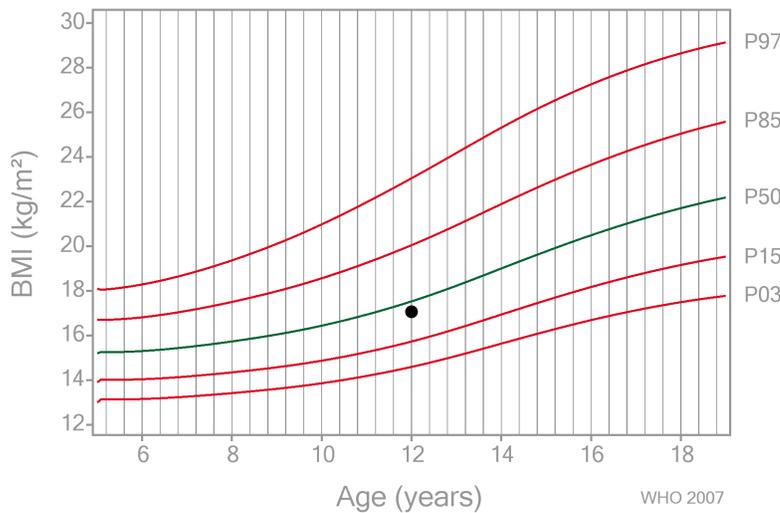




The greatest contribution to your health is made by YOU!



To be able to assess your growth development, we put your measurements into percentile curves\*. Here your weight and height are compared with the weight and height of other children of your age and gender.

Here are your personal measurements:

**Weight (lbs):** 50,71  
**Height (in):** 45,67  
**\*Percentile:** 41  
**BMI (kg/m<sup>2</sup>):** 17,09  
**Age (years):** 12  
**Gender:** m

## Families – eat healthily and enjoy a better life!



**1 Set a good example.** If you buy, prepare and eat healthy food yourself, there is a greater chance that your child will do the same when having to take care of himself/herself.



**2 Encourage your child.** The results of a balanced diet are much healthier than those of constant fast food, crisps and sweets. More energy, more muscle and more growth make for a healthy child with a healthy body image.



**3 Explain portion sizes.** To help your child develop a positive attitude towards nutrition, don't talk about skipping meals or dieting. Instead, explain portion control so that your child learns to eat moderate amounts.



**4 Support good decisions.** Point out the healthier options to your child when ordering in a restaurant or snack bar. Remind your child that he/she does not have to finish everything on the plate. If he or she is full before the plate is empty, the rest can be packed up and taken home to be eaten later.



**5 Start the day right.** For breakfast have cereal or whole-grain bread with a piece of fruit or some vegetable sticks (carrot, cucumber). This way, the whole family will get off to a good start.

If you are interested in your health, please talk to me.

test

### seca tip

Get up on that trampoline! Just by bouncing around, you are working on your stamina and building up muscle. Jumping is also good for your sense of balance and co-ordination.



### Did you know?



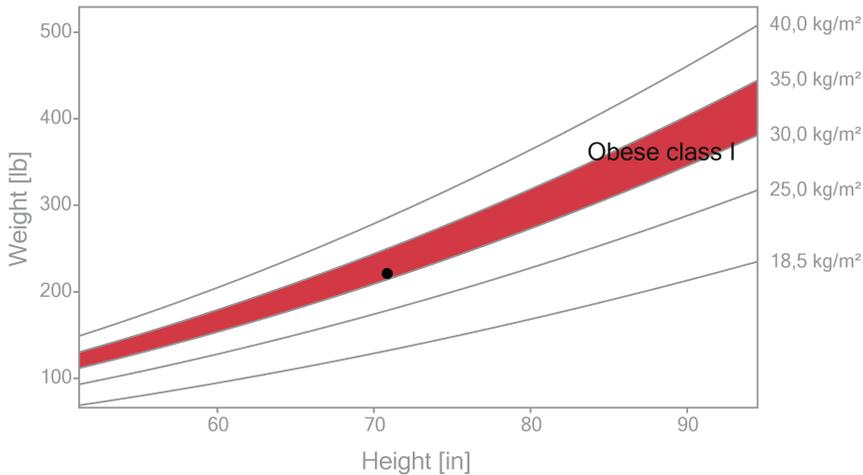
**Really cool training!** Tips and trends on the world's most popular sports can be found at [www.seca.com/printout](http://www.seca.com/printout). Or simply scan the QR code:





Dear Patient,

The greatest contribution to your health is made by YOU!



