

# Case Study: Tadd

## The Challenge

Tadd, a 51 year old firefighter recently transferred to a less busy fire department giving him more time to focus on his health. He had exercised previously with limited results and still had low back and knee pain and was still seeking a solution.

## The Outcome

Tadd not only lost weight but maintained his muscle mass. He lowered his risk of all-cause mortality and increased his efficiency of power. Additionally, Tadd potentially saved himself almost \$20k in healthcare costs.

**Disclaimer:** OVAL does not guarantee or warrant any specific outcome because of participation in the OVAL Program. Any data or results provided are for informational and exemplary purposes only and are not intended to represent the results for all OVAL Program participants. All OVAL Program outcomes and results are unique to the individual participant and are based on a combination of factors, in addition to OVAL Program usage.

# Tadd Case Study

SMART Test 1: 25 August

## VITALS



Body Weight	297
Body Fat Percentage	37.3
Resting Lactate	1.2
Body Mass Index	40.3
Waist Circumference	51
Resting Heart Rate	66
Blood Pressure	154/100
Heart Rate Recovery Rate	17

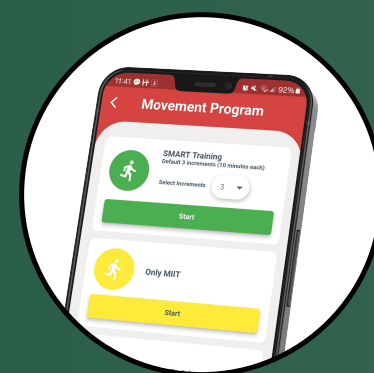
## METABOLIC FITNESS



**MetFlex Index**  
18.6



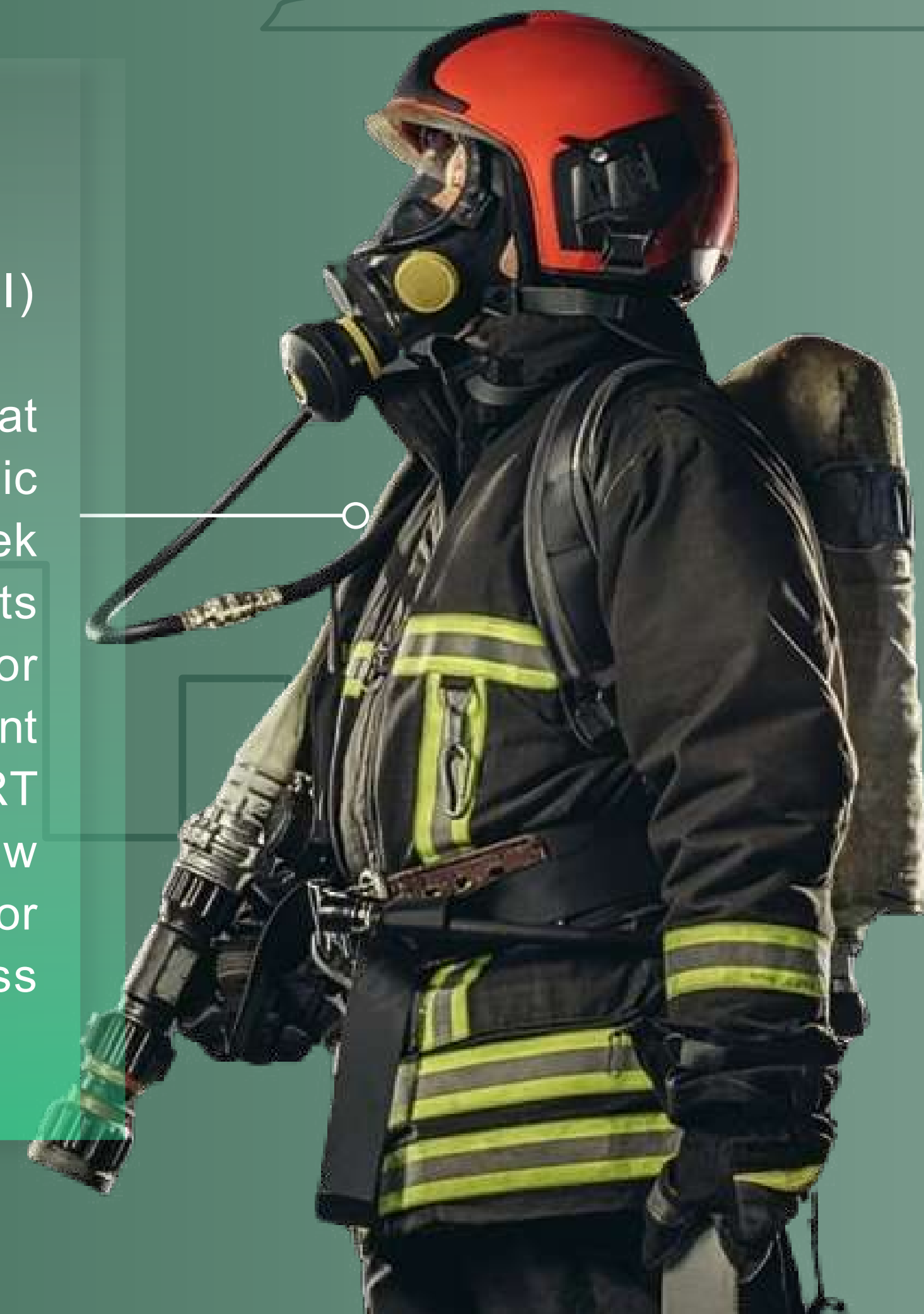
**SMART Zone Heart Rate**  
99-104



**Exercise Program**  
Olympic lifting  
2 to 3 times per  
week

## RESULTS

The initial MetFlex Index (MFI) indicated poor fat utilization capacity (a limited ability to use fat as a primary fuel source). Olympic weightlifting 2 to 3 times per week focused on glycolytic movements that tapped into carbohydrate for energy, neglecting the development burning stored fat. Both SMART and HIIT thresholds were below standard underscoring a need for improvement in overall fitness levels.



