

On Target Health™



**IT'S ALL
ABOUT
LOSING
THE **RIGHT**
WEIGHT.**



5 LBS. OF FAT



5 LBS. OF MUSCLE

OUR SOLUTION



WE CALCULATE
BODY COMPOSITION &
RESTING METABOLISM



WE SCHEDULE
BEHAVIORAL COACHING

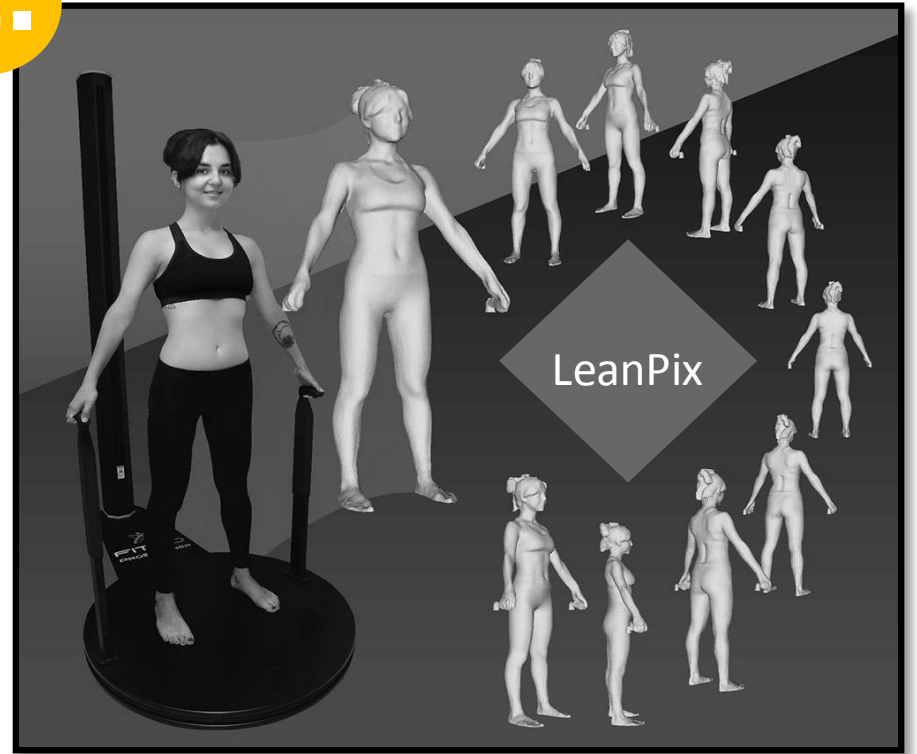


HOW WE CALCULATE

1.



2.



or

Measuring Body Composition:

Body composition is the body's relative amount of fatty tissue to lean mass. We perform a comprehensive body composition measurement using two FDA-approved machines

HOW WE CALCULATE

Measuring Resting Metabolism:

Resting metabolic rate is the energy required to stay alive with no activity.





BEFORE

DISEASE STATE

- Pre-Diabetic

MEDICATIONS

- High Cholesterol

VITALS

- 216 lbs
- 43.4% Body Fat
- 203 Total Cholesterol
- 52 HDL Cholesterol
- 126 LDL Cholesterol
- 124 Triglycerides
- 5.8 A1C

AFTER

DISEASE STATE

- Preventing Type II Diabetes

MEDICATIONS

- Reduced Dosage

VITALS

- 158.5 lbs
- 32.9% Body Fat
- 186 Total Cholesterol
- 59 HDL Cholesterol
- 112 LDL Cholesterol
- 76 Triglycerides
- 5.3 A1C



1 YEAR AFTER COMPLETING THE PROGRAM...



**4x THE
NATIONAL
AVERAGE!**

On Target Health™



Participants Testimonial (3-Minute Video):

<https://youtu.be/vKp24JZrK9k>

On Target Health™



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