There are simple criteria for determining your state of health. The Body Mass Index (BMI) considers your weight in relation to your height. Here are your personal measurements:

**Weight (lbs):** 220,46  
**Height (in):** 70,87  
**BMI (kg/m²):** 30,86

Note:

Your BMI is above the normal range!

### Remember:

a person with a BMI of 25 kg/m<sup>2</sup> or higher is considered overweight. The aim is a healthy weight and an equalized energy balance. By increasing your daily physical activity, you can raise your metabolic rate, as total energy expenditure is important for healthy weight loss. Talk to me about the right training methods for you, with frequency, duration, intensity and muscle group activation all matched to suit your needs.

**Ask me about your personal Bioelectrical Impedance Analysis (BIA) with the seca mBCA if you would like to have your body composition measured. The analysis gives you information about the proportions of fat and muscle mass in your body.**

### seca tip

A good balance between weight and physical activity helps keep you healthy and mobile well into old age. Even if your success is not immediately obvious on the scale, you will feel fitter.



### Activities Chart

Food	Activity				
	Swimming	Running	Cycling	Walking	Weights
	31 min	36 min	38 min	50 min	45 min
	15 min	17 min	18 min	24 min	22 min
	27 min	31 min	33 min	43 min	39 min
	3 min	4 min	4 min	5 min	4 min

Source: "GU Nährwert-Kalorien-Tabelle" / [www.kalorientabelle.net](http://www.kalorientabelle.net)  
 Approximate values for a person weighing 70 kg (154 pounds).

### Did you know?

**Do your bit!** Healthy eating and regular exercise will greatly reduce your risk of developing type 2 diabetes. Even gentle physical activity makes a big difference.

**Weight loss made easy!** Lose three kilos (6.6 pounds) or more in as little as six months with a balanced diet and a little exercise. Your doctor will be happy to support you with meal plans, exercise suggestions, and regular meetings to track your progress and help you meet your goals.



If you are interested in your health, please talk to me.

test



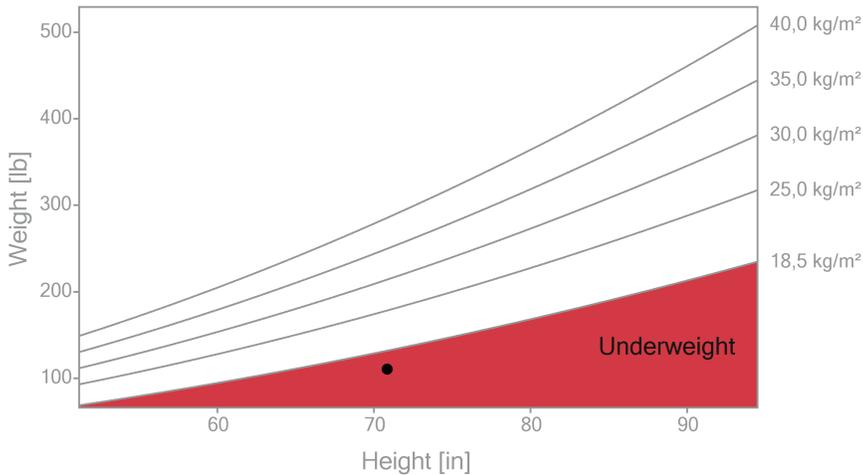
### Fun, sports & nutrition

You can find more information at [www.seca.com/printout](http://www.seca.com/printout) or simply scan the QR code.



Dear Patient,

The greatest contribution to your health is made by YOU!



There are simple criteria for determining your state of health. The Body Mass Index (BMI) considers your weight in relation to your height. Here are your personal measurements:

**Weight (lbs):** 110,23  
**Height (in):** 70,87  
**BMI (kg/m<sup>2</sup>):** 15,43

Note:

Your BMI is below the normal range!

### Remember:

you make an active contribution to a healthy life when you follow the basic rules: a healthy diet, adequate exercise and maintaining your normal weight. Energy consumption should always match your energy requirements. If it does, your weight will generally fall within the normal range. Your body will be grateful for years to come, since a healthy lifestyle reduces the risks of coronary heart disease, high blood pressure, stroke and Type 2 diabetes.

**Ask me about your personal Bioelectrical Impedance Analysis (BIA) with the seca mBCA if you would like to have your body composition measured. The analysis gives you information about the proportions of fat and muscle mass in your body.**

### seca tip

A good balance between weight and physical activity helps keep you healthy and mobile well into old age. Even if your success is not immediately obvious on the scale, you will feel fitter.



