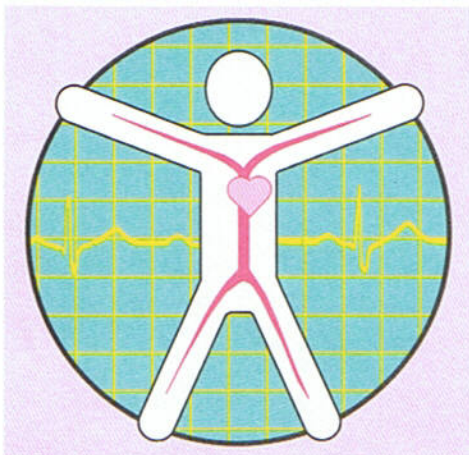


Your FUTREX Body Composition Analysis: A Personal Look at Your Health and Fitness



Body composition can have a direct impact on your health, athletic performance, and even your life expectancy. The National Institutes of Health (NIH) states: "Evidence is now overwhelming that obesity, the excessive storage of fat, has adverse effects on health and longevity." Obesity is clearly associated with heart disease, strokes, hypertension, hyper-cholesterolemia, diabetes, certain forms of cancers and other medical problems.

Aside from health considerations, body composition can also have a direct impact on athletic performance. For example, studies have shown that world class marathon runners must strive to achieve an optimum level of body fat to be successful in their sport. Body fat content must be low enough to achieve peak athletic performance yet high enough to reduce risk of injury.

The following provides you with an in-depth analysis of your current body composition status. It will also include specific recommendations on what you can do to modify exercise and diet programs to improve your overall body composition.

It is recommended that you be re-analyzed every six to eight weeks, especially if you have changed your diet or exercise regime.

INTIMEX
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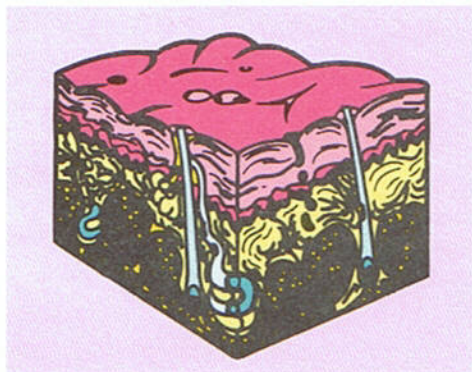
AA Weight: 52.0 kg

Age: 30 Height: 165 cm

Sex: FEMALE May 14, 2003

Your Body Mass Index (BMI) is: 19.1

BODY FAT



A minimum amount of body fat is necessary to cushion and protect body organs from injury. These "adipose tissues" serve the important function of storing and releasing energy (i.e., fat) in response to metabolic demands. If your body's energy intake from eating exceeds your normal energy use for daily activities including exercise, the excess energy is stored as body fat.

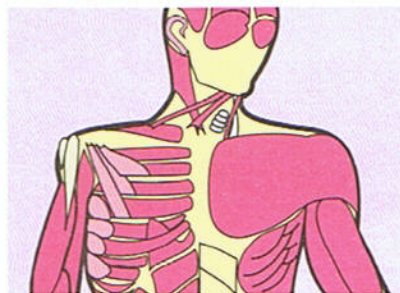
Storage of excess fat enlarges cell size and can increase the number of fat cells in the body. The safest method of reducing these fat reserves is through proper nutrition and regular exercise.

Body fat: 16.1%
Fat WT: 8.4 kg

LEAN BODY MASS

All parts of the body exclusive of body fat – bones, organs, muscle, connective tissue, and fluids – constitute the Lean Body Mass. The higher the percentage of Lean Body Mass, the more muscular the body with a higher bone density. A more muscular body is normally considered attractive and improves athletic performance, while higher bone density can serve as protection against osteoporosis—especially in women.

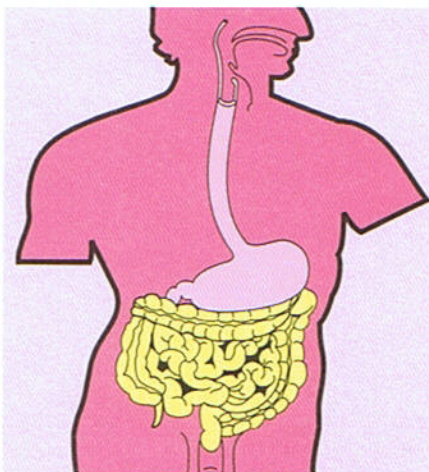
Lean: 83.9%
Lean WT: 43.6 kg



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Your FUTREX Body Composition Analysis (continued)

ESTIMATED BODY WATER



As the underlying element in all body fluids, water serves as the primary medium of transport for the body's complex biological exchanges. For this reason, great care must be taken during diet and exercise programs to avoid having the body become dehydrated.

Ideally women should have approximately 55 to 60% total body water content and men should have approximately 60 to 65% total body water.

