

Health Check In

Client:

Coach: E. Whitney Evans MS, RD

Date:

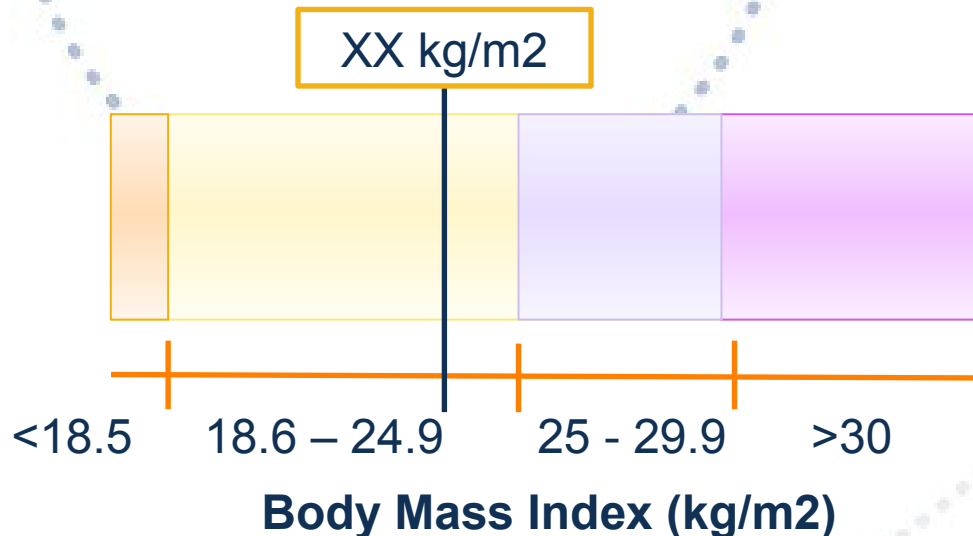
Today's agenda

- Physical Assessment
 - Anthropometrics
 - Physical activity
 - Diet and metabolism
 - Blood biomarkers
 - Blood pressure and cholesterol
 - Longevity
- Recommendations and actions

