

Success Guide



Getting the Most out of
Your Membership



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The content found in this guide is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a health, medical and/or fitness condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this guide.

For medical emergencies call your doctor or 911 immediately.
Reliance on any information provided is solely at your own risk.



INTRODUCTION

Whether you want to lose weight, train for a sporting event, or simply maintain a healthy lifestyle, our system provides the tools, structure and support you need to be fit and live healthy.

The 5 simple steps, outlined in this guide are proven to help you lose weight, improve your health, and make positive steps to a healthier lifestyle. These five steps combined with the tools built into your online account, will provide you with a great start toward achieving your goals.

If you need additional assistance, feel free to contact your account coordinators. Your coordinator can assist in using your account, prescribe exercise calendars, and review your progress.

To set up your account, refer to the instructions in the Getting Started Guide.

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Our health and fitness management software is powered by the Interactive Health Partner (IHP), a medically-based system that follows the American College of Sports Medicine guidelines. The IHP Group is proud to be the technology partner of Exercise is Medicine, an initiative to automate physician exercise prescriptions and patient referrals.

Establish a Starting Point




1. Establish a Starting Point

Take a snapshot of your current health

The first step to success is to enter key health metrics into your account so the system can assess your health and identify potential areas of concern. This baseline provides the data you need to celebrate success, or diagnose and decide where to make adjustments. Specifically, the findings benefit you by:

- ✓ Identifying early signs and symptoms of chronic diseases
- ✓ Assisting you in establishing meaningful health goals
- ✓ Providing a baseline so you can assess your progress

Health metrics are grouped in your account by weight, body composition and cardiovascular health. To access a list of health metrics and their definitions refer to the  icon found in your Health Metrics Report.



WHAT DO MY HEALTH METRIC COLORS MEAN?

Each health metric, except for weight, is color-coded to show if you are within the normal range or if you need to be aware of a potential risk and follow up with your physician.

- **High Risk**- Immediate action is needed to lower your reading. Speak with your physician immediately if you have not already done so. We recommend tracking health metrics that fall in this category on a daily basis if possible.
- **At Risk**- Although not as severe as high risk, you should discuss with your physician immediately and take action to improve your readings.
- **Caution**- Strive to improve for better health and fitness.
- **Normal**- This is ideal and represents a healthy and desirable level.

Weight	203lbs.
Waist	38"
Waist-to-Hip Ratio	0.9
Body Mass Index (BMI)	25.37
Percent Body Fat	27%
BP Systolic	140
Bp Diastolic	91
Resting Heart Rate	71
Glucose Level	148mg/dl
Total Blood Cholesterol	240
HDL Level	24mg/dl
LDL Level	
Triglycerides Level	270

Baseline Report

ENTERING HEALTH METRICS

To establish your starting point, click *Update My Health Metrics*. Enter as many health metrics as you know. Talk to your doctor if you don't know your blood pressure or cholesterol, as you may find results for most of the assessments in your medical file. You can go back to this screen anytime and add more metrics or update the ones you've already entered. The more health metric stats you monitor, the more meaningful your report will become.

After you finish entering your health metrics you can view your baseline by clicking on the *Health Metrics Report*.

Set Your Goals



2. Set Your Goals

Define your destination

Goal setting is a powerful process for thinking about your future and for motivating yourself to turn your plans into reality. By knowing precisely what you want to achieve you know where to concentrate your efforts and spot distractions interfering with your destination.

Setting Effective Goals

You can improve the odds of accomplishing your goals by:

- ✓ Positively stating each goal
- ✓ Formally documenting each goal
- ✓ Setting goals where you control the outcome

Fortunately your membership account gives you a head start! Your account has a variety of goals that can be tracked and automatically measured covering Long (12 months), Medium (6 months) and Short (3 months) term time frames.

In the *My Goals* section of your account, you can select from any of the following:

WEIGHT MANAGEMENT

Lose Weight

Achieving a healthy body weight is a simple math equation of managing your calories in and calories out. To successfully lose weight, create a calorie deficit through a combination of eating fewer calories and increasing your daily physical activity.

We've developed a calculator converting your weight loss goals into a daily caloric deficit plan. With this plan you can focus on a daily caloric reduction through nutritional changes and/or increasing daily calories burned through exercise.

Change Body Fat Composition

If you have access to your body fat percentage, a body composition goal may be the most beneficial. Body fat percentage is the total pounds of fat in your body divided by your weight. This is the only body measurement directly calculating body composition, regardless of height or weight, and is one of the most reliable measurements for assessing body composition.



