



Your Wellness Blueprint



Mrs. Naga shree

Powered by:



Your Health Optimisation Journey

Benefits for you

- **The Portrait of Health**
Discover your health baseline using biomarkers & indicators
- **Hyper-Personalised Blueprint**
Get your personalised action plan for achieving health goals
- **Whole of Me**
Optimise all pillars of healthspan & longevity
- **Science Backed**
Science-backed recommendations from our expert team
- **Success System**
Achieve results with expert guidance & cutting-edge behaviour tools

Outcomes you can achieve



Prevent health risks



Fix deficiencies



Sharpen cognition



Improve sleep and recovery



Improve metabolism



Burn fat

Disclaimer

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Portrait of Your Health



Healthspan



Much Improvement Needed Improvement Needed Optimal
The number of years you enjoy good health and high quality life while free from chronic diseases, and able to maintain a high level of physical and mental functioning.



Longevity



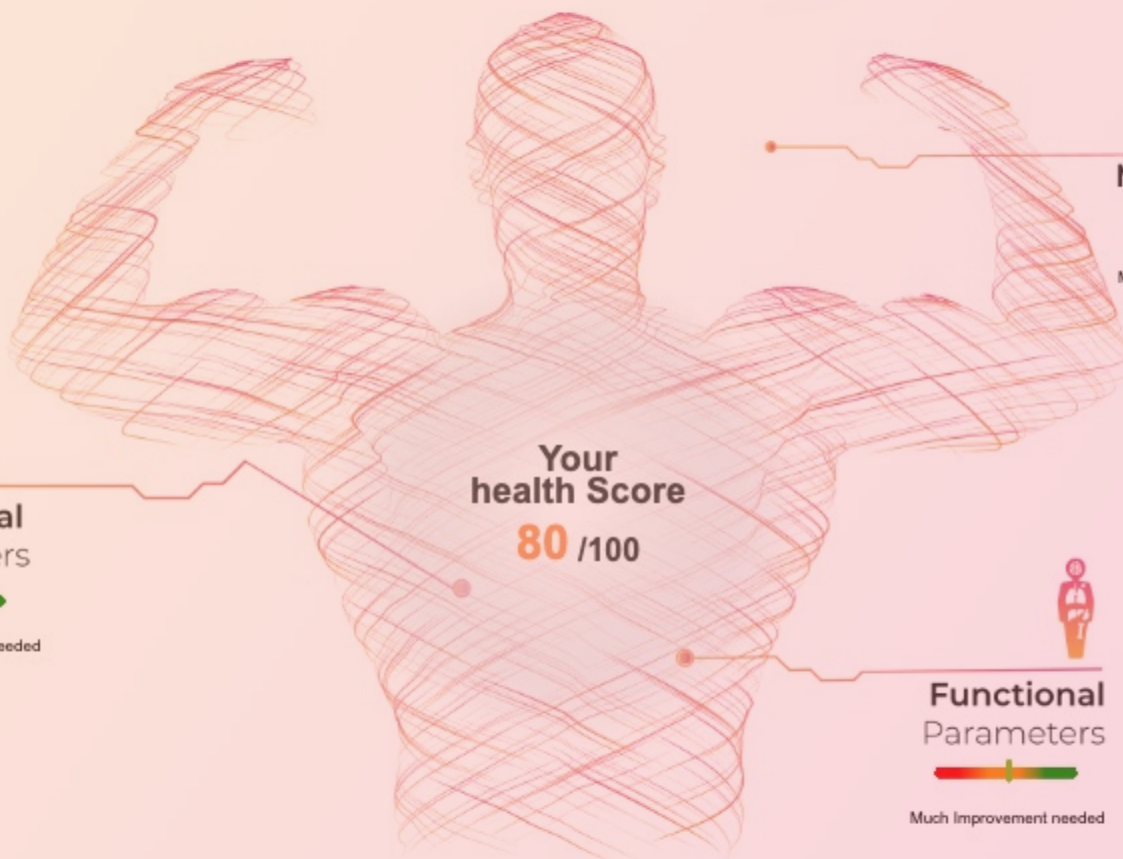
Much Improvement Needed Improvement Needed Optimal
A blend of lifespan and healthspan, it's all about living a longer, healthier and happier life.



