

Nutrition Facts

#1 Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

#2 **Calories** 250 Calories from Fat 110

#4	#3	% Daily Value*
Total Fat 12g		18%
Saturated Fat 3g		15%
Trans Fat 3g		
#5 Cholesterol 30mg		10%
#5 Sodium 470mg		20%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
#7 Protein 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%

#1 Always start with the serving size, the rest of the information is based on this. Make note on the amount per serving, this may be less than you used to eating.

#2 Represents the amount of calories in each serving. Calories from fat are the amount of calories derived from fat in a single serving. This is to help people monitor their fat intake.

#3 Nutrient per serving of food. Goal is 100% of each nutrient per day.

#4 Total fat per serving. Recommended no more than 30 grams of fat per day.

#5 Watch cholesterol and sodium. No more than 2400mg sodium per day. (1 tsp salt)

#6 Carbohydrates are essential for brain function and an active lifestyle. Look for high fiber foods, they help reduce cholesterol.

#7 Needed for muscles, skin and the immune system. 10%-35% of calories should come from protein.

Wellness: The New Health Goal

Wellness has many dimensions. It is more than just appearance. Wellness incorporates your physical, emotional, intellectual, and spiritual wellbeing. In order for one to be “well” we have to address all of these areas. Many of us live busy lifestyles and place our health on the back burner. “I don’t have time...energy...etc...” We should all make it a priority to FIND time to take care of ourselves. Little changes can make a vital difference. Overhauling your lifestyle cannot be done overnight and it is the little changes that will lead to great, everlasting change. What can we do to change?

#1 Create a behavior change plan – Identify patterns relating to your target behavior. Set realistic, specific goals. Break your overall goals into smaller steps and goals.

#2 Put your plan into action – Make a COMMITMENT. Use strategies from your behavior change plan to reach your goal. Seek support from friends and family, perhaps involve them. Use a reward system, i.e. 10 lbs = a new outfit, or tickets to my favorite sporting event.

#3 Remember, this is a LIFESTYLE change - Your first attempts may only involve the planning stage. Do not expect to master change quickly and with ease. Again, this is a change for a lifetime, not a temporary fix.

Keep these tips in your mind on your journey. Remember to FORGIVE yourself. We all make mistakes, it’s what we do after the mistakes that make the difference. Do we fall into the same poor pattern and bad habits; or do we pick ourselves up, dust ourselves off and try again?

Remember, if you believe it, you can achieve it!

Sincerely,

Michelle Gaul

ACE Certified Personal Trainer, Wellcoach

Top Ten Exercise Tips

1. See your doctor before you start any exercise program.
2. Start Slow! Many beginners make the mistake of doing too much when they first start out. If you haven't worked out in a while (or ever) start with a walking program of about 20 to 30 minutes, 3 days a week. Each session, add a few minutes to your workout to progress each week.
3. Write down your workouts every day, making notes about what you did, how you felt and how you improved since your last workout.
4. Schedule your workouts each week, just like you would a doctor's appointment.
5. Harass your best friend, spouse or significant other into working out with you!
6. Every day, ask yourself how you will make your life healthier. It can be as simple as drinking more water or parking farther away from the front door.
7. Reward yourself! Give yourself a massage when you reach your goals, or maybe some new workout clothes.
8. Set daily or weekly goals. Long term goals are great, but are so far away we often forget why we're working so hard. To stay motivated, write down a daily or weekly goal and then follow number 7 (rewarding yourself) if you reach it.
9. Prepare for your workout the night before by packing your gym bag or, if you work out at home, laying out your workout clothes so when you get home, you're ready to go.
10. Eat regularly throughout the day so you don't bonk during your workout.

ACTIVITY	CAL/HR 120 LB	CAL/HR 150 LB	CAL/HR 200 LB
Archery	245	306	408
Basketball - Moderate	338	423	564
Baseball In/Outfield	223	279	372
Bicycling (10 MPH)	360	450	600
Bowling	202	252	336
Calisthenics	324	405	540
Dancing - Moderate	324	405	540
Fishing	115	144	192
Football (tag)	288	360	480
Gardening	173	216	288
Garden Weeding	281	351	468
Golf	209	261	348
Hiking	302	378	504
Hill Climbing	432	540	720
Painting, Raking	223	279	372
Jogging 13.30 min/mile	454	567	756
Judo, Karate	626	783	1044
Running 10 min/mile	569	711	948
Strength Training	346	432	576
Swimming (crawl)	418	522	696
Tennis - Moderate	331	414	552
Volleyball - Moderate	259	324	432
Walking 20 min/mile	216	270	360
Water Skiing	382	477	636