TRAIN FOR A SPORT / IMPROVE FITNESS LEVEL

If you are training for a competitive event or looking to improve sports performance, you can set a sports training goal. Cardio goals are based on minutes per week, distance is based on miles per week, and strength and flexibility are based on workouts per week.

HEALTH METRICS / VITAL STATS MANAGEMENT

Getting the exercise you need along with proper nutrition can improve your blood pressure, resting heart rate, cholesterol, and blood glucose.

You can set goals to log your blood pressure or blood glucose or make improvements to these metrics.

ACTIVE LIVING / HEALTHY HEART

American Heart Association Recommendations



According to American Heart Association (AHA) guidelines, “Every adult should accumulate 30 minutes or more of moderate-intensity physical activity preferably 5 or more days per week.” This equals 150 minutes per week of activities such as walking, running, biking, and sport activities. AHA also recommends strength training be performed on 2 or more non-consecutive days a week with 8 exercises involving major muscle groups.

Meeting the AHA’s guidelines should be your goal if you are just starting an exercise routine or you currently do not meet this guideline.

Combination Options

You can also create customized goals in which you specify the number of steps you want to take daily and the number of weekly cardio, strength and flexibility exercises.



Walking is a great way to increase daily physical activity. Two studies published in the Journal of the American Medical Association confirmed walking can be as effective as a traditional exercise program.

For cardiovascular health strive to take 10,000 steps a day, which is equivalent to walking roughly five miles. By walking 10,000 steps a day you will burn between 2000 and 3500 calories each week.


To lose weight take 12,000 to 15,000 steps a day. A reasonable goal is to increase your average daily steps by 500 until you reach your desired step count.

CUSTOM GOALS

You can also set other goals, including behavioral goals relating to your lifestyle in terms of healthy relationships, stress management, nutrition, education, and lifestyle. Your account allows you to enter your progress against these goals.

BUILDING A GOAL IN YOUR ACCOUNT

When you select the *My Goals* section on your homepage, you will find four tabs: Information, Build/Edit, Progress, and History. The first time the system will default to Build/Edit; once you set your goals it will default to the Progress tab. We recommend you focus on setting a Long term goal first, then establish Medium and Short term goals supporting your Long term goal.

For general assistance on goal setting select the Information tab. If you need an explanation on any of the goal categories, click on the  icon.

To set your goals complete the following steps:

- 1 Select the Start Date for your goals.
- 2 Click each goal category and select the goal that is right for you.
- 3 Fill in the required fields and click *next*.

When you return to the *My Goals* section, your progress will automatically display and include percent complete, number of days before the completion of your goal, and more.



Goal Progress

Build a Workout Calendar



3. Build a Workout Calendar

Create your game plan

Now that you have set your goals it's time to create a game plan. This game plan is known as your Workout Calendar.

Before creating a Workout Calendar, it's important to understand how the body responds to exercise. Keep in mind these simple principles:

- ✓ To see change, your body must be taxed using loads greater than you currently use
- ✓ Progress specific to exercise involves increasing time, frequency and intensity
- ✓ Gains experienced will depend on your age, fitness level, and health

Why use a Workout Calendar?

The Calendar provides a variety of exercises, reducing repetition and producing an optimal response from your muscles. By varying workouts, you maximize change taking place in your body and optimize progress.

BUILDING MY WORKOUT CALENDAR

Begin by clicking *My Exercise Profile* and answering a few simple questions about your exercise preferences. Make sure your preferences are consistent with your goals. Your workout calendar can include a combination of cardio, strength, flexibility and balance components, based on your exercise profile.



Now click *Build My Workout Calendar*. Program options that most closely match your exercise profile will display:

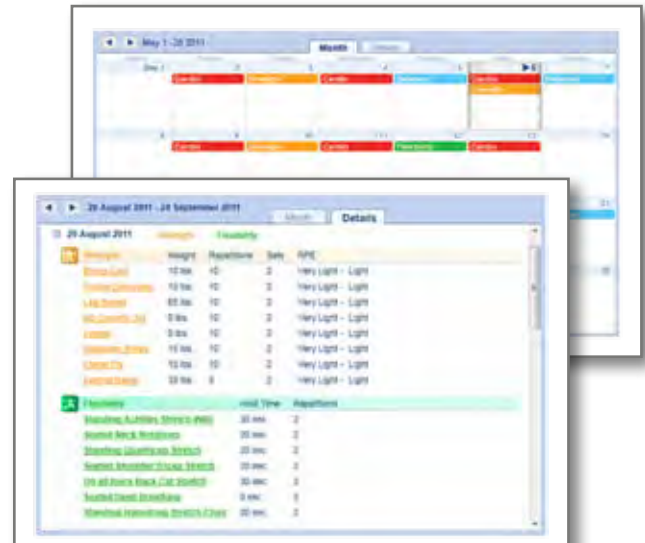
- ✓ Number of days and minutes per week for each program
- ✓ Program descriptions, profiles and equipment needed
- ✓ Positions you will use and muscles targeted

Click on each program to include in your workout calendar, based on your interests and the goals you set. When you click *Finish* your workout calendar is assigned to you, and you can begin following your game plan to achieve your goals.

