



**WEIGHTLOSS
OR
FATLOSS?**

WHO WE ARE

N⁺E

Nutrition . Fitness . Rehab

SPECIALIST





DANNY TEO

Nutrition & Exercise Specialist



WE BELIEVE

**Your greatest gift for
your loved one
is to take good care of
your health!**



576 kcal



372 kcal



494 kcal

HABITS

DIETARY HABITS IN SINGAPORE





745 kcal



482 kcal



522 kcal

HABITS

DIETARY HABITS IN SINGAPORE





511 kcal



700 kcal



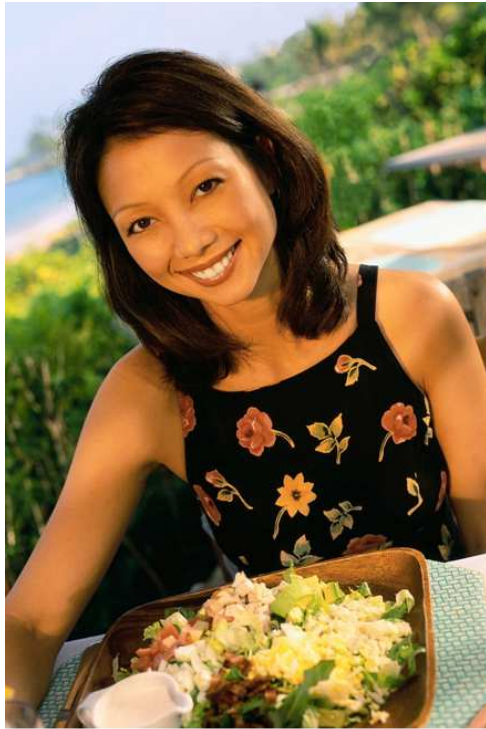
617 kcal

HABITS

DIETARY HABITS IN SINGAPORE



YOU ARE **WHAT** YOU EAT



PROBLEMS

WHAT ARE THEY?

#1

OVERWEIGHT

#2

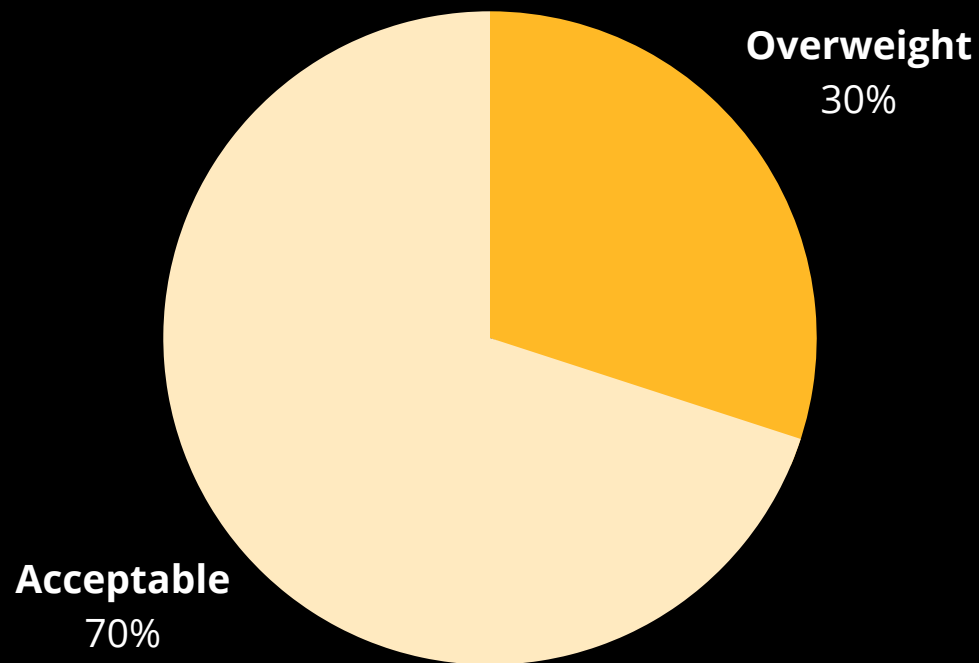
**CARDIOVASCULAR
DISEASES & DIABETES**

#3

IMMOBILITY

OVERWEIGHT

A SURVEY ON SINGAPOREANS



AM I OVERWEIGHT?

Body Mass Index (BMI)

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height x Height (m)}}$$

Waist to Hip ratio (WHR)

$$\text{WHR} = \frac{\text{Waist (cm)}}{\text{Hip (cm)}}$$

BMI	Classification
< 18.5	Underweight
18.5 – 22.9	Normal
23.0 – 27.4	Overweight (Pre-Obese)
27.5 – 32.5	Obese Class I
32.5 – 37.4	Obese Class II
>= 37.5	Obese Class III

Healthy WHR ratios

For Men	< 1.0
For Women	< 0.8

WEIGHT LOSS?

