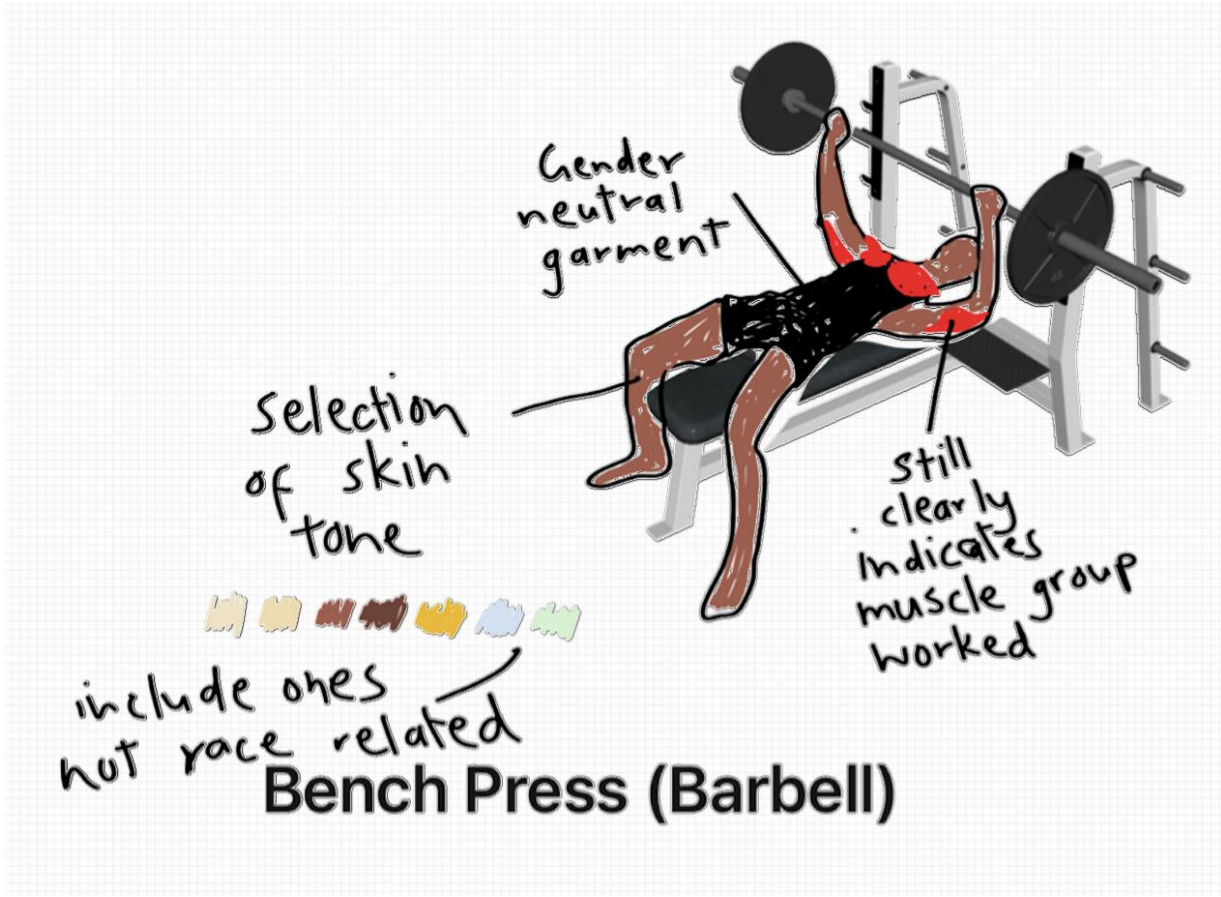
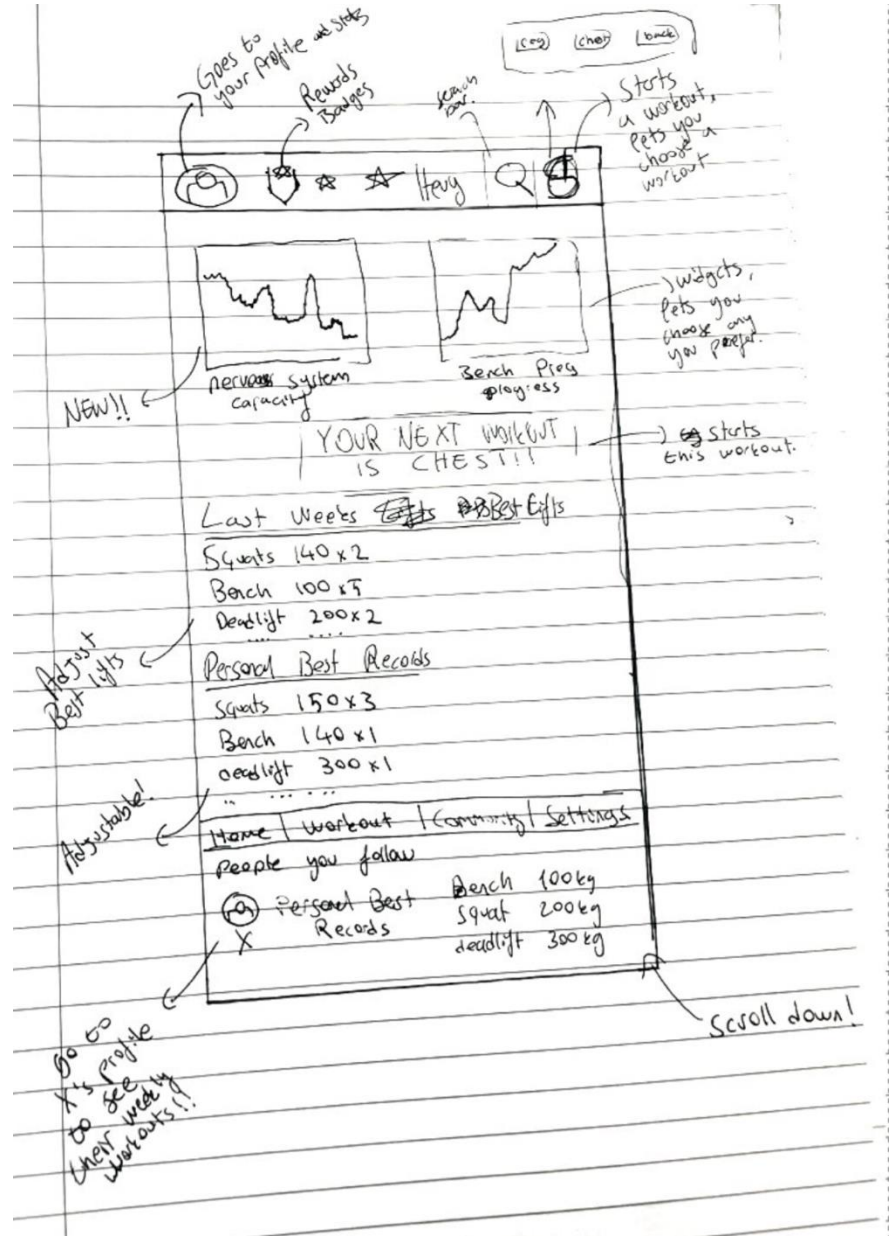