Your Physical Assessment

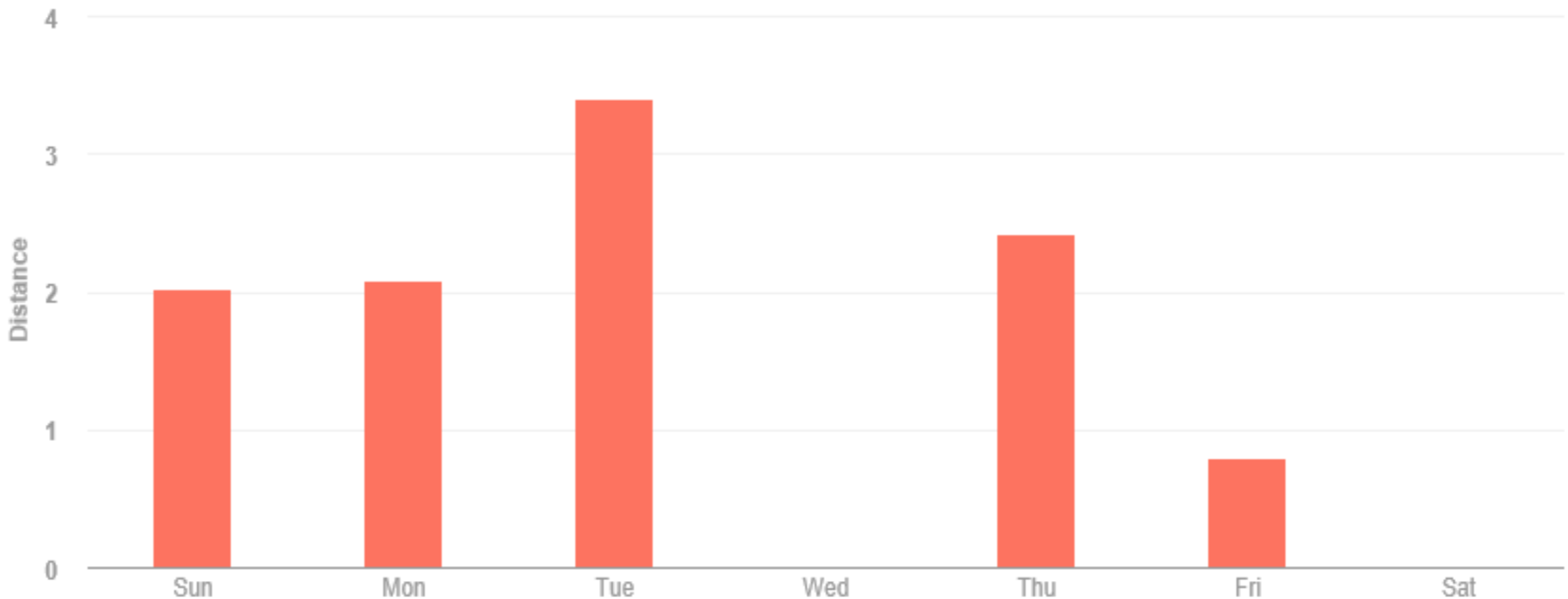
Anthropometrics

Measurement	Your measure	Ideal range	U.S. average
Height (inches)	X' X"	--	5'4"
Weight (pounds)	XX lbs	XX lbs	167 lbs
Waist Circumference	XX"		37.4"
Percent Body Fat	XX%	21-24% (fit) 25-31% (acceptable)	



Physical activity

Measurement	Your measure	Ideal range
Average daily steps	X,XXX steps	10,000 steps (5 miles)
Resting heart rate	XX bpm	Ideally <80 bpm