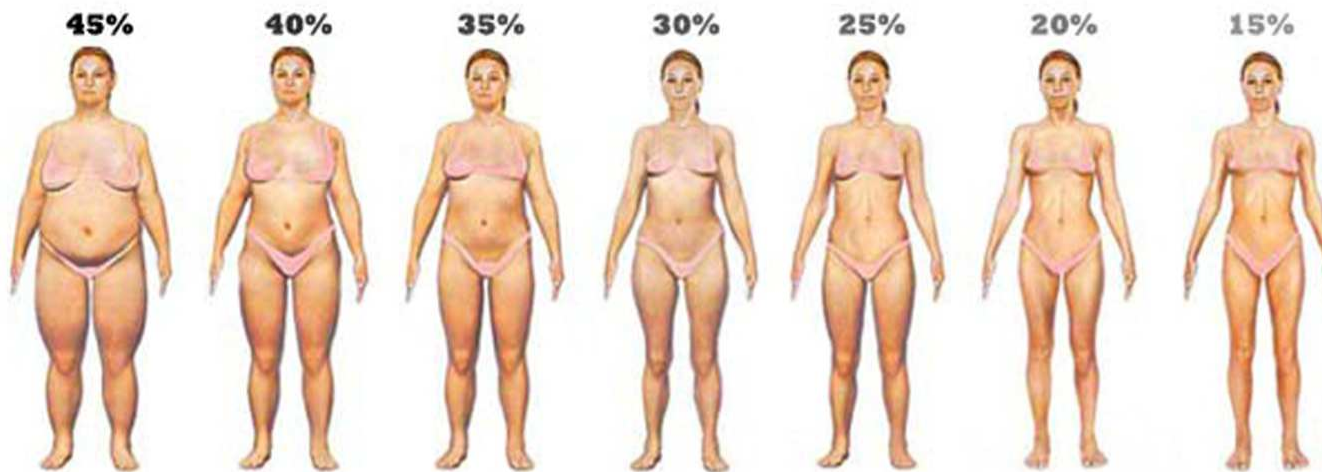


FAT LOSS?



BODY FAT%

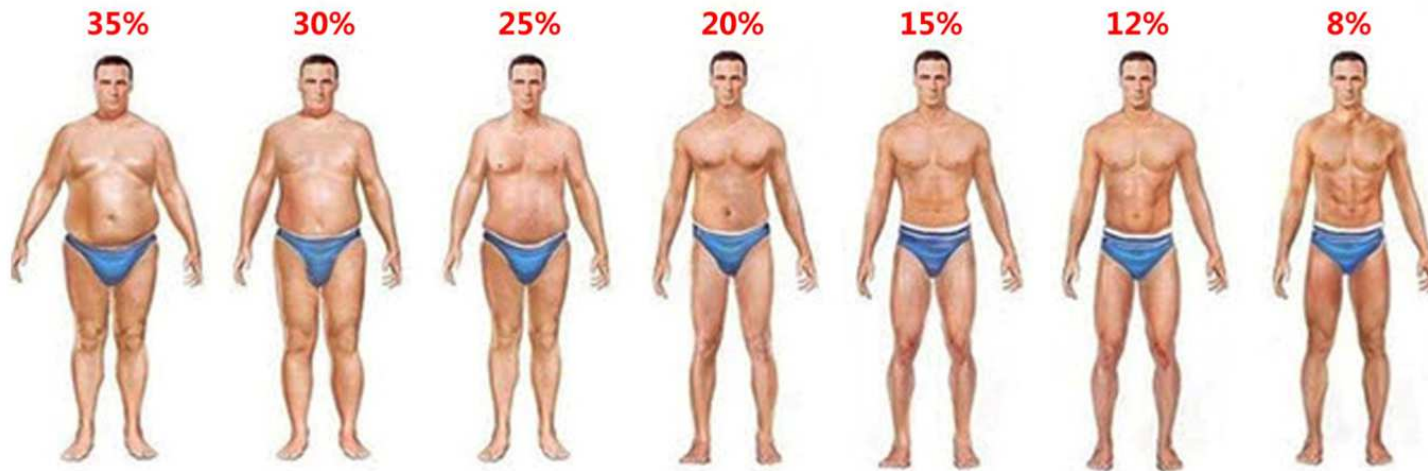
FOR WOMEN



Age 年龄	Body Fats 体脂肪 (%)				Bone Mass 骨量 (%)	Calorie 卡路里
	Low 低	Normal 正常	Moderate 注意	High 高	Normal 正常	Suggestion 建议
6-12	<7	7-19	19-25	>25	>1.3	1050-2300
13-19	<20	20-29	29-37	>37	>1.5	1125-2700
20-39	<21	21-30	30-38	>38	>2.5	
40-59	<23	23-31	31-40	>40	>2.0	
60-79	<25	25-32	32-42	>42	>3.2	
Athlete 运动员		12-25				2100-4200

