ISHP

BODY COMPOSITION + RESTING METABOLIC RATE ASSESSMENT

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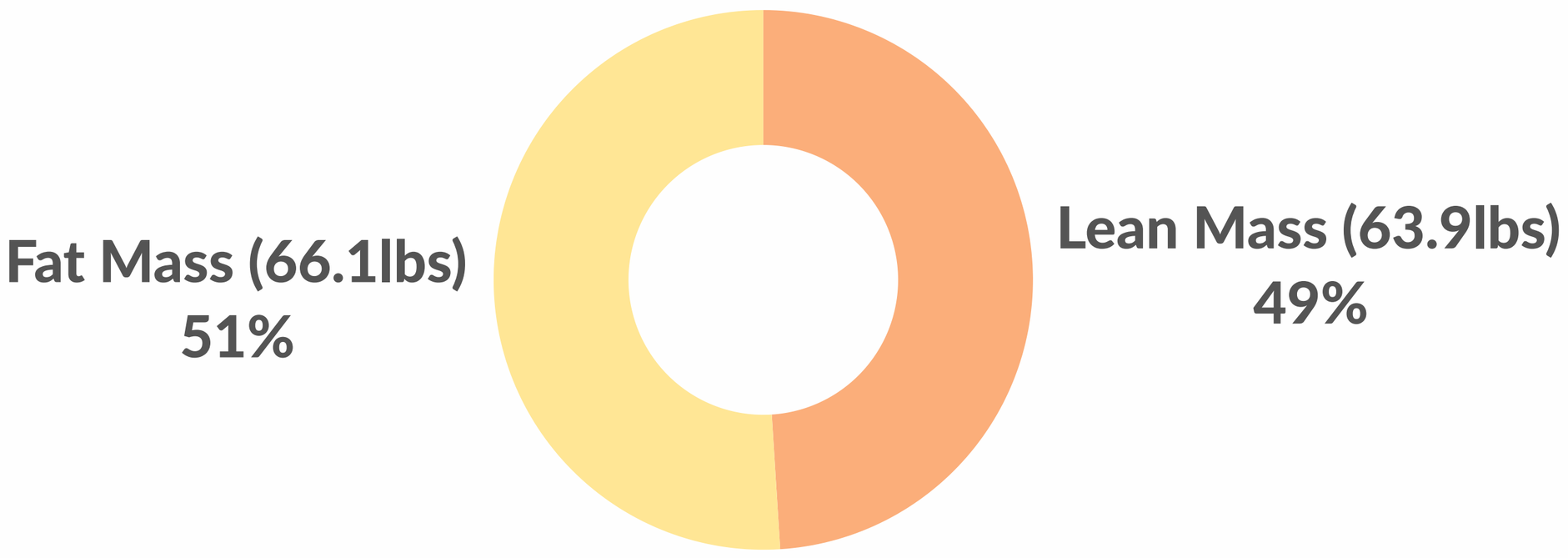
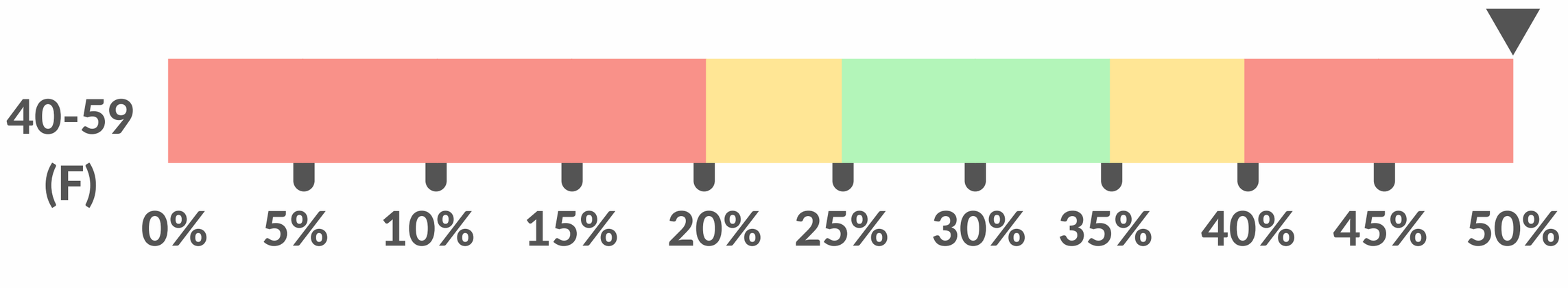
Ultrasound & Body Composition Assessment