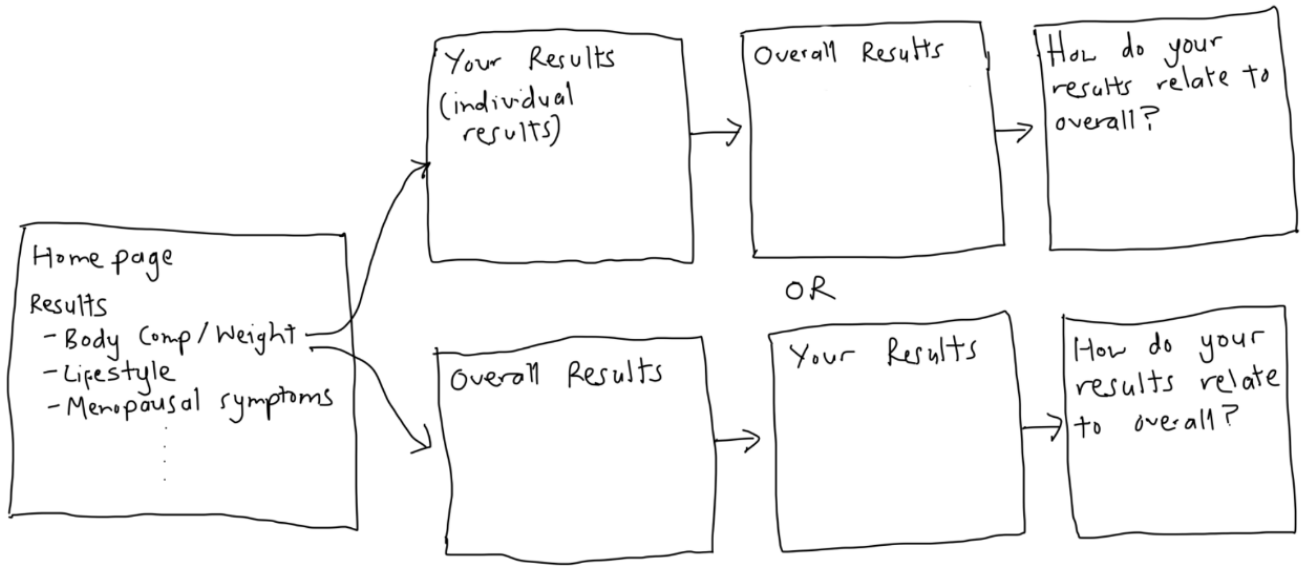
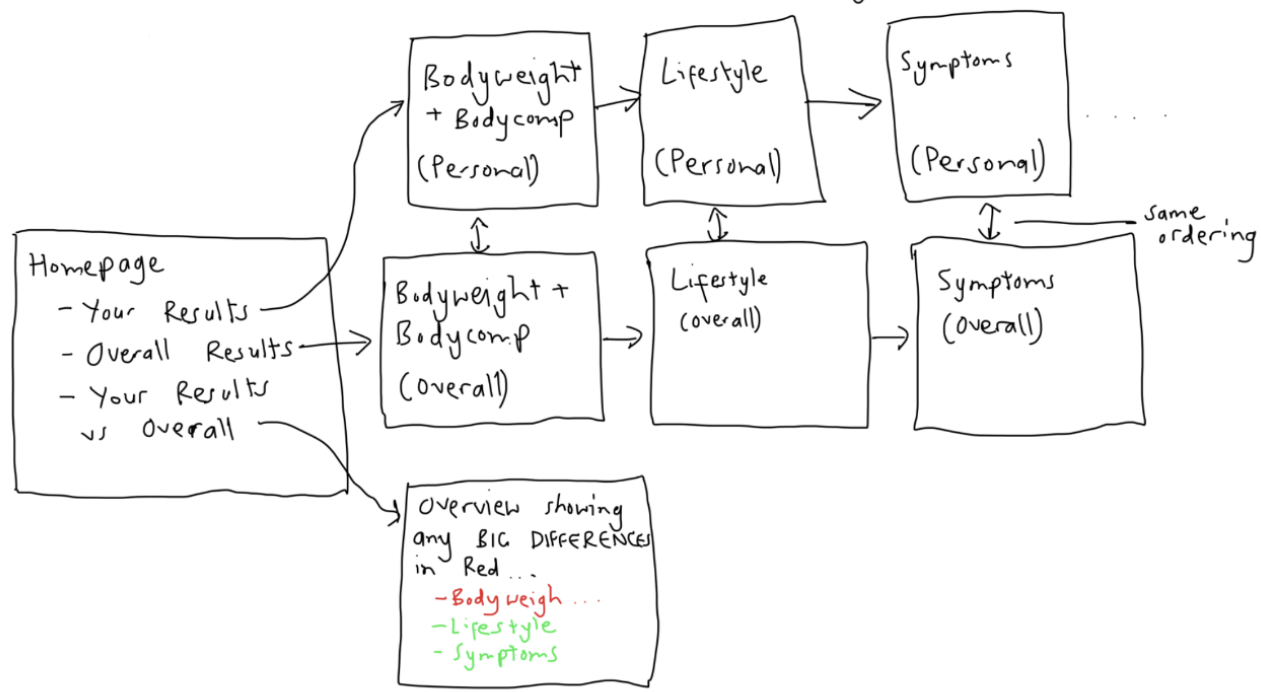

