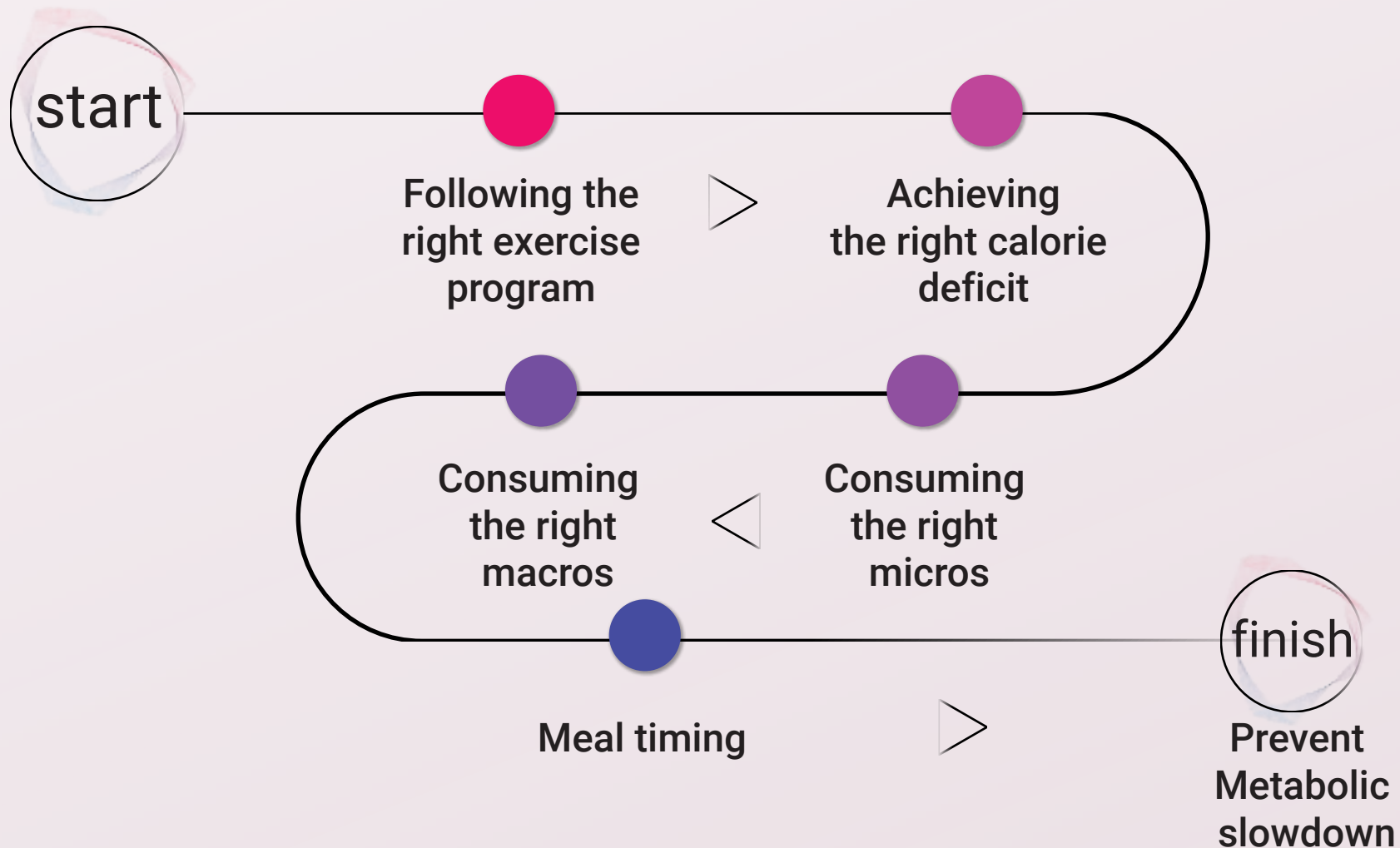


# Weight Management

Sustainable weight loss has 5 steps.

Learn how PNOE can guide you in every step of the way.



# ● Following the right exercise program

There are three types of exercise; each one plays a critical role in weight loss.

## Resistance training

It includes various types of weight lifting, and It's likely the most important as it has the most significant impact on preventing your metabolism from slowing down. Metabolic slowdown is the No 1 reason diets fail.

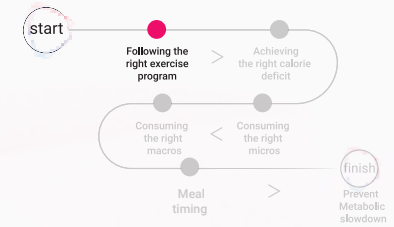
## Cardio training

It includes low intensity cardio training (e.g., running or cycling). Its primary effect is that it trains your cells to burn fat.

