high quality daily supplement
- **Body Age**
  - Calculated based on weight, body fat, skeletal muscle, and resting metabolism