

Have you been losing the right kind of weight?

Maybe your scale isn't telling the whole story.



You have been taught your whole life to use a scale to gauge your weight loss. **However, successful dieting and fitness programs are often sabotaged because the scale doesn't tell you what's really happening.** It can only tell how much you weigh, not how much of that is muscle, fat, bone or even water.

Did you know that muscle weighs approximately 20% more than fat per inch? While muscle is lean, firm and flat, fat is bulky, and takes up more space per pound. You could gain weight while losing sizes!

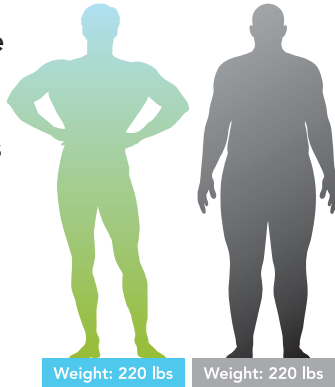
Body Mass Index is based on scale weight.

The Lie of BMI

Take two men. **Both are the same height and weight.**

One is a body builder. He hits the gym every day, eats lean proteins and avoids processed foods. The other sits at a desk all day chomping down on snacks with ingredients he can't pronounce. **If you looked them up on a Body Mass Index, both would be classified as obese.**

One is clearly in great shape, and one is not! Why? BMI is not a one-size-fits-all measurement.



Body Composition Index is a more accurate view!

The Body Composition Index (BCI) tells you the percentage of the components in your body that make up your entire weight. This includes fat, bone density, muscle mass and even water weight. All of these come together to determine your leanness and how healthy you are. A scale doesn't factor in all the variables of body composition, and neither does BMI. However, Body Composition Index does.

Visceral Fat: A Growing Problem

Essentially, visceral fat is fat stored deep within the abdominal cavity, even in seemingly fit people. It can wrap around major organs, and cause all sorts of health problems. A fat-loss program focused on increasing lean muscle and lowering visceral fat is key for a healthy body.

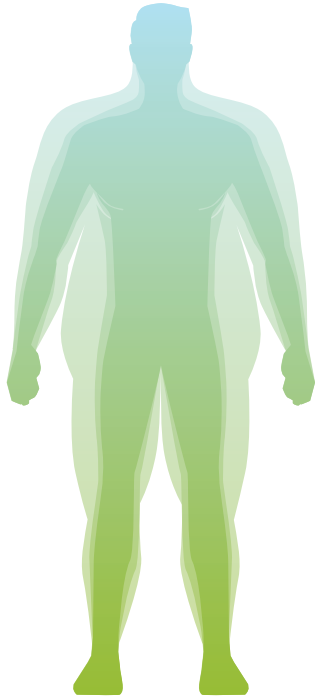
By understanding the importance of body composition, Mannatech designed the TruHealth™ 30-Day Fat-Loss System. It encourages fat loss and a healthy body composition through diet, exercise and real-food nutrition.*



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

A Better Body Composition = A Healthier Life

If you really want to be a healthier, leaner version of you, what you should be paying attention to are the changes in your body composition (inches lost or even gained in the right places), how you feel and how your clothes fit—not what the scale says!



WHY BODY COMPOSITION IS IMPORTANT

- Body composition has an impact on your health whether you are overweight or of “normal” body weight.
- An unhealthy body composition consists of too much body fat in comparison to your lean muscle mass—particularly if it’s visceral fat.
- As your body fat-to-lean ratio increases, so do your health risks.
- A healthy body composition doesn’t only help improve your general health, it can also change your quality of life for the better.

Tracking your body measurements is a great way to gauge your success on a fat-loss program. Keep in mind that inches lost are more important to your success than the numbers on your scale.

Start out your healthy lifestyle plan by taking a photo of yourself before you begin so you will have a visual tool by which to gauge your progress. You’ll also want to record your measurements, as these are the numbers where you’ll see size reductions that the scale can never reveal.

Measure yourself with a tape measure at key points of your body once a week:

- **Waist** (at navel or belly button)
- **Neck** (at narrowest point)
- **Upper Arm**
- **Chest**
- **Hips** (at widest point)
- **Thigh**
- **Calf**



Losing fat, creating a better body composition and maintaining a healthy lifestyle doesn’t happen overnight. It is a long-term commitment and a lifetime transformation that involves continuous work. If your progress seems slow at first, don’t give up! Be patient with yourself and your body. If you keep at it, it will get easier, and you’ll be on your way to a healthier lifestyle and a healthier you.