Designed to track and optimize exercise and diet. Its proven technology can accurately measure tissue structure and body composition.

Body Composition



Body Fat Percent - 51.0%

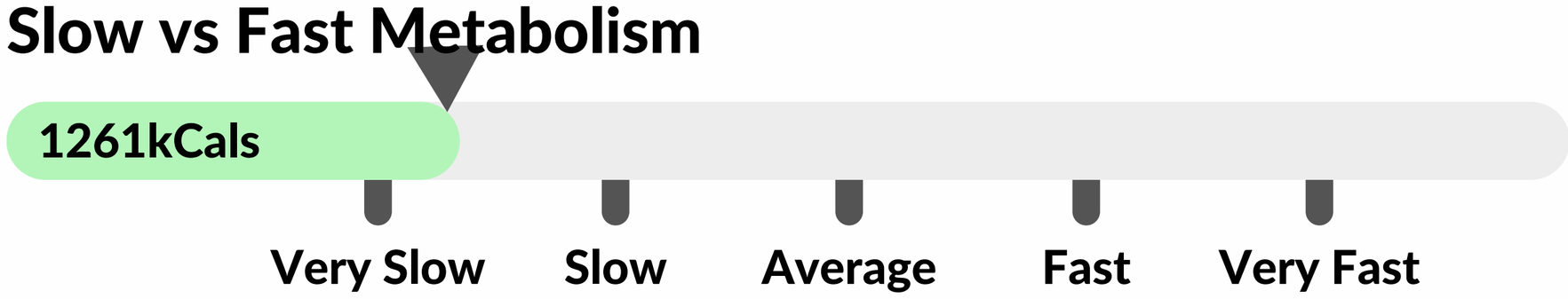


Nutrition Guidelines

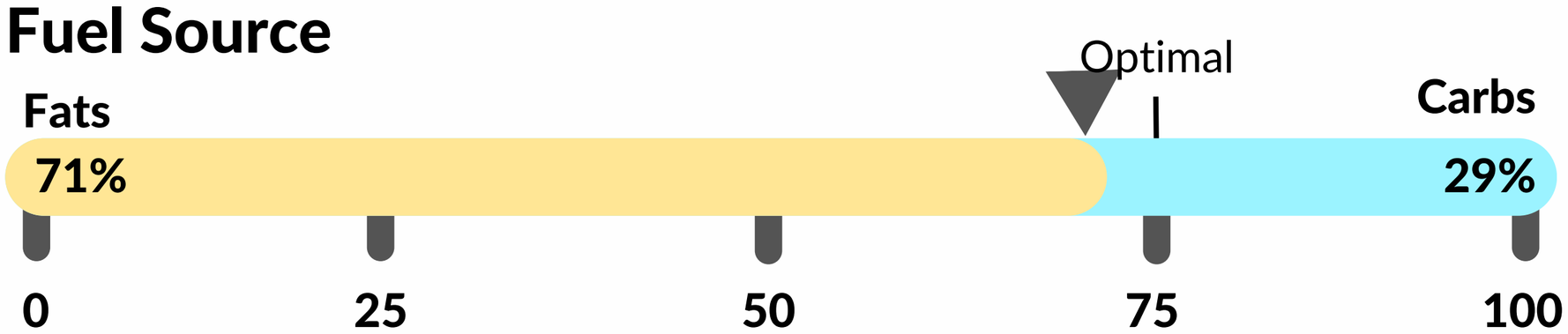
Resting Metabolic Rate Assessment

The resting metabolic rate assessment determines the number of calories that you burn at rest, and metabolic health. It is also an indicator of overall health and wellbeing.

