

# *Starting Line Measurements*

We encourage you to take  
Pre and Post Program  
Measurements.

- Weight/Body Mass Index
- Waist Circumference
- Blood Pressure
  
- Write your values down  
**TODAY!**

# WAIST CIRCUMFERENCE

## Tape Measure

- Measure your waist at the level of your navel (belly button).
- Do not compress the tape measure against your skin.
- Do not hold your breath during the measurement.



**Incorrect.** Waist circumference is NOT the narrowest part of the waist.



**Correct.** Measure your waist at the level of the belly button.

# BLOOD PRESSURE

**Blood Pressure Monitor**– Any Omron automatic blood pressure monitor.



## When Choosing a Monitor

- Choose the cuff size that appropriately fits your arm.
- Cuff *width* size needs wrap around 40 % of your arm circumference.
- A cuff too small will result in a false elevation in your BP.
- A cuff too big will result in a false reduction in your BP.

# *Recommended Lab Studies Pre and Post Program*

## **Comprehensive Metabolic Panel (CMP)**

Includes fasting glucose level, liver enzymes, kidney function, electrolytes

## **Lipid Panel with Direct LDL**

Evaluates total cholesterol, LDL, HDL, Triglycerides, and cholesterol/HDL ratio

## **Lipoprotein Fractionation with LDL particle size and pattern**

To better evaluate the LDL particle size and not JUST the total number – more informative than a standard lipid panel

## **Fasting Insulin Level**

Screening tool for insulin resistance and risk for diabetes

## **Hemoglobin A1c (Hb A1c)**

Screen and management tool for diabetes **High sensitivity C-reactive protein (HS-CRP)**

## **Vitamin D level – 25 hydroxyvitamin D level**

*\* You will want to check with your insurance to determine possible coverage for these tests.*