Nutritional Parameters



Much Improvement needed



Mindset



Much Improvement needed



Functional Parameters



Much Improvement needed

Pathways
Activated

2



Goals
Activated

0



The Portrait of Your Health captures your current health status through advanced biomarker testing and a comprehensive assessment of factors including nutrition, exercise, sleep patterns, stress levels, and emotional wellbeing.



Healthspan:

Functional Health Indicators



CARDIOVASCULAR FUNCTION



Improvement Needed

Cardiovascular function determines functioning of the heart and blood vessels. Optimal cardiovascular function ensures healthy heart function, and reduces risk of cardiovascular diseases.

Above Optimal

Cholesterol, total, Triglycerides, Vldl chol, calculated, Ldl/hdl cholesterol ratio

Below Optimal

Hdl cholesterol, Cholesterol/hdl ratio

Biomarkers Considered

Cholesterol, total, Direct ldl, Triglycerides, Hdl cholesterol, Vldl chol, calculated, Ldl/hdl cholesterol ratio, Cholesterol/hdl ratio



Healthspan

Nutritional Health Indicators



CARBOHYDRATE STATUS



Improvement Needed

Carbohydrate status indicates the dietary intake of carbohydrates. Optimal carbohydrate status reduces the risk of developing metabolic diseases.

Above Optimal

Cholesterol, total, Triglycerides

Below Optimal

Hdl cholesterol

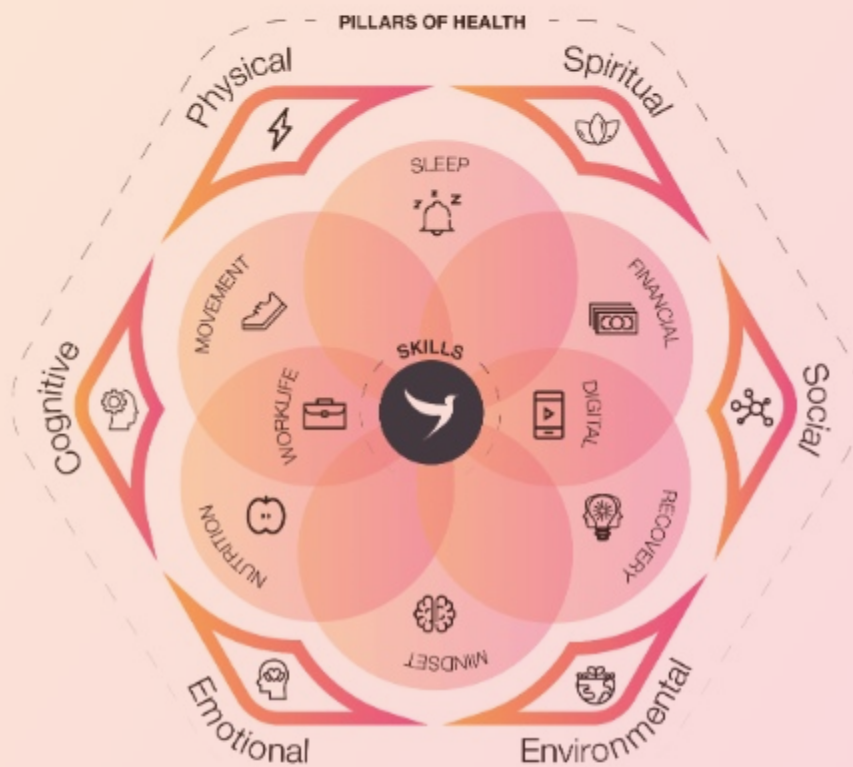
Biomarkers Considered

Cholesterol, total, Direct ldl, Triglycerides, Hdl cholesterol



Whole of Me

Optimise all pillars of healthspan & longevity



Nutrition

Explore your personalised nutrition plan tailored to your unique health goals



Lifestyle

Discover new habits and rituals to achieve balance and optimise your overall wellbeing



Supplementation

Explore your customised supplementation regimen to complement your health goals



Mindset

Enhance psychological wellbeing and boost cognitive performance with personalised practices



Journey Stack

Movement

Achieve fitness goals with strength, flexibility, and endurance training tailored for you





Nutrition

Principles

The Triad of Nutrition

The pillars of your nutrition revolve around the questions - What to consume? When to consume? How much to consume?

Emphasis on Nutrient Density

Prioritise the consumption of foods rich in nutritional density, giving you the most nutrients per calorie.

