



# PERSONAL WELLNESS PASS

**Date:**

09-JANUARY-2026

TODAY

**Name**

ALI

**Your Personal Wellness Coach**

BT



### 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

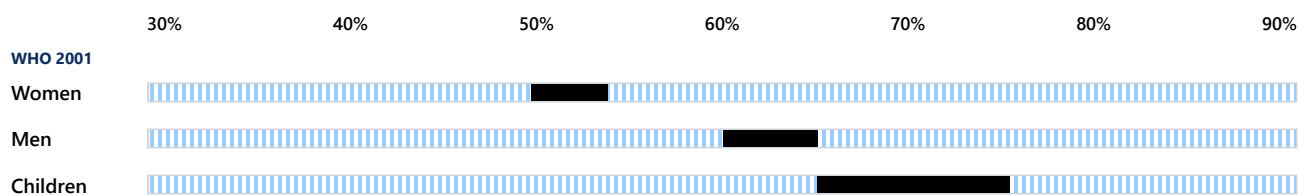
For Sports people (measured in athletic modus) with a minimum training from 10 hours a week the Index is valid: Women 11 to 18 % / Men: 5 to 15%

(University of Cambridge, 1999)

-	0	+	++
Under	Healthy	Over	Obese



## Water Index:



## Muscle Index & Physique Ratings:

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

### Obese, Untrained

- 1 Hidden Obese
- 2 Obese
- 3 Solidly-built

### Normal

- 4 Under Exercised
- 5 Standard
- 6 Standard Muscular

### Excellent

- 7 Thin
- 8 Thin & 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.

[illegible]

Evaluation	Excellent	Good	Medium	Bad	Alarming
Body Fat	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
Body Water	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
Muscle Mass	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
Visceral Fat	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
Questionnaire	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>