

Patient name Bobby Smith

Date 10/16/13

Prepared by Dr. Patel

ID 1735

ASSESSMENT RESULTS

103.1 Lbs

4' 9.0"

10y 6m

Male

22.1

94%

23.2%
23.5 Lbs

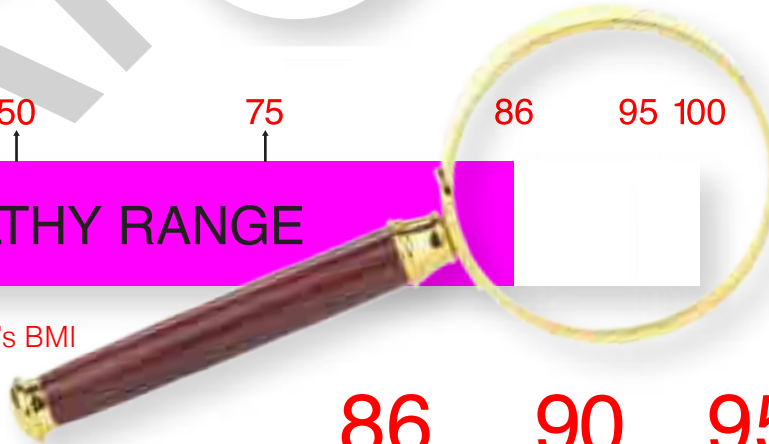
76.7 %
77.6 Lbs

5 25 50 75 86 95 100

5 → 85 HEALTHY RANGE

BMI Percentile is the ranking of your child's BMI when compared to other kids the same age and gender. Here is an example:

100 boys all 11 years old
Your child's percentile is 65. This means 64 boys weigh less and 35 weigh more.



86 90 95 100

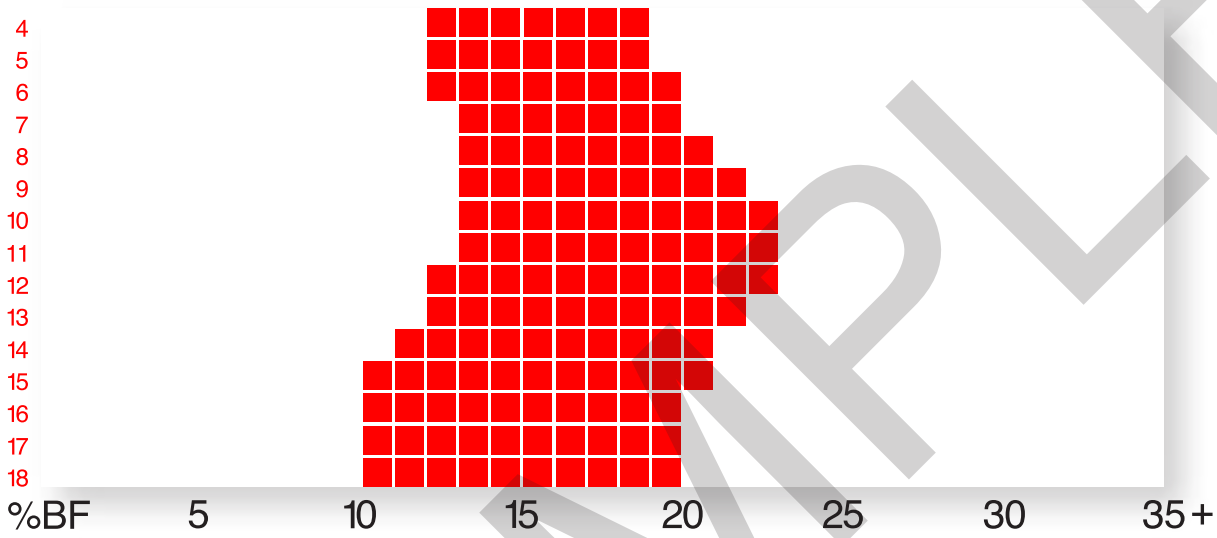
Your child's BMI is 22.1 that puts the child in the 94 percentile, which indicates he or she is overweight.

