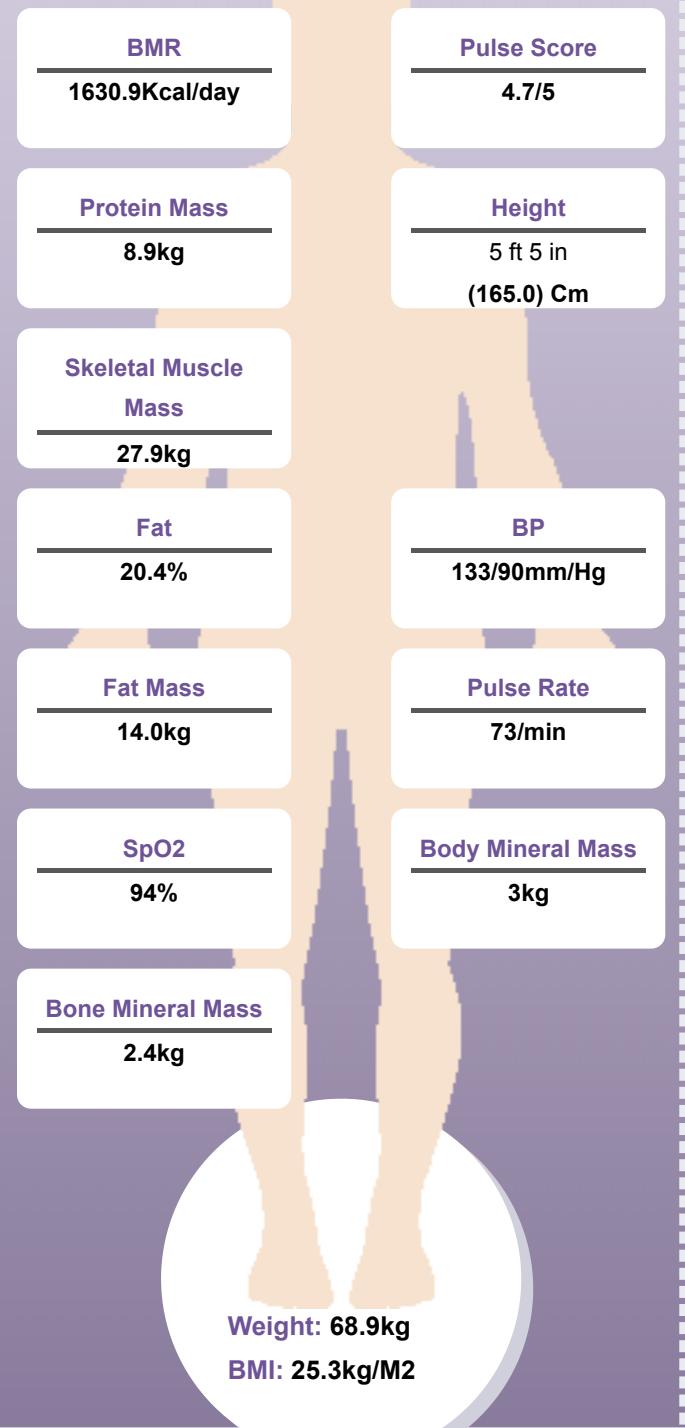


# PULSE REPORT

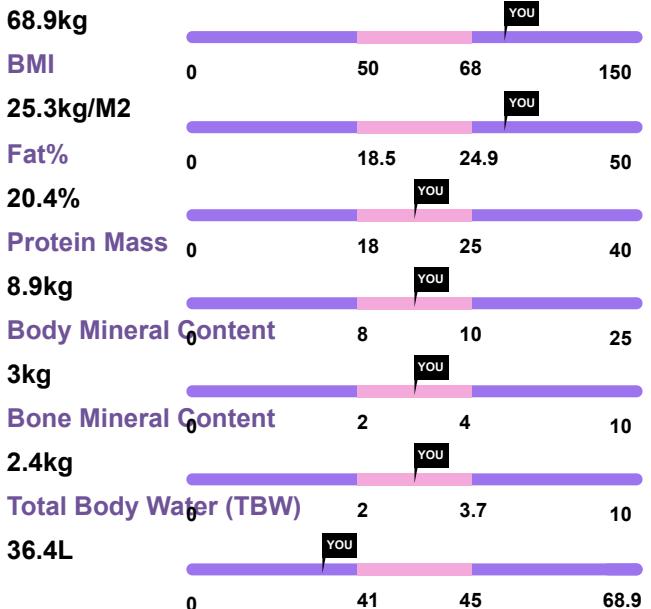
## Recommendations



Ram

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**Weight**



**Disclaimer:** The information and data provided in this report (i) is not prescriptive and is neither intended nor implied to be a substitute for professional medical advice, medical diagnosis or treatment provided by qualified medical professionals; (ii) does not constitute a clinical recommendation, advice and/or legal opinion by us with regards to any health, wellness or medical practice; and (iii) shall not be valid for medico-legal purposes.

Considering your current body composition, your desired body weight for perfect physique should be between **63.8kg** and **66.1kg**.

Your present body fat mass is **14.0kg**. It should be between **7.7kg** & **9.3kg**, as per ACSM guidelines.

For optimum body fat, you should ideally reduce at least **2.8kg** of body weight. This can be done safely in **6 weeks**, i.e., around **1 months**, by losing **500gms** of fat in a week by reducing **250 calories** from your current daily diet and adding physical activity that uses another **250 calories** every day.

You are doing great with your muscle mass. Please continue working on your schedule.

Your Bone Mineral Content is **2.4kg**. It is lower and needs to be increased. Choose weight bearing exercises. Include functional training and polymetric exercises. Get further diagnostic tests for Vitamin D and Calcium levels and consult a physician. For more information on these talk to our trainer or visit our website

### Dietary advice:

Your daily calories requirement is **2712.4**. To lose weight you should consume **2462.4** calories a day. 45 to 55% of these should come from complex carbohydrates like multigrain, fibre rich and leafy vegetables and seasonal fruits. 15 to 20% should come from proteins. The rest should come from fats like nuts, seeds, ghee, butter, avocados, coconut oil and cold pressed oil.

### Exercise Advice:

Your Pulse physical activity score is **4**, showing **Very Active lifestyle**. Include **cardiovascular exercises** like brisk walking, jogging, swimming or cycling, 5 days a week. Start with as many minutes as tolerated and eventually build up to 45 minutes per session. Add 2 to 3 days of **strength training**. This can be accomplished by using machines in a gym or with handheld weights or bodyweight at home. Add **flexibility training** to your routine every day. This is very important to keep injuries away. Talk to our trainer for a more individualized recommendation.

### Invoice Details:

This report is not valid for medico-legal purposes