Slow vs Fast Metabolism



Fuel Source



Caloric Intake

1623kCals
Resting Metabolic

-

593kCals
To Lose 1.5lbs per week

+

608kCals
NEAT

=

~1600kCals

Resting Heart Rate - 54bpm

Age (M)	Poor	Below Average	Average	Above Average	Good	Excellent	Athlete
18-25	85bpm +	79-84bpm	74-78bpm	70-73bpm	66-69bpm	61-65bpm	40-60bpm

Weekly Meal Plan Breakdown

Caloric Deficit Example

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1600KCals 90g Protein 155g Carbs 68g Fat 24g Fibre	**1600KCals** 90g Protein 155g Carbs 68g Fat 24g Fibre	**1600KCals** 90g Protein 155g Carbs 68g Fat 24g Fibre	**1600KCals** 90g Protein 155g Carbs 68g Fat 24g Fibre	**1600KCals** 90g Protein 155g Carbs 68g Fat 24g Fibre	**1600KCals** 90g Protein 155g Carbs 68g Fat 24g Fibre	**1600KCals** 90g Protein 155g Carbs 68g Fat 24g Fibre

Caloric Refeed Example

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1360KCals 90g Protein 125g Carbs 55g Fat 20g Fibre	**1360KCals** 90g Protein 125g Carbs 55g Fat 20g Fibre	**1360KCals** 90g Protein 125g Carbs 55g Fat 20g Fibre	**1360KCals** 90g Protein 125g Carbs 55g Fat 20g Fibre	**1360KCals** 90g Protein 125g Carbs 55g Fat 20g Fibre	**2200KCals** 90g Protein 230g Carbs 102g Fat 33g Fibre	**2200KCals** 90g Protein 230g Carbs 102g Fat 33g Fibre

Macronutrients Recommendations

22% Protein	**39%** Carbs	**39%** Fats

Next Steps:

Calorie Tracking

- Download and create an account with My Fitness Pal (or preferred nutrition tracker)
- Fill out the “My Profile” section with your goals (ie. height, weight, target weight)
- Input your Macros
    - Click the three dots on the bottom right corner
    - Click “Goals”
    - Click “Calorie, Carbs, Protein and Fat Goals” under the Nutrition Goals
    - Set the Calories, Carbs, Protein, and Fat to the recommended macro outlined above.
- Once completed fill out your food intake from each meal on the main page

It’s highly recommended to purchase a weight and food scale for more accurate results.

Daily Tasks

- Weigh yourself in the morning, after your first bowel movement, and naked
- Log your weight into your my fitness pal app
- Track calories in grams - FOLLOW YOUR PERSONAL RECOMMENDATIONS.
- Log in a diary:
    - Log any additional prescribed recommendation (i.e breath work)
    - Complete the prescribed training recommendations (i.e Zone 2 Training)
    - Log additional physical activity (i.e Monday - Strength Training 1 hour)

Two weeks after Appointment

- Should you find the macronutrient breakdown difficult to follow, reach out to us to discuss a change within your caloric parameters

Should you have any questions or concerns please contact us!

Recommended Next Testing Date: **January 2026**

Glossary

Body Fat Percentage:
The percentage of your overall body weight that is composed of fat cells. Body fat percentage can be reduced by either losing weight from fat mass, while maintaining lean mass, or maintaining fat mass while increasing lean mass.

