

## The Challenge



The Workout Company set out to **bridge the gap between healthcare and fitness**, delivering impactful measurements and expertly designed exercise programs to empower their Members and elevate their metabolic health and overall wellbeing.

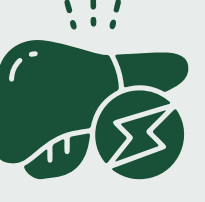
## The Outcome





After 12 weeks, the 55+ average age of Members who adhered to the program by **85%** saw an average decrease in risk of:


 Cardiovascular disease mortality by -13%


 All cause cancer mortality by -7%

 **Visceral fat:** reduced by an average of 17 points.


 Incidence atrial fibrillation by -8%

 Sudden heart attack mortality by -45%

 All cause mortality by -13%

 Incidence of hypertension by -7%

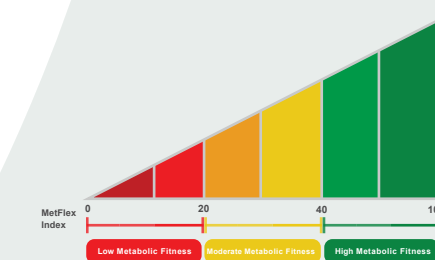
 Incidence heart failure by -18%

 Incidence type 2 diabetes by -7%

## Case Study: The Workout Company

### Additionally:

- **Metabolic health:** improved in 30–40% of members.

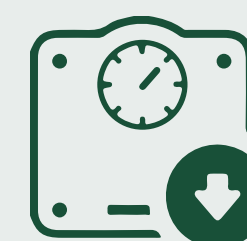


### MetFlex Index:

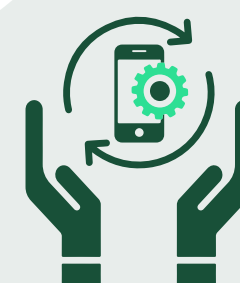
- increased to over 40 in 88% of members
- increased by an average of 9.9 points.

### Weight loss:

- up to 50 pounds lost.
- average of 7 pounds lost.



**Program retention:** 82% of members continued after 12 weeks.



**Skeletal muscle mass:** preserved or increased in most members.



**Body fat:** reduced by an average of 2.5

## In Their Words



I've been a Member of this gym for 10 years, and nothing has had as big of an impact on my health as OVAL. The program has transformed, not just my body but my overall well-being.

**-Ruth**



**Disclaimer:** OVAL does not provide medical advice or treatment and any statements or claims regarding the possible health benefits of the OVAL Program have not been evaluated by the FDA. 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.

# Case Study: The Workout Company

## January 2024

MFI 26.2  
Visceral Body Fat 128.5  
Body Weight 186  
Body Fat % 31.8  
Resting Lactate 1.1  
BMI 27.5  
Waist Circumference (cm) 94.9  
Resting Heart Rate 66  
Blood Pressure 131/73

## March/April 2024

MFI 36.1 ↑  
Visceral Body Fat 118.3 ↓  
Body Weight 181 ↓  
Body Fat % 30.3 ↓  
Resting Lactate 1 ↓  
BMI 27 ↓  
Waist Circumference (cm) 92.3 ↓  
Resting Heart Rate 64 ↓  
Blood Pressure 127/73 ↓

**\$57,656/yr**

**Aggregated average potential  
healthcare savings from: inpatient and  
outpatient costs, prescriptions, and more.**

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