Gender neutral garment
selection of skin tone
include ones not race related
still clearly indicates muscle group worked
Bench Press (Barbell)

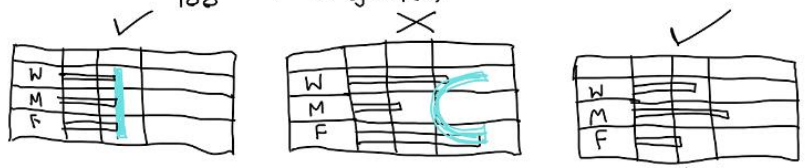

Goes to your profile and stats
Rewards Badges
Starts a workout, lets you choose a workout
Widgets, lets you choose any you prefer.
NEW!!
Nervous system capacity
Bench Prog progress
YOUR NEXT WORKOUT IS CHEST!!
starts this workout.
Last Weeks Best Lifts
Squats 140 x 2
Bench 100 x 3
Deadlift 200 x 2
Adjust Best Lifts
Personal Best Records
Squats 150 x 3
Bench 140 x 1
deadlift 300 x 1
Adjustable!
Home | Workout | Community | Settings
People you follow
Personal Best Records
Bench 100kg
Squat 200kg
deadlift 300kg
Scroll down!
Go to X's profile to see their weekly workouts!!



