

Metabolic Solutions

Mastering your metabolism...

It's not just what goes in, it's how your body makes use of it

What is a Metabolic Assessment?

Just as we are all unique personalities, each individual's body also responds best to a unique blend of dietary and lifestyle ingredients. There is no "one size fits all" diet whether the employee's goal is weight loss, greater energy levels or more focused concentration. In fact, what works best for some in terms of optimizing their energy and productivity is often counter-productive to others.

Full Spectrum's 30 minute Metabolic Assessment is a personalized nutrition, lifestyle and physiological assessment of how each participant's body is responding to their diet and lifestyle. A Metabolic Assessment enables us to tailor informed nutrition and lifestyle recommendations to each employee and help them achieve a focused health outcome in a direct, time efficient manner. By implementing an individualized protocol, rather than "one size fits all" recommendations, a Metabolic Assessment produces positive outcomes for all participants – not just some.

Why Choose Your Metabolic Assessment?

- **Proactively assess and elevate employee workplace performance**
- **Enhance employee health and energy levels**
- **Provide employee specific nutrition guidelines and strategies**
- **Build employee good will and a culture of health**



Individualised Solutions

Each participant is provided with their personal & comprehensive "Metabolic Passport" detailing their results along with Full Spectrum's Metabolic Optimisation Education and Solutions Package. Their report is then used for goal setting and future comparisons.

Executive Summary

Management and HR have the option of requesting an Executive Summary. The Executive Summary entails a detailed report, highlighting group averages for the Metabolic Assessment. This report can be broken down to compare variations between departments, different unit locations (where applicable), age and gender. Your Executive Summary can then be used to specifically tailor future interventions of the Corporate Health Programme for your organisation.



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What does a Metabolic Assessment include?

A Metabolic Assessment is a 30 minute appointment comprising of 3 components:

1. A Health and Lifestyle Questionnaire and Goal Evaluation
2. A Physiological (how the body functions and responds) Assessment
3. Interpretation and solutions specific to the participants "Metabolic Individuality"

1. Health and Lifestyle Evaluation

As part of the Metabolic Assessment, all participants complete a Health and Lifestyle Questionnaire and Goal Evaluation. The Questionnaire provides the participant's subjective health status and goals along with key information designed to reinforce their physiological results.

2. Metabolic Assessment

When properly understood, the human body provides a set of signals as to how it is functioning and what ingredients are required to elevate its physical and mental energy levels. A Metabolic Assessment utilizes readings such as blood pressure and heart rate, blood dispersal, breath rate and body temperature to provide reliable and retest-able information specific to each participant.



3. Interpretation and Solutions

Metabolic Individuality influences the health, energy levels, mental focus and, ultimately, productivity of each of us, and each of us is unique. Accurate interpretation of these readings enable us to tailor each participant's solutions package specific to their personal health goals, and provide health and performance solutions specific to each of them. Each employee also receives a personalised information booklet detailing their results and goal-focused solutions.

A Metabolic Assessment tests:

- ➔ Digestive function; how our body extracts energy from our food
- ➔ Hydration and Electrolyte ratios; drives the communication between brain and body
- ➔ Carbohydrate and Fat Metabolism; the body's primary fuel sources – "the gas in our tank"
- ➔ Nervous System Health; for enhanced stress management and performance under pressure specific to each participant.

Full Spectrum Corporate Health Solutions

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