

What Does Wellness Mean To You?

The condition of good physical and mental health, especially when maintained by proper diet, exercise, and habits.

American Heritage Dictionary

It is all about feeling better and looking better

Mark Hughes,
Founder of Herbalife

Wellness is all about waking up every morning with enough time, energy and freedom to live life as you wish.

Anonymous

What is missing from your life for you to achieve health and well-being?

Personal Bio-Electrical Impedance Analysis:

Name _____

Address _____

City _____

Telephone Number _____

E-Mail _____

Age years Date of birth ___/___/_____


Sex male female

Height in cm cm

Hours of Exercise / Week hours

-----FOR OFFICIAL USE ONLY-----

Weight _____ kg Date ____/____/20____

 % Body Fat _____%

 Basal Metabolic Rate _____ kcal

 % Total Body Water _____%

 Metabolic Age _____ yrs

 Muscle Mass _____ kg

 Bone Mass _____ kg

 Physique Rating 1 2 3 4 5 6 7 8 9

 Visceral Fat Rating _____