The Concept of Fuelling

Aim to nourish your body in a way that consistently sustains your energy levels, cognitive function, and physical performance.

Balancing Macros

Strive to maintain an optimal balance of macronutrients (proteins, fats, carbohydrates) tailored to your unique goals.

Personalised Avoidance

Avoid foods that are on your personalised list due to allergies, intolerances, or negative impact on your health markers.

Situational Adaptation

Learn to adapt these nutritional principles to different situations and environments.

Portion Control

Let your hand serve as your guide to portion sizes for different macronutrients. The Power of Protein: Among all macronutrients, prioritising protein intake is paramount for optimal health and body function.

The Caloric Spectrum

Understand that not all calories are created equal - focus on nutrient-dense calories for holistic health.

Fruits & Veggies

Make it a daily habit to include a diverse range of fruits and vegetables in your diet as a cornerstone of proper nutrition.



Your Supplements

Your customized supplementation regimen to complement your nutritional needs.

Supplement and Dose	Frequency and Duration	Rationale
Morning		
Omega 3 fatty acid 1000 mg	1X daily - 8 weeks After breakfast	Omega 3 fatty acid improves cardiovascular health by reducing triglyceride levels and improving HDL level.
Afternoon		
Psyllium Husk 5-10 g	daily(12 weeks) Before Lunch	The soluble fiber in psyllium husk helps to lower cholesterol levels by binding to cholesterol particles in the digestive system and promoting their excretion.





Hero Food

Your personalised food recommendations that align with your health goals



Include Liberally

Proteins	Vegetables	Fruits
<p>Vegetables: Mushroom</p> <p>Pulses & legumes: Green gram, Chickpeas, Beans (white, green, broad), Kidney beans</p> <p>Grains & millets: Buckwheat</p> <p>Milk and milk products: Whey protein, Greek yogurt, Cottage cheese</p> <p>Fish & Shell fish: Prawns, Herring, Salmon, Mackerel, Sardines, Anchovies, Tuna</p> <p>Poultry: Chicken</p> <p>Egg: Eggs</p>	<p>Green leafy vegetables: Celery, Fenugreek leaves, Amaranth leaves, Spinach, Drumstick leaves, Lettuce</p> <p>Cruciferous vegetables: Broccoli, Brussels sprouts, Cabbage, Cauliflower</p> <p>Vegetables: Cluster beans, Cucumber, Drumstick, Green beans, Ivy gourds, Kohlrabi, Ladies Finger, Pumpkin, Ash gourds, Ridge gourd, Bottle gourd, Bell peppers, Green peas, Sweet corn</p> <p>Herbs & spices: Garlic, Ginger, Cinnamon, Black pepper, Coriander, Turmeric</p>	<p>Citrus fruits: Orange, Sweet lime, Lemon, Grape fruit, Pomelo</p> <p>Berries: Strawberry, Blueberries, Raspberry</p> <p>Fruits: Guava, Gooseberry, Pomegranate, Muskmelon, Apple, Papaya, Grapes, Watermelon, Banana, Mango</p>

Include Moderately

Vegetables	Smart Carbs	Healthy Fats
Roots and Tubers: Potato, Beetroot, Carrot	Roots and Tubers: Sweet potato Grains & millets: Rolled oats, Barley, Ragi, Maize, Jowar, Bajra, Red rice, Brown rice, Quinoa	Fruits: Avocado Seeds: Pumpkin seeds, Sunflower seeds, Flaxseed, Chia seed, Watermelon seeds Nuts: Walnuts, Brazil nuts, Macadamia nuts, Pecan nuts, Almonds, Pistachios, Cashews Oil: Coconut oil, Avocado oil, Olive oil, Mustard oil, Ghee, Sesame oil, Butter





Exclude Foods

A list of food items that should be avoided.

Avoid

Fruits:

Dry fruits, Fruit juices, Carbonated drinks, Sugar sweetened beverages

Grains & millets:

Breakfast cereals, White breads, Instant noodles & pasta, Pies, Cakes, Cookies, Fried foods

Herbs & spices:

Sauces, Ketchups, Seasonings with added salt, Mayonnaise

Oil:

Safflower oil, Sunflower oil, Hydrogenated vegetable fats, Margarine, Vegetable shortenings

Milk and milk products:

Ice-cream

Poultry:

Processed meat, Sausage, Chicken nuggets, Fried chicken, Popcorn

Meat:

Red meat, Processed meat

Others:

Chips, Crackers, Indian sweets



Portion Control

PALM



Protein
2 palms

FIST



Vegetables
2 fists

CUPPED HANDS



Smart Carbs
1 cupped hand

THUMB



Healthy fats
2 thumb



Protein
1 palm

Vegetables
2 fists

Smart Carbs
1 cupped hand

Healthy fats
1 thumb

When to eat?

8 hours of feeding

16 hours of fasting





Snack Bowl

Snack smart with a personalised list of healthy snack options

- **Seeds**

- Walnuts - 10 nos
- Almonds - 10-15 nos
- Pumpkin seeds - 1 tbsp
- Sunflower seeds - 1 tbsp
- Cashews - 10 nos





Your Nutrition Routine

MEAL	WHAT TO EAT
Breakfast protocol	<p>High protein & High fibre breakfast</p> <ul style="list-style-type: none">- High protein & high fibre diet will reduce blood glucose postprandially, improves overall blood glucose control and also keeps one full which in turn curbs hunger. <p>Have breakfast within 1-2 hours of waking up.</p> <ul style="list-style-type: none">- Spinach and mushrooms sautéed- Rolled oats meal with nuts/vegetables/eggs- Bean salad (boiled)- Green gram/besan chilla with vegetables- Cooked Quinoa with vegetables- Egg dosa - 2nos or Scrambled eggs with vegetables
Lunch protocol	<ul style="list-style-type: none">- Include protein, carbs, and fat as per the portion control guide in all the meals.- Choose food from your hero food list.
Dinner protocol	<ul style="list-style-type: none">- Include protein, carbs, and fat as per the portion control guide in all the meals.- Choose food from your hero food list.
Snacking protocol	<ul style="list-style-type: none">- Buttermilk - 200ml- Tender Coconut water - 200ml- Kombucha- Sauerkraut / Kimchi- Plain yogurt- Vegetables salad - 1 fist- Fruits - 1 fist and nuts - 10 not (Choose from the hero food list)- Fruits - 1 fist with seeds - 1tbsp (Choose from the hero food list)- Ground nut / Rajgira / Sesame chikki - 1-2 not daily



Your Mindset Routine



NIGHT

Practice Diaphragmatic Breathing

Diaphragmatic breathing promotes relaxation and improves heart rate variability

1. Avoid practicing any breathing exercises near a water body or elevated places as you may get dizzy.
2. Maintain an erect posture with your back and neck straight with relaxed shoulder - If sitting on chair, keep your lower back supported - If possible, sit cross-legged - If sitting on chair, ensure your feet are touching the ground



Your Lifestyle Routine



MORNING

Practice Intermittent Fasting

Intermittent fasting reduces fat by utilizing the stored energy, this in turn improves insulin sensitivity which enhances metabolism. Also during fasting the body undergoes cellular repair.

1) Follow 16 hours of fasting and 8 hours of feeding for maximized effect.





Your Movement Routine



MORNING

Do Zone 2 cardio

Cardio exercises enables the heart to pump blood efficiently and maintains the strength of the heart.

1.Walking 2.Dancing 3.Swimming 4.Jogging 5.Running 6.Bicycle riding

Do HIIT

High-Intensity Interval Training (HIIT) has been shown to effectively reduce cholesterol levels in individuals. This is because HIIT has been found to improve insulin sensitivity, increase the production of HDL (good) cholesterol, and decrease the production of LDL (bad) cholesterol.

1.Modified burpees. 2.Jump squats

Do Resistance Training

Resistance training increases muscle strength,endurance and also boost metabolism.

1.Squats or leg press rows 2.Lat Pull-downs or pull-ups/chin-ups. 3.Bench or machine chest press. 4.Overhead press.





Your Movement Routine



EVENING

Do Zone 2 cardio

Cardio exercises enables the heart to pump blood efficiently and maintains the strength of the heart.

1.Walking 2.Dancing 3.Swimming 4.Jogging 5.Running 6.Bicycle riding



NIGHT

Do Zone 2 cardio

Cardio exercises enables the heart to pump blood efficiently and maintains the strength of the heart.

1.Walking 2.Dancing 3.Swimming 4.Jogging 5.Running 6.Bicycle riding



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