Personalise order according to patient preference.

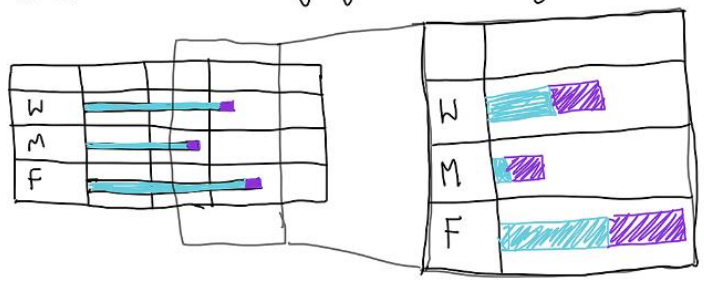


Can you have too much muscle?



You want more muscle than fat making up your body mass...
Key is muscle to fat ratio...

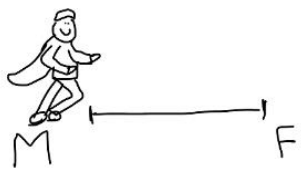
① Could zoom in to highlight small changes?



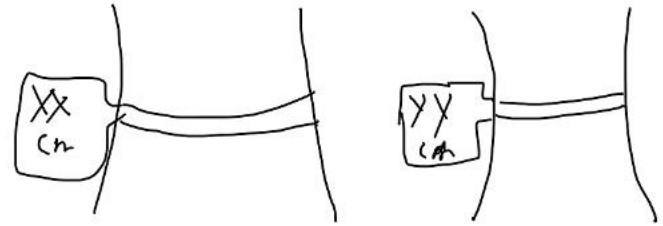
② Could focus on fat: Muscle in isolation?

Problem is "equal" isn't what the goal is...

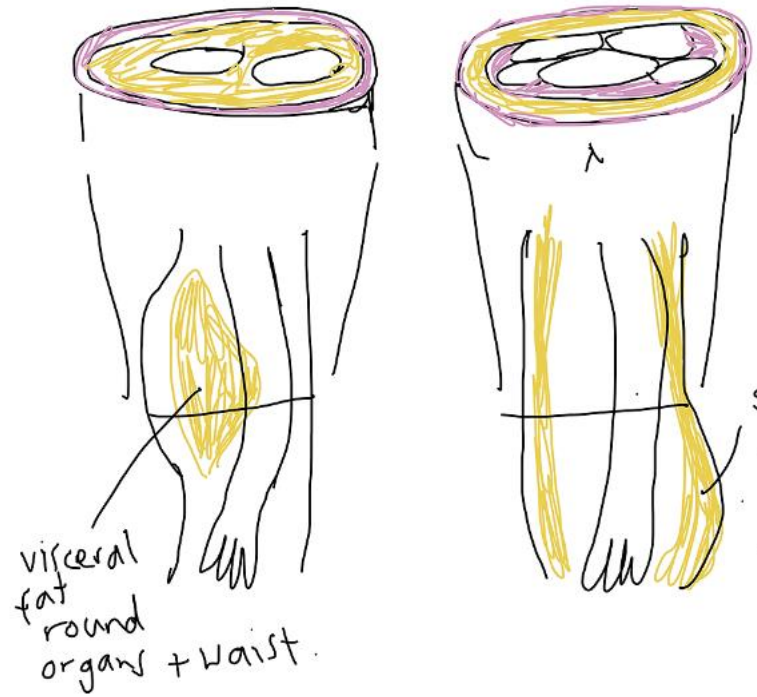
-Bit like a race? You want to close the gap... or have muscle overtake fat...



1



Cross section

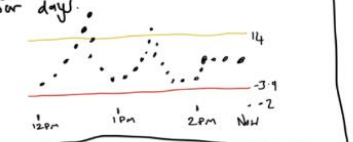


visceral fat round organs + waist.

subcutaneous fat... under skin and all over body

What was the data recorded?

You might remember seeing the glucose curves on your CGM screen as the dotted lines. Here is some data from one of your days.

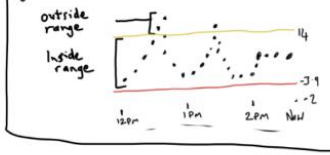


This showed us your blood sugar levels in real time over the intervention and pre-intervention period.

Why did we record it?