Water: 62.2%
32.3 kg
32.3 liters

IMPORTANCE OF BODY FAT

Scientific literature shows that higher percent body fat significantly increases the risk of coronary heart disease, strokes, diabetes, certain types of cancer, and other chronic, disabling diseases. Research also shows that the location of body fat is a contributing

factor to greater health risk in adults. For example, excessive fat in the abdomen (stomach area) represents a greater health risk than excess fat in the thighs. Both moderate exercise and reduced fat intake can help reduce the amount of body fat and decrease the risk of these diseases.

Age: 30
FEMALE

Excellent: < 19.3
Good: 19.3 to 22.4

Fair: 22.4 to 25.9
Poor: > 25.9

Your Rating:
EXCELLENT

IMPORTANCE OF WEIGHT

Many people tend to be overweight and others gain weight as they grow older. In either case, weight gain is linked to high blood pressure, heart disease, stroke, diabetes, certain types of cancer, arthritis, breathing problems, and other illnesses. A reduction in weight, and body fat, helps reduce risks associated with obesity. A health care professional should always be consulted about "healthy" ways to lose excess weight.

Available scientific studies also provide ample evidence that when weight is outside of the recommended range, life expectancy is decreased. The following Build and Blood Pressure Study (The National Institutes of Health) provides data for mortality in relation to weight:

Mortality In Relation to Weight

| Percentage Above Your Ideal Weight | Likelihood of NOT Reaching Your Normal Life Expectancy |
|------------------------------------|--|
| 5-15% | 10% |
| 15-25% | 27% |
| 25-35% | 34% |
| 35-45% | 41% |
| 45-55% | 111% |
| 55-65% | 127% |
| 100% or more | 1,100% |

Society of Actuaries, 1979 Build and Blood Pressure Study
Data based on 15 to 39 years of age.

Your ideal weight range based on the Metropolitan Life Insurance Height and Weight Tables is 53.1 kg to 59.0 kg.

Your Rating:
GOOD

Your FUTREX Body Composition Analysis (continued)

USDA WEIGHT RECOMMENDATIONS



The accompanying chart was developed by the United States Department of Agriculture (USDA) to define healthy weight ranges for adults. The USDA states that the chart applies to men and women of all ages. Weight ranges are given in the chart because people of the same height may have equal amounts of body fat but different amounts of muscle and bone. However, the ranges do not mean that it is healthy to gain weight, even within the same weight range. The higher weights in the healthiest weight range apply to people with greater muscle and bone mass.

Your USDA Rating: Healthy

THE BODY'S USE OF FOOD ENERGY

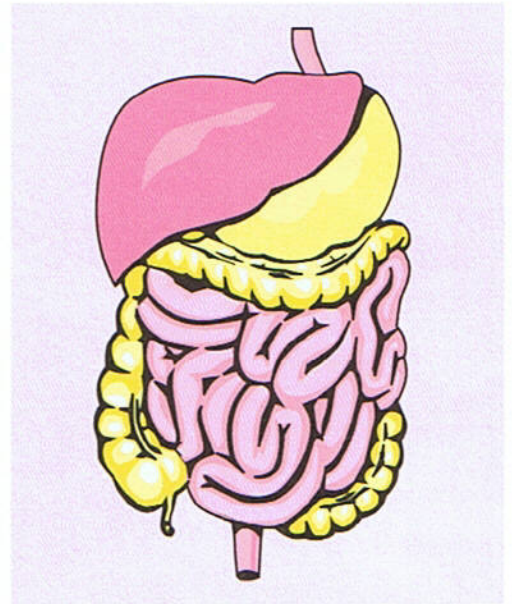
Your body receives energy from the food that is eaten. This energy is used for three basic functions: (1) To supply the basic energy required when the body is totally at rest but not sleeping; e.g. for pumping blood, breathing, keeping body temperature constant, and other

Your BMR: 1289 Cal.
Your total calorie intake to maintain your current weight is 1920 Calories.

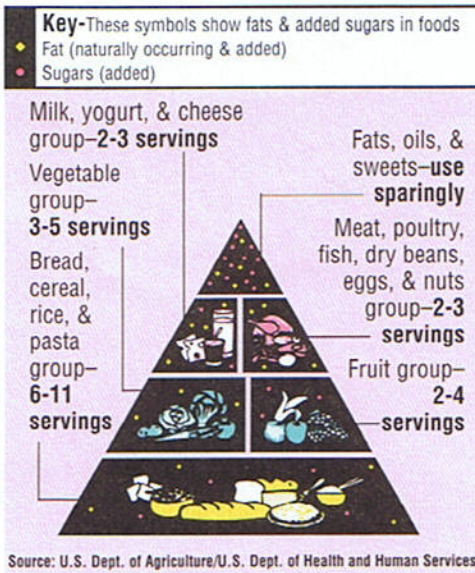
quiescent functions such as thinking (called Basal Metabolic Rate, "BMR") (2) To perform all the physical activities that occur during the day including working, exercising, talking, etc. and (3) To digest food.