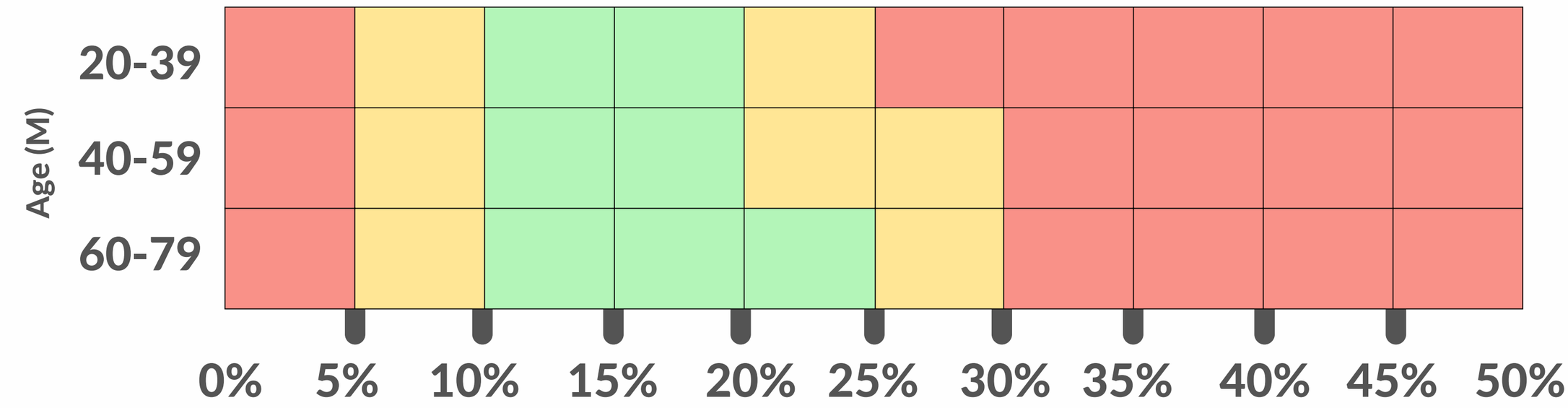
Metabolic Rate:
Metabolic Rate measures the number of calories your body burns for basic functions and movement, based on factors like weight, age, gender, and height. A higher metabolic rate helps prevent weight gain and supports weight loss by ensuring you burn enough calories. Tracking metabolic rate is key for managing weight and preventing conditions linked to metabolic dysfunction. Positive influences include resistance exercise, proper sleep, and adequate protein, while negative factors include extreme dieting, yo-yo dieting, and excessive cardio. Improving it involves resistance training and optimal nutrition.

Fuel Source:
Fat-burning efficiency measures your cells' ability to use fat as fuel, reflecting mitochondrial and cellular health. It indicates how well your body balances fat and carbohydrate usage to support energy needs, assessed by analyzing oxygen and carbon dioxide in your breath. High fat-burning efficiency suggests strong metabolic and mitochondrial function, linked to better weight management and longevity.
To improve fat-burning efficiency, focus on Zone 2 endurance training and potentially intermittent fasting to enhance oxygen absorption and cellular function. Zone 5 Interval training will also help improve fat burning by increasing mitochondrial density and capillarization. Factors that reduce fat burning ability include diets high in processed foods, alcohol, and large meals before bed. Conditions related to metabolic stress can also hinder fat burning abilities.