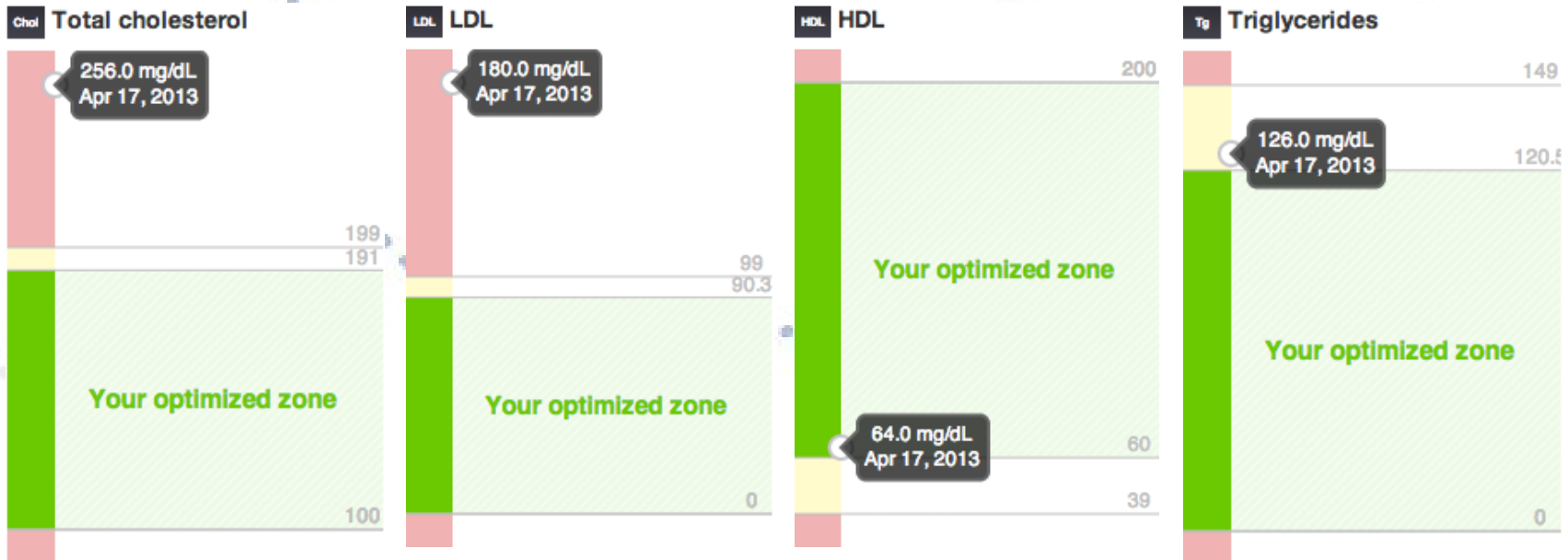


Diet and metabolism

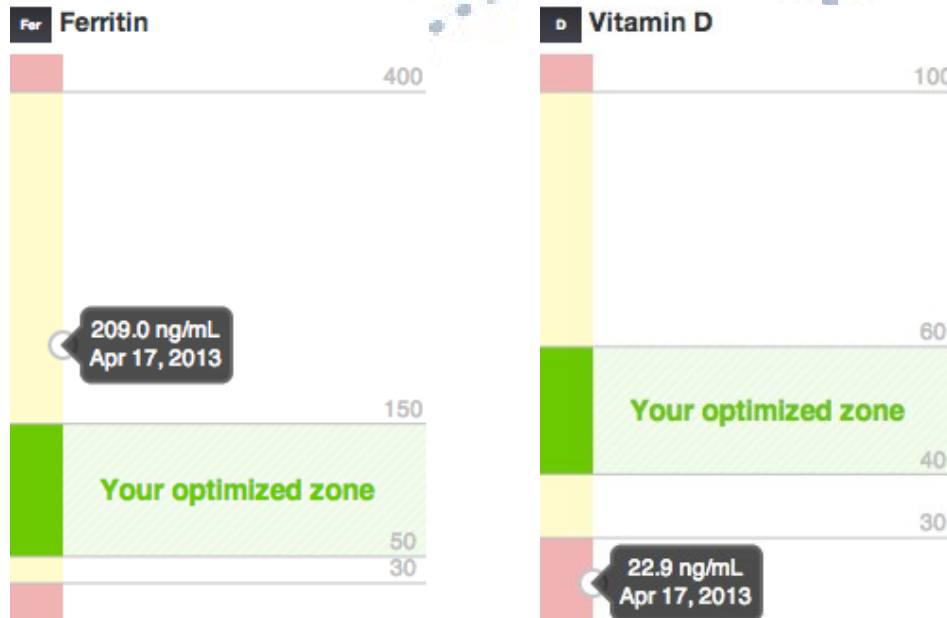
Nutrient	Intake	Needs	Difference
Calories	X,XXX kcals	X,XXX kcals	XX kcals
Fat	XXg	XXg (XX% total energy)	Xg
Saturated Fat	XXg	XXg (XX% total energy)	Xg
Protein	XXg	XXg (XX% total energy)	Xg
Carbohydrate	XXXg	XXXg (XX% total energy)	Xg
Fiber	XXg	XXg	Xg
Sodium	X,XXXmg	X,XXXmg	XXXmg

Blood pressure and cholesterol

	XXX/XX mm/Hg			
Systolic BP	<120 <80	120 – 139 80-89	140 – 159 90-99	>160 >100
Diastolic BP	Normotensive	Pre-Hypertension	Hypertension I	Hypertension II



