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ReShape 360: BEFORE VS AFTER

1. BODY WEIGHT

- **Before:** 70.2 kg
- **After:** 66.5 kg
- ↓ **3.7 kg total weight loss**

➔ Gradual and safe reduction, appropriate for her age and metabolic profile.

2. BODY FAT (PRIMARY OUTCOME)

Body Fat Mass

- **Before:** 31.4 kg
- **After:** 26.7 kg
- ↓ **4.7 kg fat loss**

Body Fat Percentage

- **Before:** 44.8%
- **After:** 40.1%
- ↓ **4.7% absolute reduction**

➔ This confirms **true fat loss**, not dehydration or muscle loss.

3. SKELETAL MUSCLE MASS (SMM)

- **Before:** 21.3 kg
- **After:** 22.0 kg
- ↑ **+0.7 kg muscle gain**
- ➔ **Excellent outcome for a 45-year-old female**, indicating:
 - Proper resistance training stimulus
 - Adequate protein intake
 - Protection against age-related sarcopenia

4. VISCERAL & CENTRAL OBESITY MARKERS

- **Visceral Fat Level:**
 - Before: 16
 - After: 13
 - Reduced cardiometabolic risk
- **Waist–Hip Ratio:**
 - Before: 0.98
 - After: 0.96
 - Still elevated, but **clearly improving**

5. RESTING ENERGY EXPENDITURE (REE – Q-NRG)

Metabolic Adaptation

- **Before REE: 1179 kcal/day** (↓ vs predicted)
- **After REE: 1457 kcal/day**
↑ +278 kcal/day increase

→ This is a **major clinical success**, showing:

- Reversal of suppressed metabolism
- Improved metabolic efficiency
- Strong long-term weight-management prognosis

6. RESPIRATORY FUNCTION (Spirometry)

- **Before:** Early small airway obstruction
- **After:** Spirometry **within normal limits**

→ Improvement likely due to:

- Improved ventilatory mechanics
- Increased physical activity tolerance

7. HAND GRIP STRENGTH

- **Before: 18.4 Kg**
 - **After: 23.2 Kg**
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OVERALL EXERCISE PHYSIOLOGICAL INTERPRETATION

The intervention resulted in **significant fat loss (~4.7 kg), measurable muscle gain, marked improvement in resting metabolic rate, reduction in visceral fat, and normalization of pulmonary function**, despite modest scale weight change.

This represents **high-quality body recomposition**, especially significant in a **peri-menopausal age group**.

FINAL CONCLUSION

Conclusion:

Post-intervention assessment demonstrates substantial improvement in body composition, characterized by significant fat mass reduction, preservation with gain of skeletal muscle mass, marked elevation in resting energy expenditure, and improved cardiopulmonary function. These findings indicate enhanced metabolic health, reduced cardiometabolic risk, and successful implementation of a structured exercise and nutrition intervention beyond simple weight loss.