### Total Energy Expenditure (TEE) by activity

Gender		Men			Women		
		18-30	30-60	>60	18-30	30-60	>60
	<b>Age (years)</b>						
	<b>Total Energy Expenditure (kcal/day)</b>	<b>kcal/day</b>			<b>kcal/day</b>		
	Mostly lying down (bedridden, wheelchair)	1,734	1,736	1,407	1,473	1,502	1,335
	Mostly seated (office workers)	2,023	2,025	1,642	1,718	1,752	1,557
	Mostly seated, occasionally standing (students, truck drivers)	2,312	2,314	1,877	1,964	2,003	1,780
	Mostly standing or walking (home-maker, salesperson, craftsmen)	2,601	2,604	2,111	2,209	2,253	2,002
	Physically demanding (construction workers, competitive athletes)	2,890	2,893	2,346	2,455	2,503	2,225
	+ sports (30-60 minutes five times per week)	433	434	351	368	375	333

Source: WHO

### Did you know?

**One hot meal per day** is not essential, since hot food cools down in the mouth. Once hot food reaches the stomach, it is practically the same temperature as cold food, which is warmed when chewed.

**True or false? Raw vegetables are better for you than cooked.** False! Most types of vegetables are difficult to digest in their raw form, so your body can make better use of many valuable nutrients when they come in cooked vegetables.



If you are interested in your health, please talk to me.

test



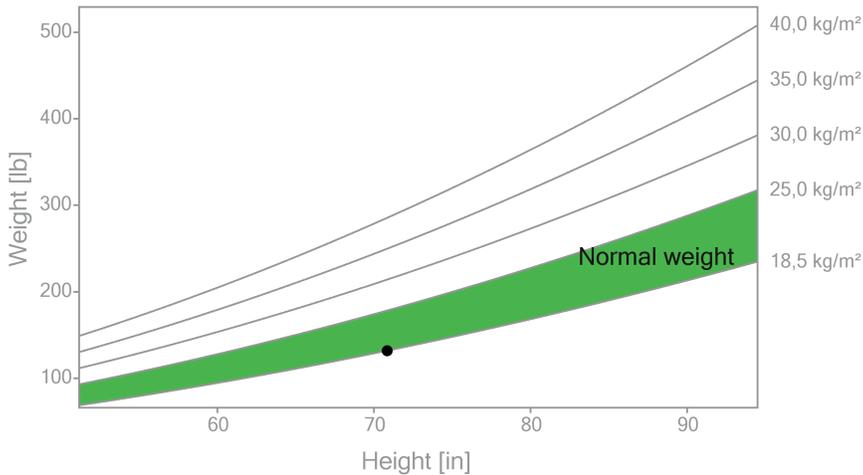
### Fun, sports & nutrition

You can find more information at [www.seca.com/printout](http://www.seca.com/printout) or simply scan the QR code.



Dear Patient,

The greatest contribution to your health is made by YOU!



There are simple criteria for determining your state of health. The Body Mass Index (BMI) considers your weight in relation to your height. Here are your personal measurements:

**Weight (lbs):** 132,28  
**Height (in):** 70,87  
**BMI (kg/m<sup>2</sup>):** 18,52

Your BMI is in the normal range.

### Remember:

you make an active contribution to a healthy life when you follow the basic rules: a healthy diet, adequate exercise and maintaining your normal weight. Energy consumption should always match your energy requirements. If it does, your weight will generally fall within the normal range. Your body will be grateful for years to come, since a healthy lifestyle reduces the risks of coronary heart disease, high blood pressure, stroke and Type 2 diabetes.

**Ask me about your personal Bioelectrical Impedance Analysis (BIA) with the seca mBCA if you would like to have your body composition measured. The analysis gives you information about the proportions of fat and muscle mass in your body.**

### seca tip

A good balance between weight and physical activity helps keep you healthy and mobile well into old age. Even if your success is not immediately obvious on the scale, you will feel fitter.



### Total Energy Expenditure (TEE) by activity

Gender	Age (years)	Total Energy Expenditure (kcal/day)	Men			Women		
			18-30	30-60	>60	18-30	30-60	>60
	Mostly lying down (bedridden, wheelchair)		1,914	1,873	1,548	1,650	1,599	1,444
	Mostly seated (office workers)		2,233	2,185	1,806	1,926	1,866	1,684
	Mostly seated, occasionally standing (students, truck drivers)		2,552	2,498	2,064	2,201	2,133	1,925
	Mostly standing or walking (home-maker, salesperson, craftsmen)		2,872	2,810	2,322	2,476	2,399	2,166
	Physically demanding (construction workers, competitive athletes)		3,191	3,122	2,580	2,751	2,666	2,406
	+ sports (30-60 minutes five times per week)		478	468	387	412	399	361

Source: WHO

### Did you know?

**One hot meal per day** is not essential, since hot food cools down in the mouth. Once hot food reaches the stomach, it is practically the same temperature as cold food, which is warmed when chewed.