Fat%:
The percentage of total body weight that is fat

**TANITA
BODY COMPOSITION
ANALYZER
TBF-300A**

BODY TYPE STANDARD
GENDER MALE
AGE 30
HEIGHT 5ft 10.0 in
WEIGHT 169.2 lb
BMI 24.3
FAT% 16.5%
BMR 7581 kJ
1812 kcal
IMPEDANCE 467 Ω
FAT MASS 28.0 lb
FFM 141.2 lb
TBW 103.4 lb
DESIRABLE RANGE
FAT % 8-20%
FAT MASS 2.2 - 32.2 lb

BMI: Body Mass Index is a height to weight ratio and is calculated by the following formula:
 $\frac{\text{Weight (kg)}}{\text{Height (m)}^2}$
Desirable Range: 18.5-24.9

BMR: Basal Metabolic Rate represents the total energy expended by the body to maintain normal functions at rest such as respiration and circulation.

Fat Mass: Total weight of fat mass (in kg, lb) in the body

Predicted Fat Mass: Calculated fat mass for the given Target BF%

IMPEDANCE: Impedance reflects the body's inherent resistance to an electrical current. Muscle acts as a conductor of the electrical current, adipose tissue acts as a resistor.

FFM: Fat Free Mass is comprised of muscle, bone, tissue, water, and all other fat

TBW: Total Body Water is the amount of water (expressed as lb, kg or st lb) retained in the body. TBW is said to comprise between 50% - 70% of total body weight.

Predicted weight: Calculated weight for the given Target BF%

TARGET BF% is: 13%
Predicted weight: 162.2 lb
Predicted fat mass: 21.0 lb
FAT TO LOSE: 7.0 lb

Consult your physician before beginning any weight management program. Tanita is not responsible for determining your target BF%

FAT TO LOSE/GAIN: Calculated fat mass to lose or gain to

Body fat measurements and the measuring tape are recognized as superior methods for measuring "weight loss". When one declares that they want to "lose weight", what they often mean is that they want to lose fat. So, now that you've had your body fat percentage measured, what does the number really mean?



First, your body fat percentage is simply the percentage of fat your body contains. If you are 150 pounds and 10% fat, it means that your body consists of 15 pounds fat and 135 pounds lean body mass (bone, muscle, organ tissue, blood and everything else).

A certain amount of fat is essential to bodily functions. Fat regulates body temperature, cushions and insulates organs and tissues and is the main form of the body's energy storage. The following table describes body fat ranges and their associated categories:

Knowing your body fat percentage can also help you determine if your weight loss goals are realistic. Remember, weight loss doesn't always mean fat loss. For example: Let's say you're a 130# woman with 23% body fat, and your goal is to "lose 20 pounds":

Initial body fat: 130# x 0.23 fat = 30 # body fat
Lean body mass: 130# total - 30# fat = 100# lean body mass (bones, organs and all else)

Goal: 130# - 20# = 110 pounds

As you can see, the goal of losing 20 pounds is not realistic or healthy. At 110 pounds, this woman still requires 100# of lean body mass (bones, organs, etc.), but would only be carrying 10#, or only 9% body fat. From the chart below, you can see that this is a dangerously low percentage. A better goal might be for the woman to reduce her body fat from 23% to 18%. In this case:

130# x 0.18 = 23 # body fat

100# lean body mass + 23 # = 123# goal weight

So, for this individual to achieve a lean, but healthy 18% fat, she would need to lose only 7 pounds of fat, reducing her weight from her current 130 pounds to 123 pounds. Losing more than 7 pounds means losing lean body mass (usually metabolically-active muscle tissue), which is clearly not desirable.

So before you decide that you need to "lose weight", remember to consider that "weight" consists of both lean body mass and body fat.

Try to keep your weight loss goals realistic, and remember, keep the calorie-burning muscle, and lose only the fat.

*General Body Fat Percentage Categories

*American Council on Exercise		
Classification	Women (% fat)	Men (% fat)
Essential Fat	10-12%	2-4%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Acceptable	25-31%	18-25%
Obese	32% plus	25% plus

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