

Personalized Health Management Report

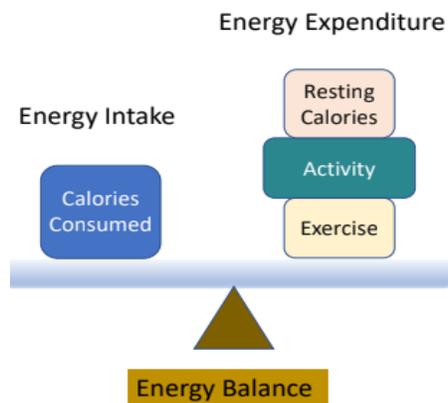
Breezing

REPORT INDEX	
How REE Is Measured:	Page 1
Your Test Results:	Page 2
Your Nutrition Diet Plan:	Page 3
Height: <u>5'-1"</u>	Weight: <u>130 lbs.</u>
Age: <u>23</u>	Activity Level: <u>Sedentary</u>
*Your next resting metabolic rate testing	
Time: <u>8 am</u>	Date: <u>11/15/2021</u>

NAME: Ana Lee **DATE:** 07/19/2021
GOAL DATE 11/31/2021 **GOAL WEIGHT:** 100 lbs.

HEALTHCARE PROFESSIONAL
NAME: Alex Frantz, RD
FACILITY: Breezing Co.

How Does Energy Balance Work?



Resting Metabolic Rate (RMR) or Resting Energy Expenditure (REE) is the rate at which your body burns calories at rest. This is the sum energy needed for all chemical reactions or processes that occur to maintain basic life. These values vary for different persons. RMR is affected by medical conditions, gender, genetic composition, body composition, and age. Accurate measurement of REE is essential for weight control, nutrition management, and obesity and related disease treatment. Total Energy Expenditure (TEE) is an estimation of how many calories you burn after activity level related to everyday work is factored.

Setting an exercise goal can significantly help you reach your weight gain or loss goals. Your healthcare professional may recommend walking, hiking, swimming, strength training, bike riding, and dancing. Try to find a form of physical activity that you enjoy and that suits your lifestyle.

How Can Exercise Help You Reach Your Goal?

Activity Goal

_____ Hours/week _____ Kcals (burned/day)

Is My REE Too High or Too Low?

There is no "typical" or "ideal" resting energy expenditure (REE). Your REE is unique to you. Your healthcare provider can use your personal REE to screen for changes in metabolism due to change in body composition or clinical status.

The table on Page 2 summarizes the parameters recorded after completion of a test with a Breezing Med/Pro metabolic tracker. You will likely see changes in REE if your weight increases or decreases and if you have started incorporating physical activity into your lifestyle.

Your Test Results and Nutrition Diet Plan

Variable	Unit	Test Results	Previous Results
Measured REE	Kcal/day	1,746	1,724
REE from MSJE ¹	Kcal/day	1,120	1,110
RQ ²	None	0.96	0.95
Estimated TEE ³	Kcal/day	2,059	2,033
VO ₂	mL/min	244	242
VCO ₂	mL/min	234	230
Exhalation Rate ⁴	mL/min	7,504	7,810
Breath Frequency	BPM	15	18
Tidal Volume ⁵	mL	474	420

Notes:

1. REE from MSJE: REE calculated using Mifflin-St. Jeor metabolic equation.
2. RQ: Respiratory Quotient
3. Estimated TEE: Estimated total Energy expenditure
4. Exhalation Rate: Volume rate of air exhaled during the test
5. Tidal Volume - volume of every breath (normal range for a resting and afebrile adult is 7–9 ml/kg or 3.2 – 4.1 ml/lb.)

The REE tested is 1,746 Kcal/day. Related to body weight it is 29.6 kcal /day/kg. In this interval the mean VO₂ value is 244 mL/min, the mean VCO₂ value is 234 mL/min and the mean RQ value is 0.96. This indicates the primary substrate utilization is carbohydrate.

What is the Meaning of RQ?

RQ qualitatively provides an indication of source of fuel the body is using to generate energy, as calculated below.

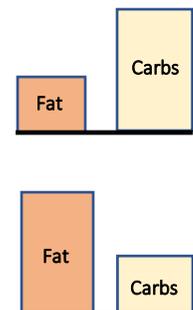
$$RQ = \text{CO}_2 \text{ produced} / \text{O}_2 \text{ consumed}$$

RQ Table for Reference Only

Source of Energy	RQ Value
Carbohydrate	> 0.95
Protein	0.8
Mixed Diet	0.85
Fat	< 0.7

(Source: Dietician's Handbook)

- RQ > 0.95 indicates the body is using predominantly carbohydrate by 80% or more.
- RQ equals 0.85, indicating the body is using a mixture of carbs and fats to generate energy.
- RQ < 0.7 indicates the body is using predominantly fat by 80% or more.



Metabolic adaptation

Know when you face metabolic adaptations by tracking your REE over time. It is recommended that you set and appointment for retest REE after a month of being in your weight management plan or after losing 10% of your initial body weight.

Your Nutrition Diet Plan

Discuss your eating habits with your healthcare provider. It's important to eat a variety of fruits, vegetables, grains, protein foods, dairy, and fortified soy alternatives. Choose options for meals, beverages, and snacks that have limited added sugars, saturated fat, and sodium. Utilize the link <https://www.myplate.gov/resources/tools/startsimple-myplate-app> to help you make changes as it simplifies healthy eating.

CALORIE BUDGET	FAT CALORIES
FAT (G):	CHOLESTEROL (MG):
SAT.FAT (G):	SUGAR (G):
CARBOHYDRATE (G):	FIBER (G):
PROTEIN (G):	IRON (G):
SODIUM (MG):	VITAMIN C (MG):
VITAMIN A (MG):	CALCIUM (MG):

Adjustment to Calorie Budget for Weight Gain:	
Adjustment to Calorie Budget for Weight Loss:	
Anticipated Weight Loss or Gain (lbs./week):	

Notes From Healthcare Professional

Notes: