

A woman in a white long-sleeved shirt and green pants is riding a red bicycle. A man in a light blue t-shirt and dark pants is riding a silver bicycle. They are in a grassy area with large, leafy trees in the background. The scene is bright and sunny.

lifefirst

Metabolic Health Program

it all leads
to a **healthier**
you



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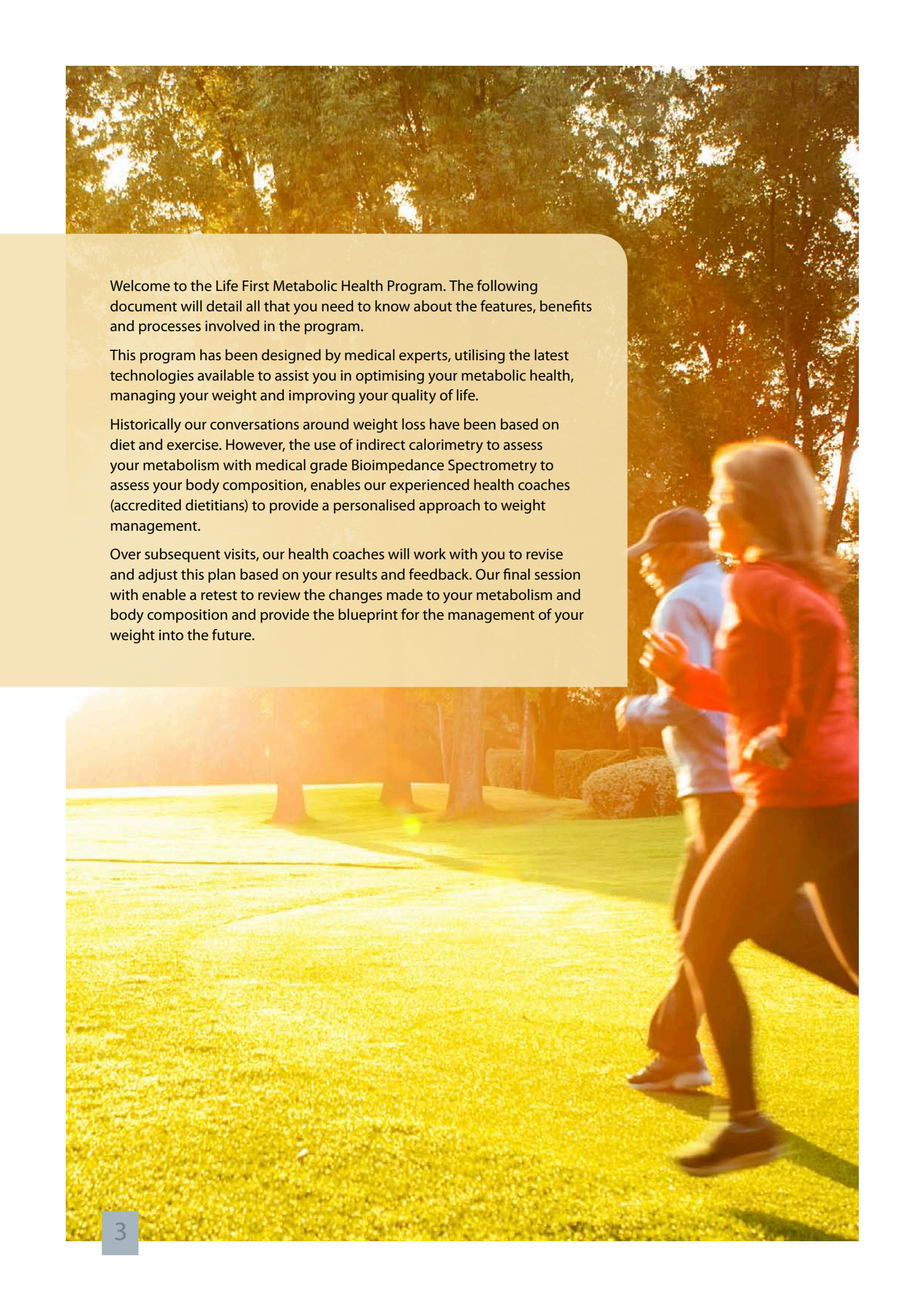
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Welcome to the Life First Metabolic Health Program. The following document will detail all that you need to know about the features, benefits and processes involved in the program.

This program has been designed by medical experts, utilising the latest technologies available to assist you in optimising your metabolic health, managing your weight and improving your quality of life.

