

# MONITOR YOUR MUSCLEHEALTH®

## With MuscleSound®

### Track Your Progress:

*Monitor your current MuscleHealth. Document the effects of lifestyle and your fitness/exercise routines.*

With a comprehensive MuscleHealth Physical, you'll get an individualized view into key MuscleHealth factors to track important contributors to health and well-being. A baseline measurement to assess the current status and potential of your muscles' fuel storage capacity will help provide essential details on how you can improve this important part of your overall health.

### What We Measure:

**Muscle Size** - the thickness of a muscle as measured by ultrasound at predetermined muscle locations. Research has shown that muscle thickness can be considered a surrogate for muscle Mass, particularly in the lower limbs.

**Fuel Rating** - The comparison of an individual's Muscle Fuel score with the fuel scores of thousands of individuals in our MuscleSound database.

### What the Data Tells Us:

This assessment provides an individualized analysis and summary status of two key MuscleHealth factors:

- **Muscle Size**
- **Muscle Fuel Rating**

Baseline and ongoing assessments give a broader perspective of how these two factors trend over time, including how lifestyle behaviors and fitness/exercise routines can impact your MuscleHealth.



### How Often Do We Measure?

*Your assessment cycle will depend on the current state of your MuscleHealth, according to the categories below:*

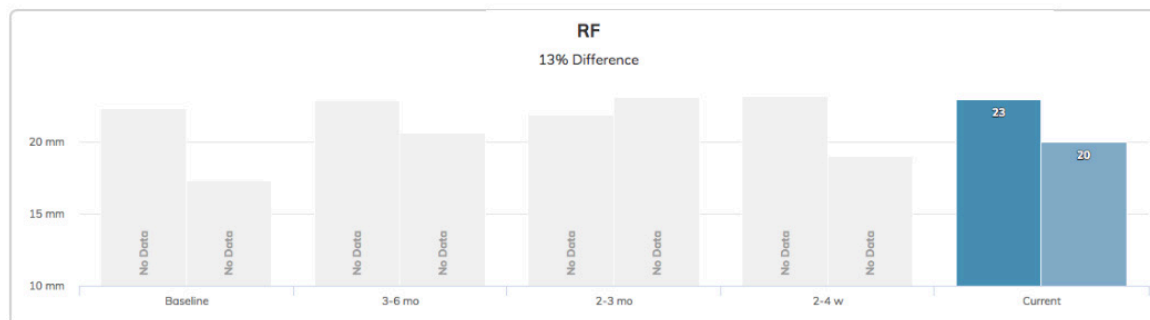
- ✓ Muscle Size and/or Fuel Rating looks good. Work with your health/fitness professional to maintain routines or strategies.
- ! Muscle Size and/or Fuel Rating needs monitoring. Work with your health/fitness professional to make immediate adjustments to your routines or strategies to improve status.
- ✗ Muscle Size and/or Fuel Rating is low. Work with your health/fitness professional to make immediate adjustments to your routines or strategies to improve status.

### Your Schedule

Session Status	✓	!	✗
Follow-up			

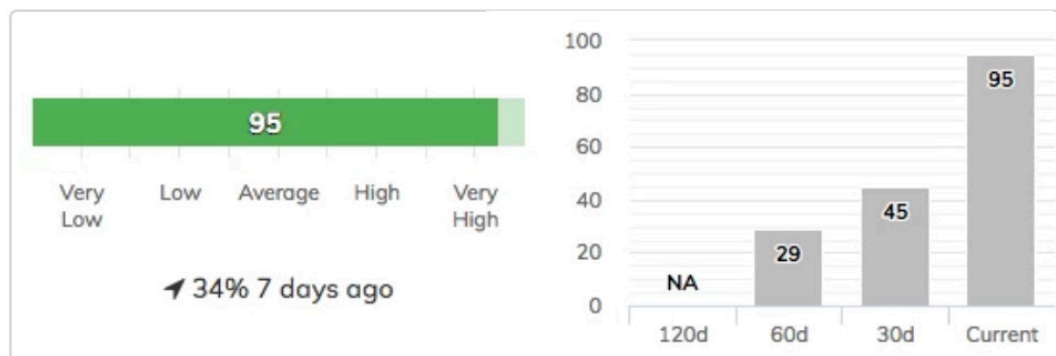
## Result Examples:

### Muscle Size



The sizes and their categories are charted, status based on % difference

### Muscle Fuel Rating



Overall Percent Size Difference	> 15% RF	> 15% RF	> 15% RF
	> 28% VL	> 28% VL	> 28% VL
	> 22% Both	> 22% Both	> 22% Both
Overall Trend	> + 5%	-5% to +5%	< -5%
Session Status	✖	✖	!

Official **MuscleSound** Provider



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