Other blood biomarkers



Longevity

Your heart disease risk*



Heart attack

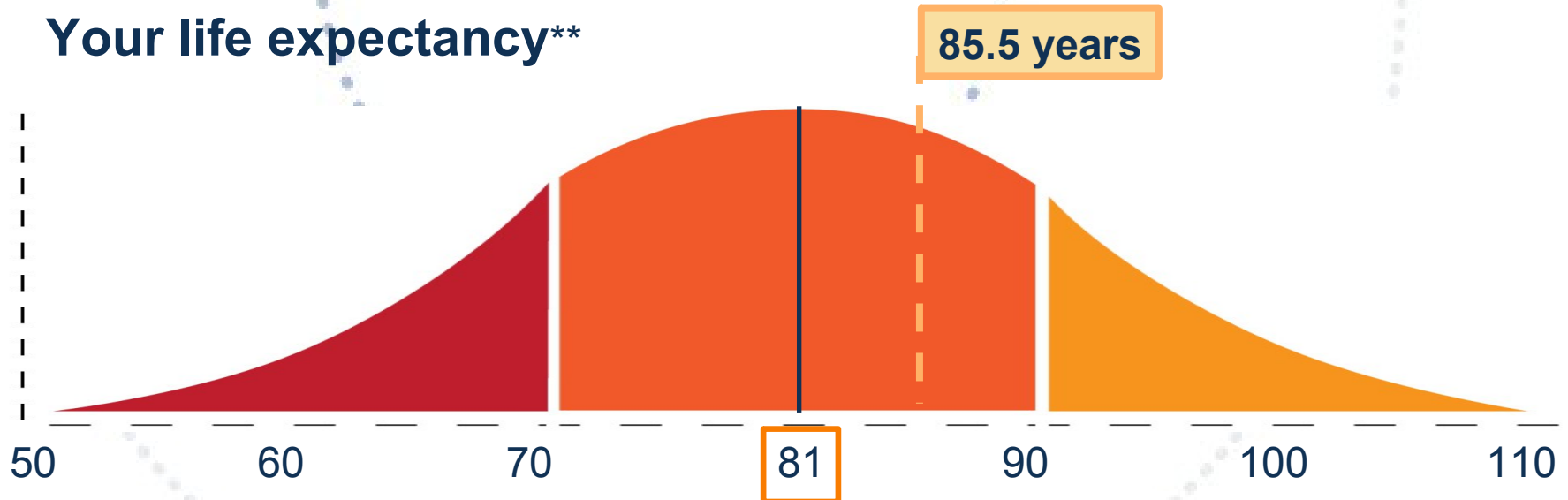


Stroke



General heart disease

Your life expectancy**



* Based on the Framingham Study, the world's longest-running multidimensional study to uncover the factors affecting heart disease

**Based on the New England Centenarian Study, the largest study of centenarians and their families in the world

Recommendations and Actions

Increasing Energy

- Physical activity
- Active commute
- Diet
- Weight loss

Physical activity

- Identify barriers:

http://www.cdc.gov/nccdphp/dnpa/physical/life/barriers_quiz.pdf

- Fitting in Physical Activity:

- Classes: RPM, Zumba, Body Pump, CX Worx

- <http://www.cambridgeathletic.com/>

- Boot Camp: SOMA Boston

- <http://www.somaboston.com/styled-18/Individual%20Wellness.html>

- Personal Training: SOMA Boston or Joint Ventures PT

- <http://www.jointventurespt.com/personal-training.html>

Active Commute

- *Option 1:* Drive to South Acton: 6:38 or 7:08 AM
Commuter Rail to Porter Square
 - Walk from Porter Square to 1 Kendall Square (2.2 miles)
 - Assume 4 MPH walk – Arrive @ office by 8:15
- *Option 2:* Bike to South Acton: 6:38 or 7:08 AM
Commuter Rail to Kendall Square
 - Walk from Kendall Square to office
- Shower at gym in the building

Diet

- Consistent snacks/meals to avoid hunger in the evening
- Eat energy boosting snacks
 - Avoid processed carbohydrates
 - Include protein, fruits/veggies at snacks
 - Eat small amounts of fat at a time – don't avoid fat
- Identify dinner solutions
 - Meal delivery?

Weight loss

- Basal Metabolic Rate = X,XX calories/day
- Total Energy Needs= X,XXX calories/day
- 1 pound of fat = 3,500 calories
 - Deficit of 500 calories/day
 - Deficit can be created through diet and/or exercise
 - May be easier to create via exercise given lower energy needs at present