OVERWEIGHT OBESE



BODY FAT RANGES

FOR BOYS

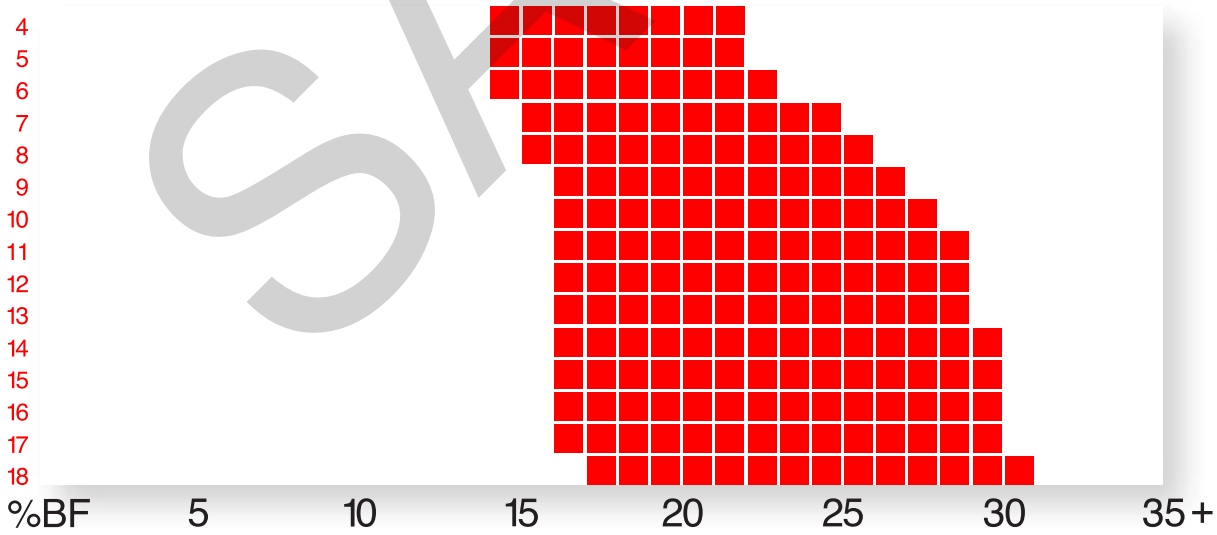


% Body Fat

23.2%

- Lean
- Optimal
- Overfat
- Obese

FOR GIRLS



% Body Fat

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DAILY CALORIC BURN RATES

Parents take charge
You can create a regular schedule for exercise on the family calendar. You can also set limits to your children's sedentary lifestyle using computers, cell phones, TV and video games.

A recent study found 8 to 18 year old girls and boys on average spend 7.8 hours everyday on this valuable but sedentary lifestyle. Help your kids choose moderation.

Teach kids calorie values
Actual calories burned vary with an individual's body weight, meaning the more you weigh, the more you burn. Here are interesting calorie facts for typical 7 to 12 year olds.

It takes 30 minutes of jogging to burn half of a large hamburger or 200 calories. And 30 minutes of swimming can burn half of a donut or 100 calories. These facts can help them see the direct relationship of food and exercise to their personal well being.

Studies show that long periods of high activity are not required for well being. Breaking activity into 15-minute segments can be equal to or exceed a constant long period of activity.

- Here are 15 minute calorie burning activities:
- Dancing 70 calories
 - Basketball 120 calories
 - Biking 75 calories
 - Tennis 100 calories
 - Volleyball 75 calories

Resting Energy Expenditure (REE)
is the number of calories required over 24 hours to maintain vital organs and body functions.



Sedentary
No structured physical activity



Moderate
Playground activity and occasional walks



Heavy
Participating in a structured fitness program 3 days a week, 1 hour in duration



***based on your child's activity level**

This profile indicates your child is overweight. Your Healthcare Provider may recommend decreasing your child's daily caloric intake and/or increasing their activity level.

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PORTION SIZE IS NOW SUPERSIZED

Portion Control

The Official Journal American Academy of Pediatrics recently published a study which suggest that using smaller plates can be effective in the battle against childhood obesity. The study indicated kids eating from smaller plates consumed 90 calories less per meal than kids using larger plates.



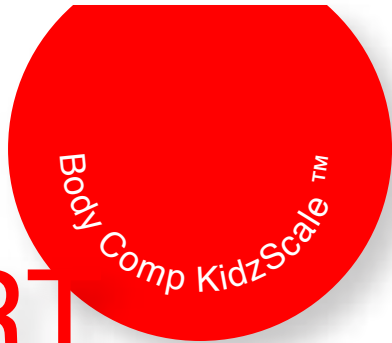
“Spoil your Appetite”

Twenty minutes before dinner, eating a handful of walnuts, peanuts or almonds (fatty nuts) releases a hormone (cholecystokin) in your brain which controls your sense of appetite. As a result, you eat less.

A guide (based on standards that most nutritionists follow) to what one serving should look like.

Your Recommended Daily Caloric Intake





EAT SMART TO BE SMART

Center for Disease Control reports amazing benefits of a healthy breakfast.

improved concentration



higher levels of reading and math retention

Blueberries have a high antioxidant count and everyday eating can lower the risk of Type 2 Diabetes.



Whole Grain Oats are rich in magnesium. Research suggest regular consumption of whole grains can reduce risk of Type 2 Diabetes and heart disease.



Almonds are high in vitamin E & magnesium which keeps your child's cardiovascular system at peak efficiency.



Cherries are high in antioxidants, amino acids and melatonin which can help to induce sleep in children.

