# Case Study: Kenny

JUNE 2021 - NOVEMBER 2021

### The Challenge

Despite all his previous efforts, Kenny's weight was a major issue. He also had high blood pressure and was forced to take medication. He needed an overhaul of his overall health and a way to precisely measure his progress.

#### The Outcome

Kenny is the healthiest he has ever been. He lost 42 pounds in 5 months and was able to come off of his blood pressure medication. Kenny has been able to maintain his progress with continued use of OVAL.

## In Kenny's Words

This program is easy to use and it keeps me focused during the workout. I want to continue using this on my fitness journey.



OVAL does not provide medical advice or treatment. 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 may be based on a combination of factors, in addition to the usage of OVAL.



# Kenny Case Study



MFI 15.59

Blood Pressure 154/93

Fasting Glucose 100

Waist Circumference 135cm

Cholesterol 47

Triglycerides 76

Resting Lactate 1.2

Body Fat Mass 151.5

Percent Body Fat 47.8

Visceral Body Fat 284.6

Resting Heart Rate 77

HbA1c 6.0

Weight 317

#### November 2021

MFI 35.09

Blood Pressure 139/81

Fasting Glucose 91

Waist Circumference 119cm

Cholesterol 44

Triglycerides 68

Resting Lactate 0.8

Body Fat Mass 115.5

Percent Body Fat 42.2

Visceral Body Fat 245.5

Resting Heart Rate 58

HbA1c 5.7

Weight 276

\$19,530/yr\*

Est. Healthcare Cost Avoidance

\*Calculated using 3.2 MET improvement during peak exercise between the June 2021 and November 2021 SMART Tests and assumes non-diabetic cost savings. REF: (de Souze de Silva, C.G., Kokkinos, P., Doom, R., Loganathan et al; 2019)



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# Case Study: Kenny

**NOVEMBER 2021 - SPRING 2024** 

## The Challenge

Life happens. Kenny had various barriers to consistency, including chronic low back pain, leading to partial weight regain. Began weight loss medicine and less focus on fitness.

#### The Outcome

Kenny continued to lose weight with medical approach, another 35 pounds by November 2023. Increased fitness focus from November 2023 including dietary/nutrition.

## In Kenny's Words

Kenny feels the total approach has really given his life back, renewed emphasis on fitness related health with weight loss meds. Pending back surgery and anticipates once recovered he will continue on this path of success.





# Kenny Case Study

#### November 2021

MFI 35.09

Blood Pressure 139/81

Fasting Glucose 91

Waist Circumference 119cm

Cholesterol 44

Triglycerides 68

Resting Lactate 0.8

Body Fat Mass 115.5

Percent Body Fat 42.2

Visceral Body Fat 245.5

Resting Heart Rate 58

HbA1c 5.7

Weight 276

#### Spring 2024

MFI 31 V

Blood Pressure 126/88

Fasting Glucose

Waist Circumference 106cm

Cholesterol 40

Triglycerides

Resting Lactate 0.6

Body Fat Mass 92.6

Percent Body Fat 38.4

Visceral Body Fat 204.7

Resting Heart Rate 69 1

HbA1c 5.4

Weight 241

\$12,206/yr\*

Est. Healthcare Cost Avoidance

\*Calculated using 3.2 MET improvement during peak exercise between the November 2021 and Spring 2024 SMART Tests and assumes non-diabetic cost savings. REF: (de Souze de Silva, C.G., Kokkinos, P., Doom, R., Loganathan et al; 2019)



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# Kenny Case Study: Summary

	<b>June 2021</b>	November 2021	Spring 2024	+/-
MetFlex Index	15.59	35.09	31	1 99%
Blood Pressure	154/93	139/81	126/88	
Fasting Glucose	100	91		
Waist Circumference	135 cm	119 cm	106 cm	↓ 21%
Cholesterol	47	44	40	↓ 15%
Triglycerides	76	68		
Resting Lactate	1.2	0.8	0.6	<b>↓</b> 50%
Body Fat Mass	151.5	115.5	92.6	<b>↓</b> 39%
Percent Body Fat	47.8	42.2	38.4	
Visceral Body Fat	284.6	245.5	204.7	↓ 28%
Resting Heart Rate	77	58	69	↓ 10%
HbA1c	6	5.7	5.4	↓ 10%
Weight	317	276	241	↓ 24%

