



Louis Victor Fabale DC
Lifetime Wellness Chiropractic
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BioStatus Report
 16-Point Check-Up

Date: 03/24/2005 **Name:** Dr. Lou Fabale **Age:** 47 **Gender:** Male

| Item | Value | Findings/Comments |
|--|-----------------------|---|
| I. Body Composition | | |
| 1. Body Fat Percentage | 13.15 % | |
| 2. Body Fat | 21.18 lbs | |
| 3. Muscle Mass Percentage (LBM / Lean Body Mass) | 86.85 % | |
| 4. Muscle Mass (LBM / Lean Body Mass) | 139.82 lbs | |
| 5. Your Current Weight | 161 lbs | |
| II. Protein & Carbohydrate Requirements | | |
| 6. Daily Protein Requirement - Minimum | 125.84 grams | Protein Required to Maintain Lean Body Mass |
| 7. Daily Carbohydrate Requirement - Maximum | 163.59 grams | 30-60 grams per day recommended for weight loss |
| III. Health Risk Assessment | | |
| 8. Body Mass Index (BMI) | 23.16 | Normal [18% - 25%] |
| 9. Hypertension Risk - Blood Pressure | 125/90 | Normal [100/90 - 139/99] |
| 10. Chronic Disease Risk (Waist-to-Hip Ratio) | 0.91 | Low Risk of Chronic Disease [0 - 1] |
| IV. Daily Amount of Calories Burned | | |
| 11. Basal Metabolic Rate (BMR) | 1933.74 Cal | Daily Calories Your Body Needs |
| 12. Thermic Effect of Activity (TEA) | 966.87 Cal | Moderate Lifestyle & Moderate Exercise |
| 13. Thermic Effect of Food (TEF) | 290.06 Cal | Dietary-Induced Thermogenesis (DIT) |
| 14. Total Daily Energy Expenditure (TDEE) | 3190.67 Cal | Current Daily Energy Needs |
| V. Calorie Intake Range To Lose Weight | | |
| 15. Best Calorie Range is between BMR & TDEE | 1933.74 - 3190.67 Cal | Minimum of 1200 Kcal per Day |
| VI. Aerobic Exercise Guidelines | | |
| 16. Heart Rate Zone- Beats Per Min. (BPM) | 173 BPM | Max Heart Rate (MHR) |
| | Guidelines | |
| | 147 - 163 BPM | Competitive Zone [85-94% MHR] |
| | 121 - 145 BPM | Cardiovascular Zone [70-84% MHR] |
| | 104 - 119 BPM | Fat Burn Zone [60-69% MHR] |
| | 86 - 102 BPM | Min Aerobic Benefit [50-59% MHR] |