



PERSONAL WELLNESS PASS

Date:

30-January-2026

Name

Friday

Phone Number

Email

Your Personal Wellness Coach

Jav



What is Physique Rating?

Offers you the opportunity to set a desired Physique Rating from which you can tailor your health/fitness programme accordingly

Why is monitoring Physique Rating important?

When a person increases their activity level their weight may not change but their balance of body fat and muscle may alter which will change the overall physique or body shape. The physique rating helps accurately guide through a diet and fitness programme



What is Basal Metabolic Rate Indicator?

The Basal Metabolic Rate (BMR) is the number of calories the body needs when at rest.

Why is monitoring the Basal Metabolic Rate important?

Understanding the Basal Metabolic Rate will allow you to monitor the number of calories your body requires according to your Physique and lifestyle. The more muscle or general activity you take the more calories you require. The Basal Metabolic Rate level also decreases as the body ages



What is Metabolic Age Rating?

Basal Metabolic Rate starts to decrease after the age of 16/17 years old. Your Metabolic Age Rating indicates what age level your body is currently rated at

Why is the Metabolic Age Rating important?

If the age indicated is higher than your actual age then you need to improve your Basal Metabolic Rate. Increasing exercise levels will build healthier muscle tissue which burn more calories, consequently improving your Metabolic Age Rating



Bone Mass:

| Women | | |
|-----------------|----------------|-----------------|
| Less than 50 Kg | 50 Kg to 75 Kg | More than 75 Kg |
| 1.95 Kg | 2.4 Kg | 2.95 Kg |
| Men | | |
| Less than 65 Kg | 65 Kg to 95 Kg | More than 95 Kg |
| 2.65 Kg | 3.29 Kg | 3.69 Kg |



Visceral Fat:

| | |
|---------|-----------|
| 1-4 | Excellent |
| 5-8 | Healthy |
| 9-12 | Bad |
| Over 13 | Alarming |

What is Visceral Fat?

Fat that surrounds the vital organs in the trunk/ stomach area of the body.

Why is monitoring Visceral Fat important?

High Visceral Fat levels increase the risk of high blood pressure, heart disease and type 2 diabetes. Lowering your Visceral Fat levels can stabilise insulin action substantially. reducing your risk of diabetes and other related illnesses.



Body Fat Range:

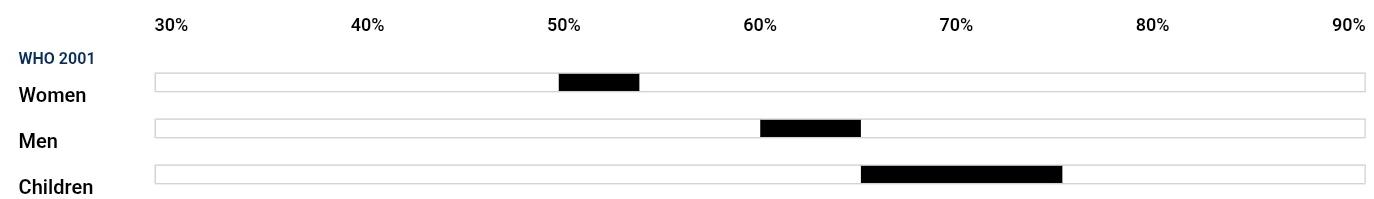
| Women | | | | AGE | Men | | | |
|-----------|---------|--------|--------|---------|-----------|---------|--------|--------|
| Excellent | Healthy | Medium | Obese | | Excellent | Healthy | Medium | Obese |
| 18.2 | 22.1 | 25.0 | > 29.6 | 20 - 24 | 10.8 | 14.9 | 19.0 | > 23.3 |
| 18.9 | 22.0 | 25.4 | > 29.8 | 25 - 29 | 12.8 | 16.5 | 20.3 | > 24.3 |
| 19.7 | 22.7 | 26.4 | > 30.5 | 30 - 34 | 14.5 | 18.0 | 21.5 | > 25.2 |
| 21.1 | 24.0 | 27.7 | > 31.5 | 35 - 39 | 16.1 | 19.3 | 22.6 | > 26.1 |
| 22.6 | 25.6 | 29.3 | > 32.8 | 40 - 44 | 17.5 | 20.5 | 23.6 | > 26.9 |
| 24.3 | 27.3 | 30.9 | > 34.1 | 45 - 49 | 18.6 | 21.5 | 24.5 | > 27.6 |
| 25.2 | 28.2 | 31.8 | > 35.1 | 50 - 54 | 19.2 | 22.1 | 25.1 | > 28.2 |
| 26.6 | 29.7 | 33.1 | > 36.2 | 55 - 59 | 19.8 | 22.7 | 25.6 | > 28.7 |
| 27.4 | 30.7 | 34.0 | > 37.3 | 60 + | 20.2 | 23.3 | 26.2 | > 29.3 |

For Sports people (measured in athletic modus) with a minimum training from 10 hours a week the Index is valid: Women 11 to 18 % / Men: 5 to 15%

(University of Cambridge, 1999)



Water Index:



Muscle Index & Physique Ratings:

The Muscle Index is given in Kg, the value belonging to it is the Physique Ratings:

| | | |
|------------------------|---------------------|-------------------|
| Obese-Untrained | Normal | Excellent |
| 1 Hidden Obese | 4 Under Exercised | 7 Thin |
| 2 Obese | 5 Standard | 8 Thin & Muscular |
| 3 Solidly-built | 6 Standard Muscular | 9 Very Muscular |

Why is monitoring Muscle Mass important? For every extra Kg of muscle gained the body uses approximately 100 extra calories a day. Everybody who experiences a change in the muscle mass should monitor and adapt the calorie intake accordingly. Because muscle is denser than fat, monitoring your muscle mass gives you a more accurate understanding of your overall body compositions and changes in your total body weight.

Please bring along this Pass to your next appointment

| Age | Height cm | Weight KG | Body Fat Range | % Body Water Range | Muscle Mass | Physique Ratings | BMR | Basal Metabolic Age | Bone Mass | Visceral Fat |
|-----------------------|-----------|-----------|----------------|--------------------|-------------|------------------|-----|---------------------|-----------|--------------|
| Your next appointment | Height cm | Weight KG | | | | | | | | |
| | | | | | | | | | | |

| Evaluation | Excellent | Good | Medium | Bad | Alarming |
|---------------|-----------|------|--------|-----|----------|
| Body Fat | | | | | |
| Body Water | | | | | |
| Muscle Mass | | | | | |
| Visceral Fat | | | | | |
| Questionnaire | | | | | |