USING MY WORKOUT CALENDAR

Your workout calendar displays as an actual calendar, and is your guide to follow each day. You'll find additional information about specific exercises and workouts by clicking on the *Details* tab or on a specific date, and then select the exercise you want to learn more about.

If you find a workout too easy or too difficult, click on the icons under edit workouts to make necessary adjustments. To assist you in properly performing each exercise there are detailed descriptions, illustrations and videos.



View My Workout Calendar

Log Your Results



4. Log Your Results

Tally your score

Entering results on a regular basis will lead to long-term commitment and success. Research shows those who log their fitness on average achieve greater success. Logging results provides the following benefits:

- ✓ Builds self-confidence and self-esteem
- ✓ Promotes accountability
- ✓ Provides the opportunity to look at progress over time
- ✓ Helps identify challenges and barriers

Entering your results is simple and takes only seconds. The update screen in your account supports logging daily steps, cardio minutes, calories burned and miles exercised, plus the number of strength, flexibility and balance workouts completed each week.

LOGGING PHYSICAL ACTIVITY

Log results for all your physical activity, whether it's swimming, cycling, walking on a treadmill or using an elliptical. The more you log, the more comprehensive and valuable your reporting tools will be.

To log your exercise, Click *Update My Exercise Results* and enter results in one of 3 ways:

- ✓ Upload results from a USB used with IHP certified products
- ✓ Upload results from Garmin Forerunner sport watches
- ✓ Enter exercise results manually

IHP certified treadmills with a USB drive automatically save your workout time, distance, calories, step count and heart rate every 20 seconds. The USB activity tracker saves daily steps, distance and calories. Upload your data following your workout or after you have completed multiple workouts.

Regardless of how you log physical activity, your entries are instantly available so you can review them and make informed decisions.

LOGGING HEALTH METRICS

Health metrics indicate what is happening inside your body and can be used to measure the changes you make in your lifestyle.

Click *Update My Health Metrics* to enter your health metrics in one of 2 ways:

- ✓ Upload results from a USB used with IHP certified health monitors
- ✓ Enter health metrics manually

The IHP certified Digital Scale automatically records weight and body fat percentage, while the Blood Pressure Monitor records systolic/diastolic pressure and heart rate.

Your account shows a comparison of the latest entries to your baseline, as well as a detailed history of your results.



Review Your Progress



5. Review Your Progress

See how far you've come

One of the best features in your account is the reporting of exercise results and health metrics. Reports show detailed logging history, year-to-year comparisons, trends in your results, and progress toward your goals. Reviewing your progress helps you:

- ✓ Measure success
- ✓ Uncover areas for improvement
- ✓ Make better informed decisions
- ✓ Quantify accomplishments

View your reports at any time or print them to share with family, friends and physicians. Seeing your data, specific to your efforts and your situation, will engage you to effectively manage your health and fitness.

VIEW HEALTH METRICS

The Health Metrics report summarizes what is happening inside your body. The top section of the report provides a current snapshot of your body composition and cardiovascular health, in comparison to your baseline and calculates the change from your baseline to your most recent update. The middle section shows trends for specific health metric, and the bottom provides a history of all updates.



Health Metrics Report

You should try to keep your health metrics in the “normal” range. Progress may be slow, but will change positively if you implement healthy lifestyle changes into your daily routine.

VIEW EXERCISE RESULTS

The Exercise Results report shows details such as: time, distance, calories, steps taken and average heart rate. These can be viewed by week, month and year. Analyzing the history of your exercise results offers insight into where you have improved and where to consider making changes.

VIEW GOAL PROGRESS

To complement the exercise results report, you can compare your progress against your goals. For goals you find you cannot achieve, you can easily edit them to be more appropriate and meaningful to your current situation. Once you have completed your goal, or the completion date has expired, it will go into your goal history for later review

SUMMARY

You now have the resources within your grasp to enroll in your personal account and discover a fun and engaging online system customized by you to meet your unique health and fitness needs.

Get started today! Make your health and fitness your priority! Success is just a “click” away!