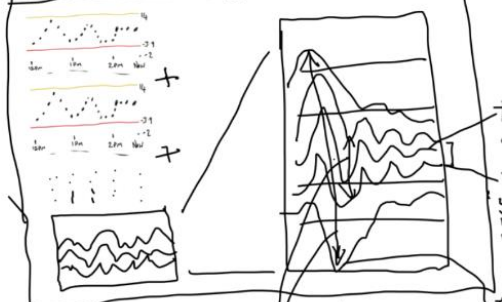
consistant

We recorded this to monitor your bodies glucose control over the day. We wanted to see your time in your target range and how far outside your range your glucose went on average.



How did we do this?

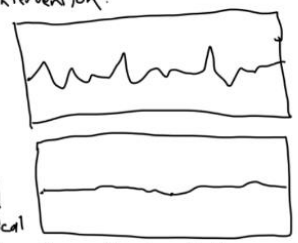
We took all the daily data you recorded data for the pre-intervention and post-intervention period and averaged the recordings for each time point. We also looked at how much they varied between days.



We want these to be as small as possible.

What does my data show?

There are your average CGM readings before and during the intervention.



Typical day

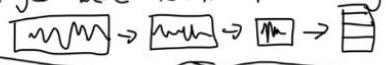
50% of your values were in this range

You will see that your values fluctuated XX during the pre study period and less after. Your highest and lowest values were XX during the study than after.

These were your highest and lowest values at these times.

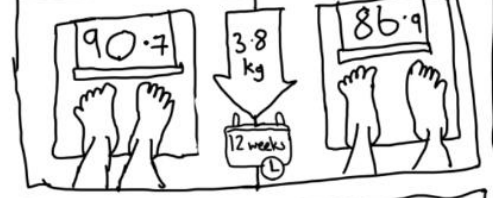
Why should I care?

Smaller fluctuations in blood sugar show your body is better at processing glucose. The overall time in range indicates how likely you are to have complications from high blood sugar. Your time in ranges were XX% pre study and XX% post study.

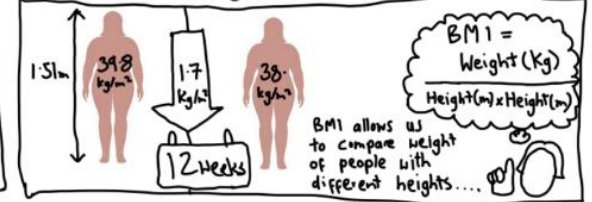


This means the intervention may have xx your bl. control.

We measured your weight before and after the intervention...



Since you are 1.51m tall this means your BMI decreased by 1.7 kg/m²

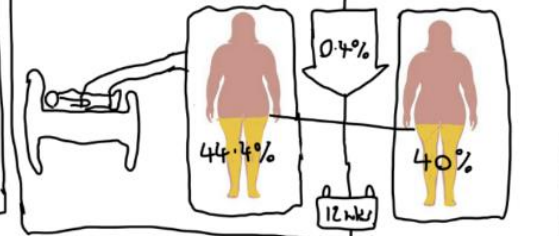


This means you could benefit from continuing to lose weight but doesn't tell the whole story...

... we also wanted to see if you lost Fat or Muscle

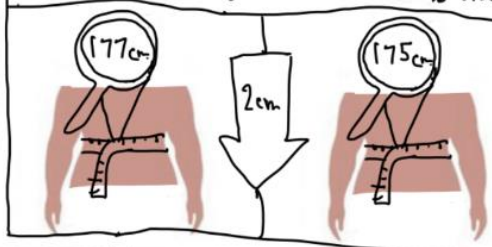
... losing fat while maintaining muscle is favourable metabolically

The BIA test showed...

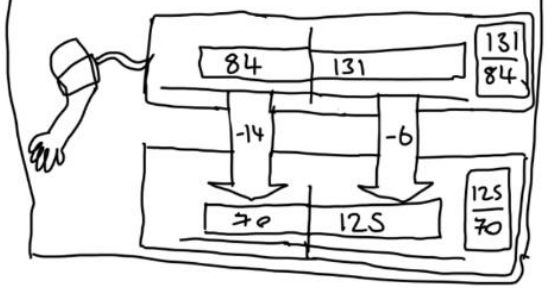


But... we also wanted to see where you store your fat...

So we measured your waist and % visceral fat



Changes in weight and fat mass often cause changes in blood pressure.. ... so we also measured this...



Reducing your blood pressure reduces your risk of

- Heart disease
- Stroke

and other complications.

One way to achieve this is via weight loss...