Case Study: Kenny

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.
-Kenneth May, Assistant Principal

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.

OVAL

Kenny Case Study

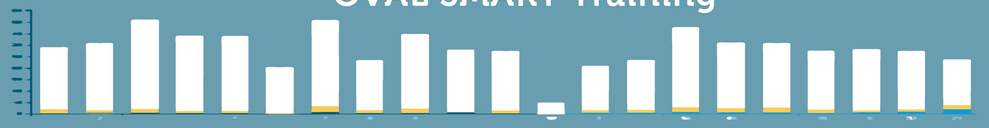
June 2021	November 2021
MFI 15.59	MFI 35.09
Blood Pressure 154/93	Blood Pressure 139/81 ↓
Fasting Glucose 100	Fasting Glucose 91 ↓
Waist Circumference 135cm	Waist Circumference 119cm ↓
Cholesterol 47	Cholesterol 44 ↓
Triglycerides 76	Triglycerides 68 ↓
Resting Lactate 1.2	Resting Lactate 0.8 ↓
Body Fat Mass 151.5	Body Fat Mass 115.5 ↓
Percent Body Fat 47.8	Percent Body Fat 42.2 ↓
Visceral Body Fat 284.6	Visceral Body Fat 245.5 ↓
Resting Heart Rate 77	Resting Heart Rate 58 ↓
HbA1c 6.0	HbA1c 5.7 ↓
Weight 317	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)

OVAL SMART Training



Test 1 (June 2021) — Test 4 (November 2021)

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