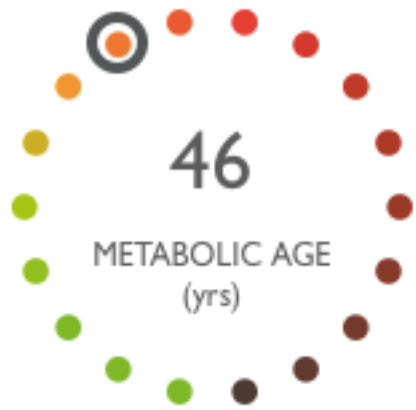


SUPPORTING YOUR STAFF IN THEIR HEALTH AND FITNESS





Metabolic Age:

What is it?

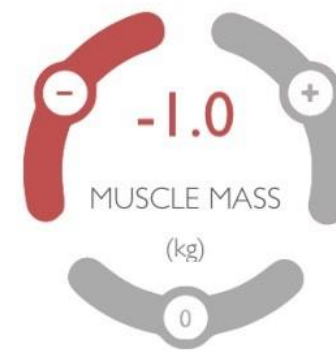
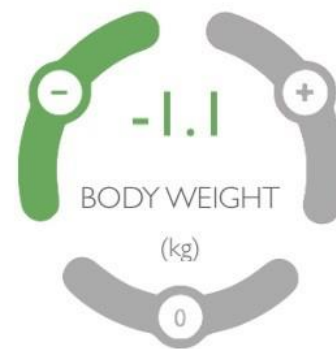
If your metabolic age is lower than your actual age, it suggests that the body is in good health. While a metabolic age higher than your actual age, indicates that you may have some areas of your health and fitness that you need to focus on improving.

Why is it important?

Metabolic age is a new term used in the health and fitness industry to describe overall fitness and metabolic activity. Examining metabolic age will give insights to the overall level of health and wellness in comparison to those of the same age. Improving personal fitness is a main concern of most health-conscious individuals.

Any recommendations?

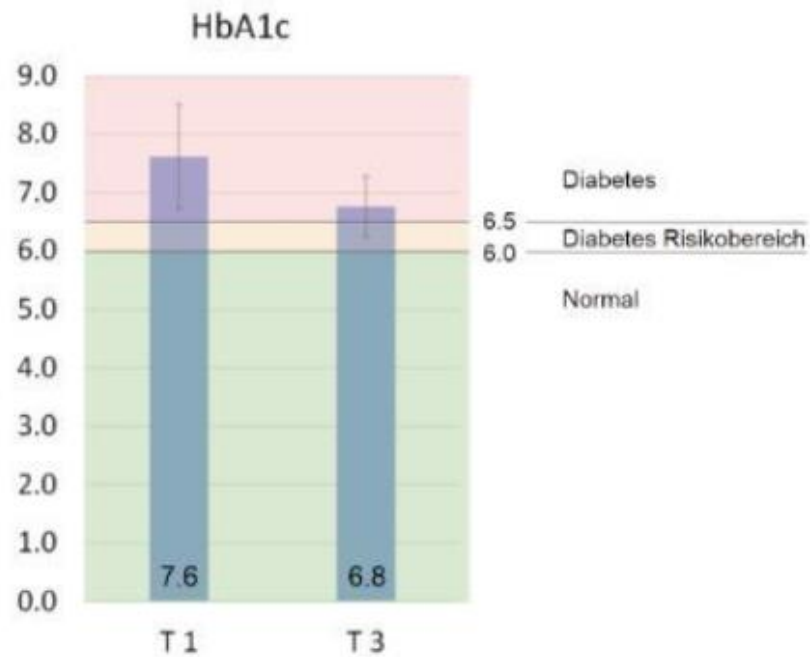
Set Goals to increase muscle mass while decreasing fat mass and this will drive your metabolic age down. Introduce an exercise regime and lifestyle choices that improve on those areas.



Hidden Obese

This person seems to have a healthy body type based on physical appearance; however, they have a high body fat% with low muscle mass level.

Note: Your physique rating is based on your muscle score and fat percentage and is placed on the chart using data for your age and gender



4.6 million people across the UK suffer with the condition, with almost 9 out of 10 of those having Type 2 diabetes

Leipzig University and AG Diabetes & Sport, focused a study on average blood glucose levels across 23 diabetic patients

Participants completed predetermined exercises two to three times a week exclusively using eGym

By the end of six-months, blood glucose levels in all participants had dropped significantly and 9 participants were no longer classified as diabetic



Personalize your training program

General fitness

more vitality



Body toning

more definition



Weight loss

less fat



Athletic

more power



Muscle building

more muscle mass



Health >

Reha Fit & Metabolic Fit







eGym
SmartStart





eGym Leg press

190.95 kg



Last value
190.95
kilograms



eGym Seated row

72.51 kg



eGym Lat pulldown

92.56 kg



eGym Leg curl

56.78 kg



eGym Chest press

59.55 kg



Level 4: Gold

People on this level feel up 65% less sleepy during the day

1800 Points

3900 points for Level 5

21 Days left

2300 points to maintain this level



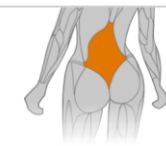
Great!
Maintain the balance!

QUADRICEPS



HAMSTRING

Warning: your strength values are over 3 months old.



Focus more on the
LOWER BACK

LOWER BACK



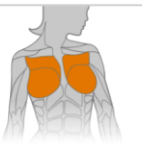
ABS

Warning: your strength values are over 3 months old.



Focus more on the
CHEST

UPPER BACK



CHEST

Warning: your strength values are over 3 months old.



Great!
Maintain the balance!

LATS



CHEST

Warning: your strength values are over 3 months old.



Great!
Maintain the balance!

LATS



SHOULDERS & NECK

Warning: your strength values are over 3 months old.



**ACHIEVE
YOUR**

**SUMMER
GOALS**

**START YOUR
FITNESS JOURNEY
TODAY**