When these tasks require less energy than the amount taken in through food consumption, the excess energy is stored as body fat. If expended energy is greater than

the amount of food eaten, excess body fat is burned to supply the necessary energy. If the body does not have sufficiently stored body fat, valuable muscle mass is consumed.



FOOD GUIDE PYRAMID



Most people have a choice when selecting the foods they eat. The USDA's Food Guide Pyramid provides recommendations on selecting foods that provide the proper nutrients and other substances needed for good health. The pyramid shows that foods from the grain group, along with vegetables and fruits are the basis of a healthy diet. Ideal meals contain larger servings of foods in the grain, vegetable, and fruit groups and reduced or spare servings of foods high in fat and sugars.

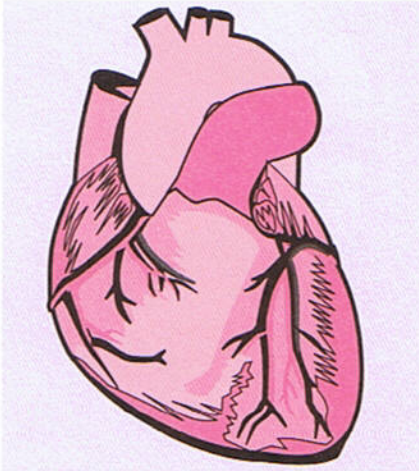
Choose Foods from Each of Five Food Groups

The Food Guide Pyramid shows the recommended balance among food groups in a daily eating pattern. Most of the daily servings of food should be selected from the food groups that are the largest in the picture and closest to the base of the pyramid.

- Choose most of your calories from foods in the grain group (6-11 servings), the vegetable group (3-5 servings), and the fruit group (2-4 servings).
- Eat moderate amounts of foods from the dairy group (2-3 servings) and the meat and beans group (2-3 servings).
- Choose fewer foods high in fat and sugars (consume sparingly).

Your FUTREX Body Composition Analysis (continued)

NUTRITION AND EXERCISE RECOMMENDATIONS



One known factor in any diet plan is that each person's body acts differently to changes in diet or exercise. In one well controlled diet study that did not involve any exercise, participant's total weight loss varied from as little as 19% to as high as 32% of body fat with the remainder of the loss being Lean Body Mass. In a parallel study that increased exercise without any diet change, participant's lost more weight in body fat than the total weight loss; resulting in a substantial increase in Lean Body Mass. For example, a loss of 12 pounds of fat and gain of 2 pounds in Lean Body Mass would result in a net weight loss of 10 pounds.

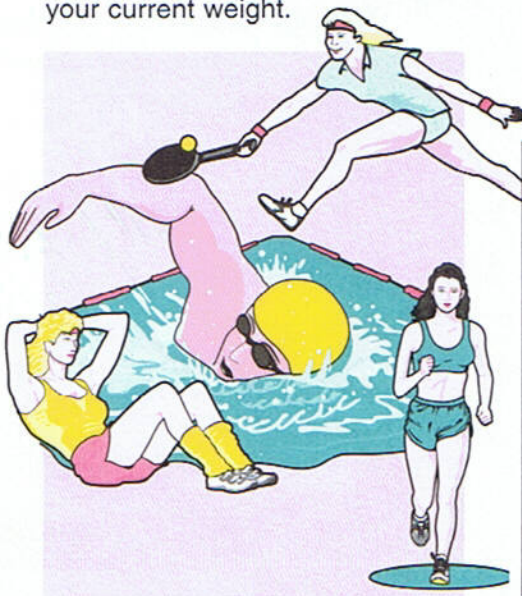
These types of studies indicate that an increase in exercise is a necessary element of any successful long-term weight loss program. This adds credence to the belief that the success of any diet or exercise change is reliant on a person's emotional state and motivation.

CAUTION: ALWAYS CONSULT WITH A HEALTH CARE PROFESSIONAL PRIOR TO STARTING AN EXERCISE OR DIET PROGRAM.

In order to increase weight, you should increase your Calorie intake by 242 Calories. This method will bring you to your goal in 5 weeks.

ACTIVITY RECOMMENDATIONS

The following table shows popular activities and the number of calories expended during each activity. The calories expended are based on your current weight.



| ACTIVITY 30 minutes/day | Calories |
|-------------------------|----------|
| Walking, slowly | 80 |
| Walking, moderately | 143 |
| Jogging | 247 |
| Running | 324 |
| Domestic work | 93 |
| Skiing, cross country | 269 |
| Aerobics, continuous | 302 |
| Racquetball | 313 |
| Swim, crawl | 110 |
| Tennis | 154 |
| Skating | 102 |
| Walking Upstairs | 401 |