

ReShape 360 Transformation Report

Gauranga Saha

Assessment Period: 01 April 2026 → 09 June 2026

Body Composition Changes

Parameter	Before	After	Change
Weight (kg)	88.6	78.3	-10.3 kg
Skeletal Muscle Mass (kg)	29.1	28.5	-0.6 kg
Body Fat Mass (kg)	36.6	27.0	-9.6 kg
Percent Body Fat (%)	41.4	34.5	-6.9 %
Visceral Fat Level	18	12	-6 levels
InBody Score	54	63	+9 points
Hand Grip Strength (kg)	31.0	33.8	+2.8 kg (+9.0%)

Anthropometric Improvements

Parameter	Before	After	Change
Waist Circumference	45.5 cm	39.5 cm	-6.0 cm
Hip Circumference	42.5 cm	38.2 cm	-4.3 cm

These findings indicate substantial reduction in central adiposity and improved body composition profile.

Metabolic Changes

Parameter	Before	After	Change
Measured REE (kcal/day)	1582	1779	+197 kcal/day
Respiratory Quotient (RQ)	0.81	0.69	Marked Improvement in Fat Oxidation
Fat Utilization (%)	51.9	80.7	+28.8%
Carbohydrate Utilization (%)	26.7	0.0	Major Shift Toward Fat Metabolism
Protein Utilization (%)	21.5	19.3	Slight Reduction

These findings demonstrate a major enhancement in resting metabolic efficiency and significantly improved fat-burning dominance at rest.

Pulmonary Function Changes

Parameter	Before	After	Change
FVC (L)	2.72	2.76	↑
FEV1 (L)	2.10	1.93	Slight Reduction
FEV1/FVC (%)	77.2	69.9	↓
FEF25-75 (%Pred)	48%	35%	↓
PEFR (L/s)	3.49	4.82	↑
Lung Age (Years)	46	49	Slight Increase

Before: Early Small Airway Obstruction with Mild Obstructive Pattern.

After: Persistent airway obstruction pattern with improved peak expiratory flow performance.

Interpretation

- Significant body recomposition achieved with **10.3 kg total weight reduction** and **9.6 kg fat mass loss**.
 - Visceral fat reduced markedly, indicating lower cardiometabolic risk and improved abdominal fat profile.
 - Skeletal muscle mass was largely preserved despite substantial fat loss, reflecting quality weight reduction.
 - Grip strength improved by **9%**, demonstrating enhanced functional strength and neuromuscular adaptation.
 - Resting metabolic rate increased considerably alongside a pronounced shift toward fat oxidation, suggesting improved metabolic flexibility and energy efficiency.
 - Waist and hip circumference reductions further confirm meaningful central fat loss and improved anthropometric profile.
 - Pulmonary function showed mixed adaptation, with improved PEFR but persistent small airway obstruction requiring continued respiratory conditioning.
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Summary

Mr. Gauranga Saha demonstrated an excellent transformation characterized by substantial fat loss, preservation of skeletal muscle mass, enhanced metabolic efficiency, improved functional strength, and significant reduction in visceral and abdominal adiposity. The marked increase in fat oxidation capacity reflects successful metabolic adaptation to the intervention program. Continued resistance training, aerobic conditioning, and respiratory-focused exercise may further optimize pulmonary function and long-term metabolic health outcomes.

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