**True or false? Raw vegetables are better for you than cooked.** False! Most types of vegetables are difficult to digest in their raw form, so your body can make better use of many valuable nutrients when they come in cooked vegetables.



If you are interested in your health, please talk to me.

test



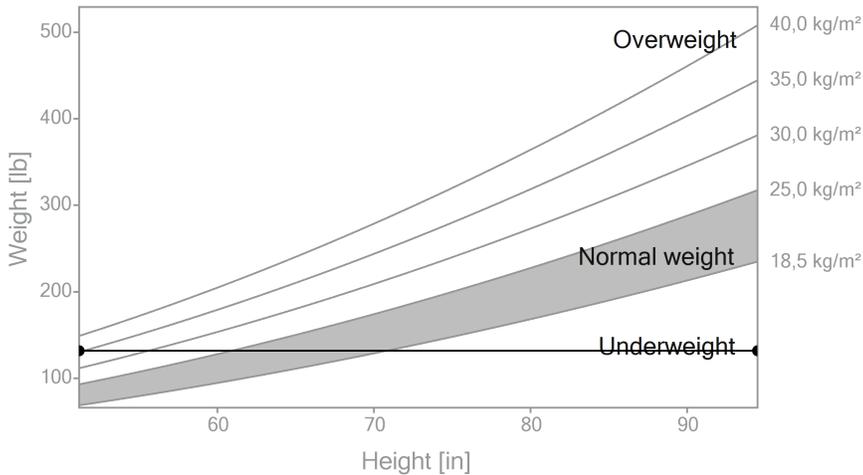
### Fun, sports & nutrition

You can find more information at [www.seca.com/printout](http://www.seca.com/printout) or simply scan the QR code.



Dear Patient,

The greatest contribution to your health is made by YOU!



There are simple criteria for determining your state of health. The Body Mass Index (BMI) considers your weight in relation to your height. Here are your personal measurements:

**Weight (lbs):** 132,28

*Check out your BMI range yourself with the help of the chart and your height. Simply find your height, locate the point where it intersects with your weight and that's your BMI range.*

**Remember:**

you make an active contribution to a healthy life when you follow the basic rules: a healthy diet, adequate exercise and maintaining your normal weight. Energy consumption should always match your energy requirements. If it does, your weight will generally fall within the normal range. Your body will be grateful for years to come, since a healthy lifestyle reduces the risks of coronary heart disease, high blood pressure, stroke and Type 2 diabetes.

**Ask me about your personal Bioelectrical Impedance Analysis (BIA) with the seca mBCA if you would like to have your body composition measured. The analysis gives you information about the proportions of fat and muscle mass in your body.**

**seca tip**

A good balance between weight and physical activity helps keep you healthy and mobile well into old age. Even if your success is not immediately obvious on the scale, you will feel fitter.



**Total Energy Expenditure (TEE) by activity**

Gender		Men			Women		
		18-30	30-60	>60	18-30	30-60	>60
	<b>Age (years)</b>						
	<b>Total Energy Expenditure (kcal/day)</b>	<b>kcal/day</b>			<b>kcal/day</b>		
	Mostly lying down (bedridden, wheelchair)	1,914	1,873	1,548	1,650	1,599	1,444
	Mostly seated (office workers)	2,233	2,185	1,806	1,926	1,866	1,684
	Mostly seated, occasionally standing (students, truck drivers)	2,552	2,498	2,064	2,201	2,133	1,925
	Mostly standing or walking (home-maker, salesperson, craftsmen)	2,872	2,810	2,322	2,476	2,399	2,166
	Physically demanding (construction workers, competitive athletes)	3,191	3,122	2,580	2,751	2,666	2,406
	+ sports (30-60 minutes five times per week)	478	468	387	412	399	361

Source: WHO

**Did you know?**

**One hot meal per day** is not essential, since hot food cools down in the mouth. Once hot food reaches the stomach, it is practically the same temperature as cold food, which is warmed when chewed.

**True or false? Raw vegetables are better for you than cooked.** False! Most types of vegetables are difficult to digest in their raw form, so your body can make better use of many valuable nutrients when they come in cooked vegetables.



**If you are interested in your health, please talk to me.**

test



**Fun, sports & nutrition**

You can find more information at [www.seca.com/printout](http://www.seca.com/printout) or simply scan the QR code.