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# Recommendations

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:**

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