

How is your team doing?



We focus on what matters

Our nutrition reviews focus on the information that really matters for the health and performance of your team: metabolic age, hydration and body fat %. We make individual recommendations, based on results, to allow your team to focus on the changes that will make a difference for them. And give them 3 month targets to work towards.

Hydration levels

Your team's average score is 47%. This score could be better and several team members have been advised to drink more water.

Shown as TBW% on individual print outs, this reflects the total amount of fluid in the body expressed as a percentage of total weight.

Why is it important?

Appropriate hydration is an essential part of staying healthy. Water is needed to transport nutrient throughout the body and eliminate waste. It's also needed to maintain concentration and focus. Being dehydrated by just 2% impairs our ability to perform complex tasks, and disrupts memory and mood.

How much do we need?

We lose water continuously through urine, sweat and breathing, so it's important to keep replacing it. The amount of fluid needed every day varies from person to person and is affected by many factors, including age, body composition and activity levels. The average TBW% ranges for a healthy person are: Female 45 to 60% Male 50 to 65%

Metabolic Age

Your team's average metabolic age is 52 years old compared to an actual average age of 50. Ideally, average metabolic age would be lower than actual age. Some team members have been advised to make dietary change and increase exercise.

This is calculated by comparing the number of calories a person's body requires when at rest to function effectively (Basal Metabolic Rate or BMR) to the BMR average of their chronological age group. This is usually 60 – 75% of actual daily calorie requirement. BMR generally decreases as we get older but increases when we gain muscle by exercising.

Why does that mean?

If a person's metabolic age is higher than their actual age, it's an indication that they need to improve their metabolic rate by increasing lean muscle levels. Increased exercise, especially resistance exercise will build healthy muscle tissue, which in turn will improve metabolic age. A healthy diet will support fat loss and fat:muscle ratio.

A person's ideal metabolic age should be less than or equal to their actual age.

Call us on 01 5310564 or email us on hello@thewellnesscrew.ie
Glenville Nutrition Ireland on behalf of The Wellness Crew