# Tadd Case Study

SMART Test 2: 15 December



## RESULTS

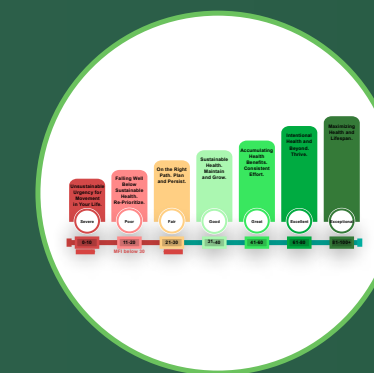
Since implementing daily SMART Zone training, Tadd improved his fat burning capacity, moving from poor to good on the MetFlex Index. This allows him to conserve carbohydrates for essential tasks rather than relying on them for routine activities. Tadd shed 20lbs of fat while preserving his skeletal muscle mass. Additionally, he reduced his risk of all-cause mortality and potentially lowering healthcare costs in the long run.

## VITALS



Body Weight	277
Body Fat Percentage	32.6
Resting Lactate	0.7
Body Mass Index	37.6
Waist Circumference	49.5
Resting Heart Rate	66
Blood Pressure	166/103
Heart Rate Recovery Rate	34

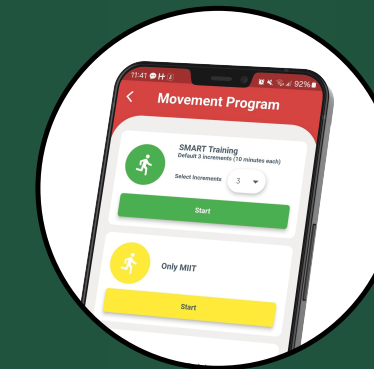
## METABOLIC FITNESS



**MetFlex Index**  
35.9



**SMART Zone Heart Rate**  
105-110



**Exercise Program**  
SMART Zone daily & intervals 3 times per week weight lifting 2 times per week

# Tadd Case Study

SMART Test 3: 13 March

## VITALS



Body Weight	267
Body Fat Percentage	29.9
Resting Lactate	1.1
Body Mass Index	36.1
Waist Circumference	46.5
Resting Heart Rate	62
Blood Pressure	145/84
Heart Rate Recovery Rate	45

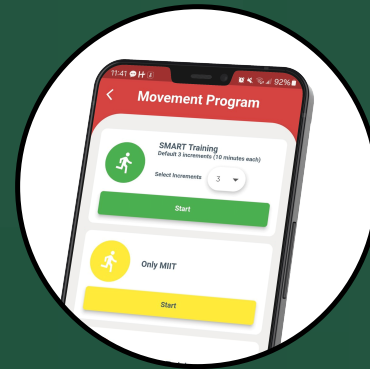
## METABOLIC FITNESS



**MetFlex Index**  
44.6



**SMART Zone Heart Rate**  
110-116



**Exercise Program**  
SMART Zone daily and intervals 3 times per week  
weight lifting 2 times per week

## RESULTS

Further improvement pushed Tadd's MFI over 40 into the great range. His progression not only underscores the efficacy of the SMART Zone training but also highlights the tangible health benefits and cost savings associated with optimizing metabolic fitness through personalized training.