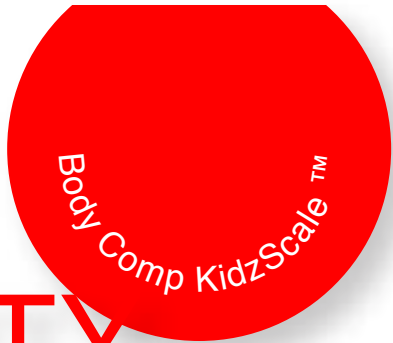
Dark Chocolate increases blood flow to the brain as well as the heart. It can also help improve cognitive function.



Have your child select their favorite super foods

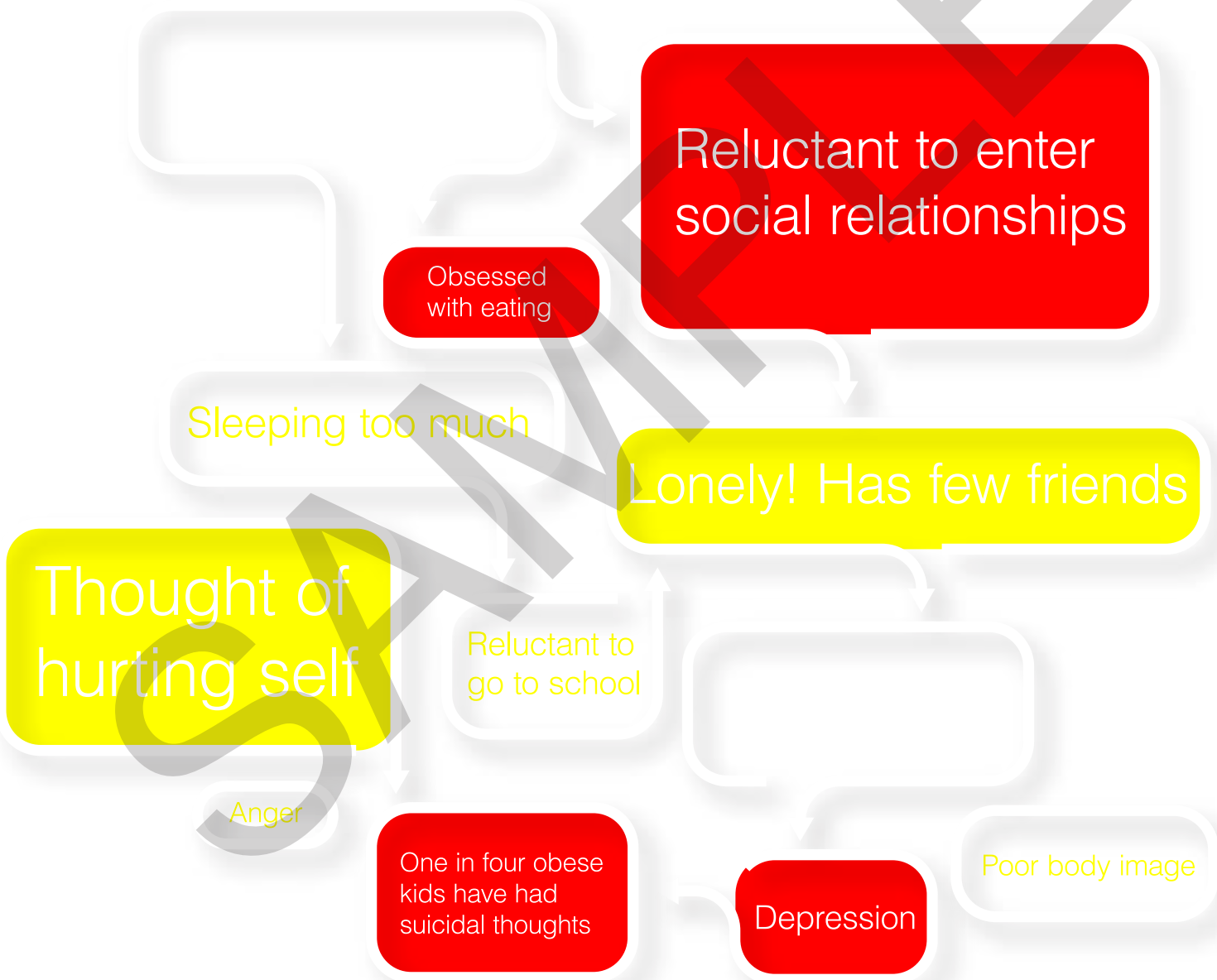
- | | | |
|-------------|-------------------------|---------------------|
| Blueberries | Quinoa | Dark chocolate |
| Oatmeal | Concord grapes | Sweet potatoes |
| Almonds | X Yogurt | Peanut butter |
| Eggs | Cherries | Avocado |
| Cinnamon | X Strawberries | Wild brown rice |
| X Edamame | Roasted sunflower seeds | X Whole wheat bread |

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THE DEVASTATING PSYCHOLOGICAL EFFECTS OF CHILD OBESITY

American Academy of Pediatrics reports children who are overweight are at risk for emotional problems that can last well into adulthood.



Research indicates as children and adolescents get closer to an ideal weight, their self-esteem, relationships, grades, confidence and attitude improve.

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