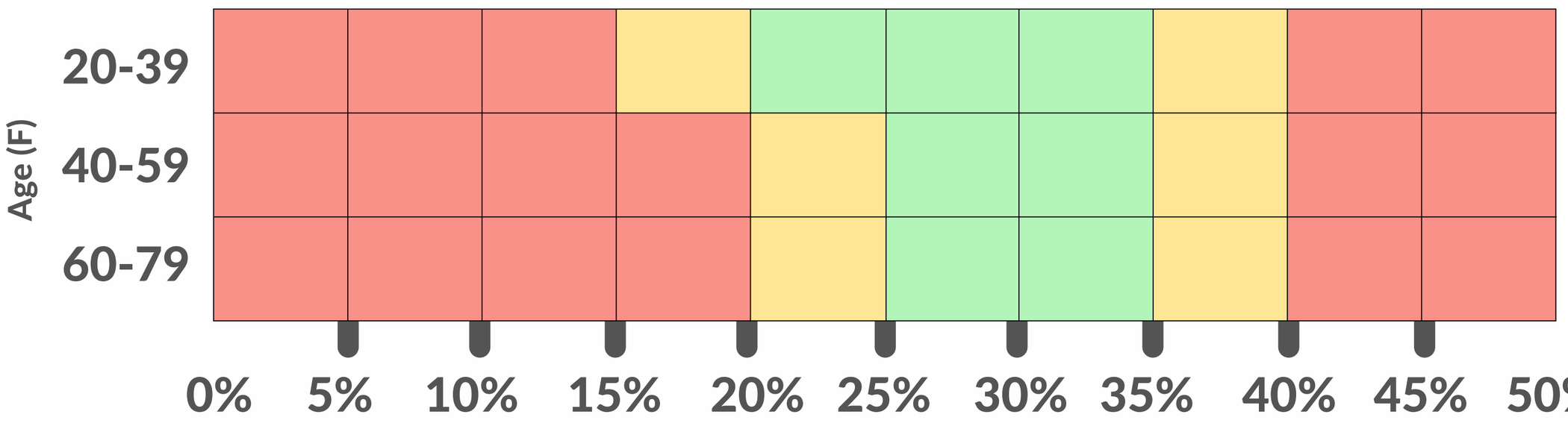
NEAT (Non-Exercise Activity Thermogenesis) refers to the energy expended for all activities that are not deliberate exercise or structured physical activity. This includes daily movements such as walking, fidgeting, standing, cleaning, typing, and even simple tasks like cooking or shopping. NEAT contributes significantly to the total caloric expenditure and plays a key role in maintaining body weight and overall energy balance. It varies widely among individuals, depending on lifestyle, occupation, and habits.

Glossary

Body Fat Percent Master Chart - Male



Body Fat Percent Master Chart - Female



Resting Heart Rate

Age (F)	Poor	Below Average	Average	Above Average	Good	Excellent	Athlete
18-25	82bpm +	74-81bpm	70-73bpm	66-69bpm	62-65bpm	56-61bpm	40-55bpm
26-35	82bpm +	75-81bpm	71-74bpm	66-70bpm	62-65bpm	55-61bpm	44-54bpm
36-45	83bpm +	76-82bpm	71-75bpm	67-70bpm	63-66bpm	57-62bpm	47-56bpm
46-55	84bpm +	77-83bpm	72-76bpm	68-71bpm	64-67bpm	58-63bpm	49-57bpm
56-65	82bpm +	76-81bpm	72-75bpm	68-71bpm	62-67bpm	57-61bpm	51-56bpm
65+	80bpm +	74-79bpm	70-73bpm	66-69bpm	62-65bpm	56-61bpm	52-55bpm

Age (M)	Poor	Below Average	Average	Above Average	Good	Excellent	Athlete
18-25	85bpm +	79-84bpm	74-78bpm	70-73bpm	66-69bpm	61-65bpm	40-60bpm
26-35	83bpm +	77-82bpm	73-76bpm	69-72bpm	65-68bpm	60-64bpm	42-59bpm
36-45	85bpm +	79-84bpm	74-78bpm	70-73bpm	65-69bpm	60-64bpm	45-59bpm
46-55	84bpm +	78-83bpm	74-77bpm	70-73bpm	66-69bpm	61-65bpm	48-60bpm
56-65	84bpm +	78-83bpm	74-77bpm	70-73bpm	65-69bpm	60-64bpm	50-59bpm
65+	84bpm +	77-83bpm	73-76bpm	70-73bpm	65-69bpm	60-64bpm	52-59bpm