BODY FAT%

FOR MEN

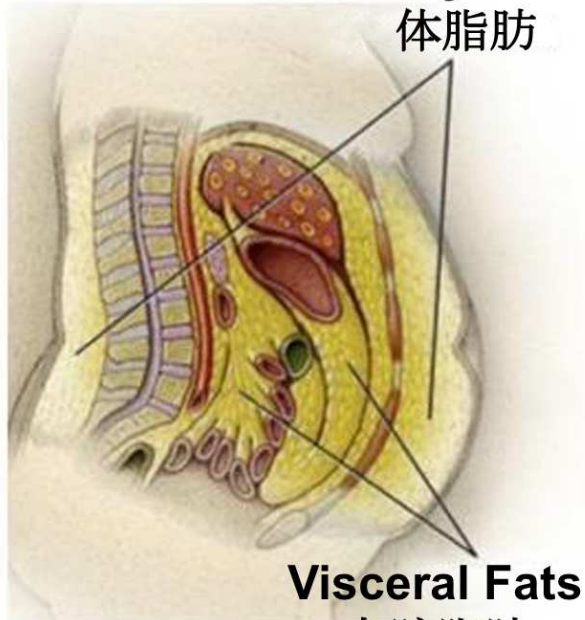


Age 年龄	Body Fats 体脂肪 (%)				Bone Mass 骨量 (%)	Calorie 卡路里
	Low 低	Normal 正常	Moderate 注意	High 高	Normal 正常	Suggestion 建议
6-12	<7	7-18	18-25	>25	>1.3	1175-2800
13-19	<8	8-19	19-25	>25	>1.7	1450-3300
20-39	<9	9-20	20-26	>26	>2.8	
40-59	<11	11-21	21-28	>28	>2.4	
60-79	<13	13-22	22-30	>30	>3.5	2500-5000
Athlete 运动员		3-15				

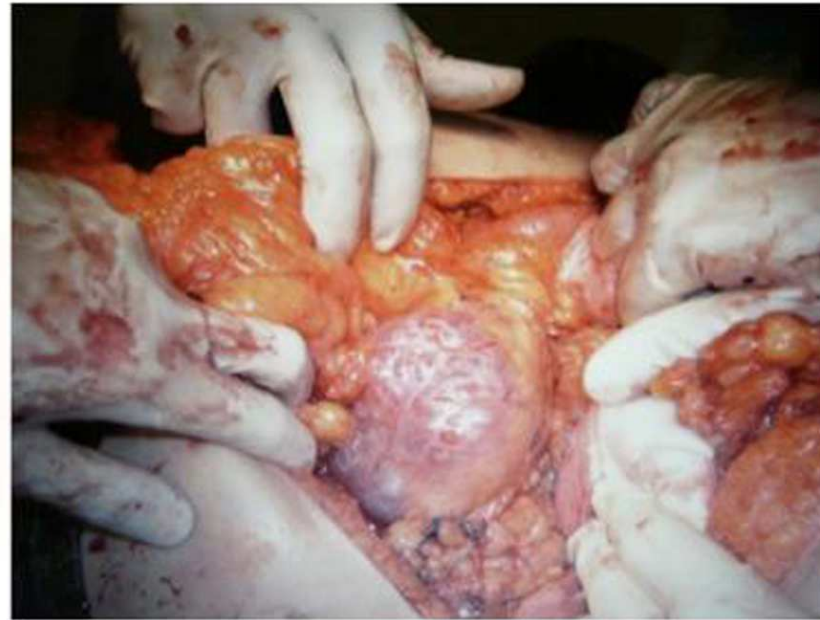
VISCERAL FATS

Healthy 1 - 9
Unhealthy > 10

Body Fats
体脂肪



Visceral Fats
内脏脂肪






LET'S TEST

SIMPLE HEALTH TEST

	Before	After	Result
Weight			
Fat Percentage			
Visceral Fats			
BMR			
BMI			
Body Age			
Waist size (cm)			
Hip size (cm)			
Waist/Hip Ratio			



SOLUTIONS

1

Balanced Meals with proper supplementation (where needed)

2

At least 30mins of exercise, 5x a week (>150min a week)

3

Engage us for your personalized solution

EXERCISE

WHAT TYPE?

Exercise - How much do you burn?

For every 30 minutes of the selected activity for men and women

Activity	Body Weight			
	50kg	60kg	70kg	80kg
Laying Down	33	42	45	51
Badminton				
- Singles	120	147	168	192
- Doubles	90	111	126	144
Bowling	90	111	126	144
Cycling				
- 8 km/hr	63	78	90	102
- 16 km/hr	138	171	198	222
- 24 km/hr	240	294	339	381
- 32 km/hr	351	432	495	561
Dancing				
- Waltz	105	129	147	168
- Disco	150	183	210	237
Soccer	198	243	279	315

Activity	Body Weight			
	50kg	60kg	70kg	80kg
Swimming				
- Breaststroke (20m/min)	105	129	147	168
- Front Crawl (50m/min)	231	285	330	372
Tennis				
- Singles	165	201	234	264
- Doubles	114	141	162	183
Brisk Walking	138	171	198	222
Golf				
- Pulling clubs	120	147	168	192
- Power cart	63	78	90	102
Running				
- 10km/hr	240	294	339	384
- 15km/hr	399	492	564	639



IT IS **HEALTH** THAT IS
REAL **WEALTH** AND NOT
PIECES OF GOLD AND
SILVER.

MAHATMA GHANDI

CONTACT



Link US on Facebook:
<http://bit.ly/NEspecialists>

specialist.ne@gmail.com



**MANY
THANKS**