



Name: Shreesha	Age: 24
Gender: Male	Body Weight: 65 kgs
Height: 169 cms	Date:

'If you could give every individual the right amount of nourishment and exercise, not too little and not too much, then we have found the safest way to health.'

Dear ABC,

Metflux is pleased to provide you with your personalized overall health Report designed to help you discover a healthier and better you by providing recommendations to your daily diet based on cutting-edge technology developed by our team. Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices and enjoy life keeping your body at its prime and we can help you get there!!

Macronutrient Ratio

Macronutrients are defined as a class of chemical compounds which humans consume in the largest quantities and which provide humans with the bulk of energy. There are 3 major Macronutrients Namely Carbohydrates, Proteins & Fats and a healthy diet includes a balance of protein, carbohydrates and fats. Reducing or increasing any one of these nutrients can have major consequences on the body.

Body Composition Dynamics

Experimental investigation of human metabolism, nutrition, and body composition over the past century has produced a wealth of quantitative data on how the body dynamically adapts in response to diet changes and an imbalance between energy intake and energy expenditure will lead to a change in body weight (mass) and body composition (fat and lean masses).

BMI- Body Mass Index

The BMI is an attempt to quantify the amount of tissue mass (muscle, fat, and bone) in an individual, and then categorize that person as underweight, normal weight, overweight, or obese based on that value. A healthy BMI is between 18.5 and 23. BMI is calculated by dividing your weight by the square of your height, and is a general guide to let you know if you're within your healthy weight range.

The generic classification is as shown below:-

Underweight(<18) - Risk of developing problems such as nutritional deficiency and osteoporosis

Normal(18-23) - Healthy Range

Moderately Obese(23-28) - Moderate risk of developing heart disease, high blood pressure, stroke, diabetes.

Severely Obese(>28) - High risk of developing heart disease, high blood pressure, stroke, diabetes

BMI

23 KG

Body Weight

BODY WEIGHT

100 KG

Body weight is the measurement of weight without items located on the person and any Excess or reduction in the body weight is regarded as an indicator of determining a person's health, with body volume measurement providing an extra dimension by calculating the distribution of body weight.

Your Body Weight Test Result:-

Considering that a normal healthy adult weigh around 47 to 60 kgs., your current weight is 546516 kgs and is predicted to rise to 6454665 kgs with the current lifestyle and diet.

BPF- Body Percentage Fat

The body fat percentage (BFP) is the total mass of fat divided by total body mass where in body fat includes essential body fat and storage body fat. The BPF is considered as a fitness level measure as only body measurement calculates a persons relative body composition without regard to either height or body.



Your BPF Test Result:-

Lean Muscle Mass

Lean muscle is related to lean body mass, which is the content of the body without any fat. Lean body mass is used to calculate basal metabolic rate. Lean muscle refers to muscle that is independent, devoid of fat.

Your Lean Muscle Mass Test Result:-

Title

Some Random Text

Your present day data

BMI

23

KG

Some Random Text for Present data

asdsadsadsad

sdsdsdsfggth

hthhdtheth

dasdsadssa

thdthtdth

htheththdbth

ththbtbtb ththdggfb

dfgdgdfgb

dgbdbd,

Your Future Data

BMI

23

KG

Some Random Textfor Future Data

dfsdfsdf sdfsdf sdfsdfdsf

dsfsdfsdf sdfsdfsdf

sdfsdfsdfs sdfsdfsdfs

sdgsdgsf dsfsdfsdfs

Your Title Test Result:-