Historically our conversations around weight loss have been based on diet and exercise. However, the use of indirect calorimetry to assess your metabolism with medical grade Bioimpedance Spectrometry to assess your body composition, enables our experienced health coaches (accredited dietitians) to provide a personalised approach to weight management.

Over subsequent visits, our health coaches will work with you to revise and adjust this plan based on your results and feedback. Our final session will enable a retest to review the changes made to your metabolism and body composition and provide the blueprint for the management of your weight into the future.

What's involved

in the Metabolic Health Program

This program will provide you with an evidence-based approach to managing your metabolic health.

It provides an accurate assessment of the metabolism, your ability to burn fat vs carbohydrates at rest and the composition of your body weight, including skeletal muscle mass and body fat.

Utilising this information, your health coach will devise a plan which is unique to you and your personal circumstances. This plan will be revised and assessed with each visit, with our qualified health coaches providing support and guidance over subsequent visits.

The program is structured into 5 sessions and includes:

- Initial Assessment utilising Ecal and BIS – 60 minutes in person
- Follow up – Review Session – 45 Minutes – Telehealth or in person
- Follow up – Retest Session utilising Ecal and BIS – 60 minutes in person
- Follow up – Review Session – 45 Minutes – Telehealth or in person
- Final Assessment utilising Ecal and BIS – 60 Minutes in Person

What is

Metabolic Testing (Ecal)

Your metabolism is the way in which your body consumes and utilises energy. This is essential in understanding and managing your weight and may be important in the prevention of many chronic diseases including diabetes, chronic fatigue and metabolic syndrome.

Your metabolism is measured utilising a machine call Ecal, this machine is registered as a medical device within Europe and Australia. With Ecal, an individual's metabolic rate (or energy production) is accurately assessed using indirect calorimetry, the gold standard for assessing human metabolism. Information gathered from Ecal includes daily energy requirement at rest, how this energy is being produced (whether from fat or carbohydrate), and the efficiency with which cells use oxygen for energy production. Such technology was previously only available to elite athletes and academic researchers.

What is

Bioimpedance Spectrometry (BIS)

BIS is the most advanced method of using bioimpedance measurements to assess fluid levels and tissue composition. Bioimpedance measurements are taken by sending a painless electrical current through the body and measuring the body's resistance and reactance to this electrical current. It is non-invasive, easy to use and provides results in less than 30 seconds. We are able to measure:

1. Percent body fat
2. Skeletal muscle mass (kg)
3. Total body water: Intracellular & Extracellular (a healthy balance is critical for good health).

This digital technology which measures 256 data points has been FDA-cleared, CE-marked and ARTG-listed.

Frequently Asked Questions

Who is Life First?

Life First is a health management company owned and operated by Executive Health Solutions. Originally founded at St Vincents Private Clinic over 20 years ago, we now operate purpose-built clinics throughout Australia.

Life First only utilises degree qualified and accredited health professionals in our services. This includes experienced Medical Practitioners, Exercise Physiologists and Dietitians who have done post graduate training in health coaching.

Where is this program delivered?

At present we are offering this program out of our Martin Place Clinic in Sydney. We also offer follow up sessions via telehealth.

What are the preparation requirements for my assessment?

No Alcohol for 12 hours prior to the test

No Exercise for 12 hours prior to the test

No Food/Caffeine for 4 hours prior to the test

No Smoking for 4 hours prior to the test

What do I do if I am taking medication?

Please continue to take prescribed medication. If fasting conflicts with the advice given for taking your medication(s) (e.g. diabetes and hypertension), please consult your Doctor or Specialist.

Can I claim this service on my private health insurance?

Components of this service can be claimed on private health insurance depending on your level of cover and health fund. Please check with your health fund for further details.

Your Report

You will receive an immediate report after your initial Metabolic Health analysis. The report will record measurements such as muscle mass, fat mass, fluid levels, basal metabolic rate (BMR) and protein and mineral levels.

You will receive current and comparative data on your body composition so that you can measure your changes and improvements.

Your report forms a valuable basis from which to generate an action plan for achieving optimal health and weight loss.





Should you have any further queries regarding the Metabolic Health Program, please do not hesitate to contact Life First on 1300 030 707.

Your assessment can be performed at any of the following clinic locations:

Sydney - Martin Place
Level 6, 32 Martin Place
Sydney New South Wales 2000