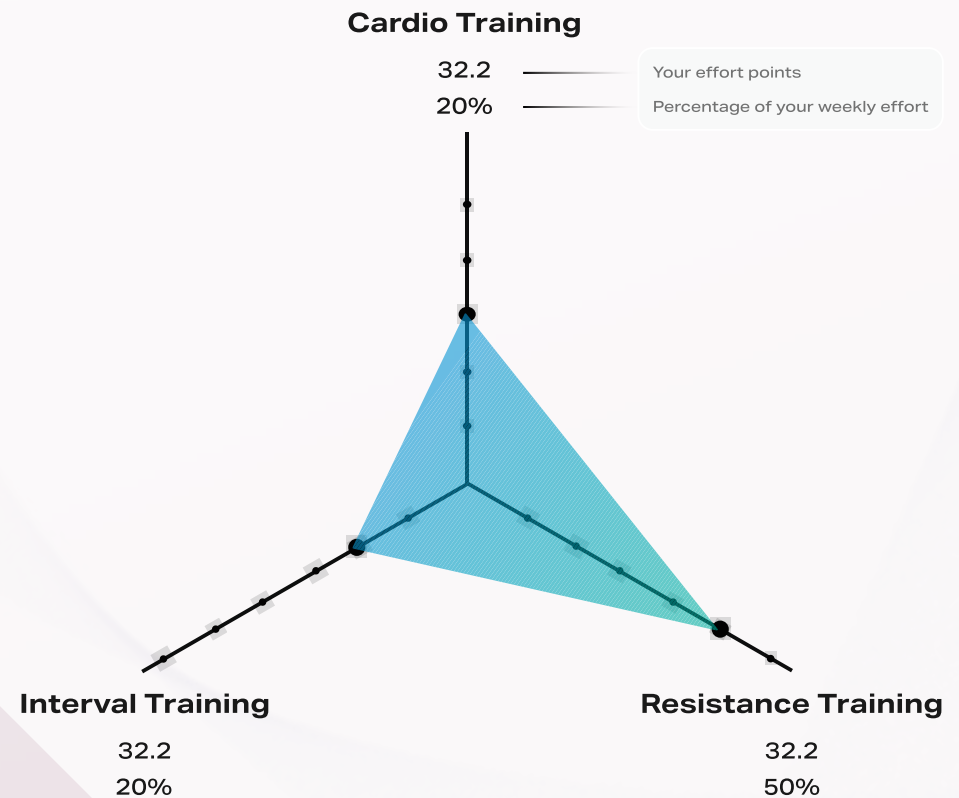
## Interval Training

It includes cardio exercises that transition between Zone 3, 4, and 5. Its main effects are that it increases your metabolism and makes you better at burning fat.

*The optimal breakdown among the three depends on your metabolic, heart, cellular, and lung fitness.*



## PNOĒ analyzes your metabolic, cellular, heart, and lung fitness with clinical precision and determines the optimal exercise breakdown.



# Achieving the right calorie deficit

The only way to achieve weight loss is through a calorie deficit, the state where you eat fewer calories than you burn.

To figure out how many calories you need to eat, you first need to know how many calories you burn.

Not knowing how many calories you burn can lead you to budget for too much or too little food. Both have consequences:

## ● Too few calories

Very big deficit

Metabolic slow down

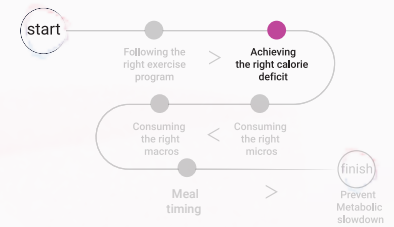
low energy levels

Hunger

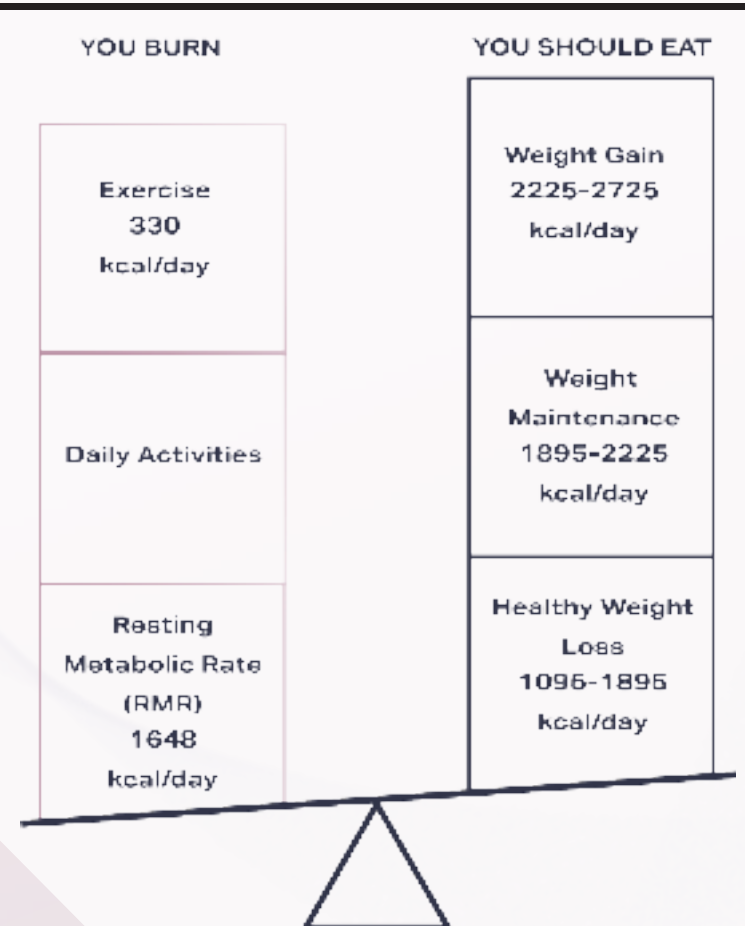
## ● Too many calories

Very small deficit

Little to no weight loss



## PNOE measures your calorie burn with clinical grade and determines the optimal calorie intake for healthy and sustainable weight loss.



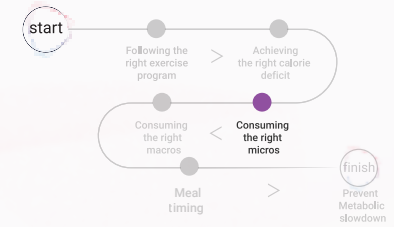
# Consuming the right macros

Each person's metabolism is different. Although we often hear that, few of us know what it means.

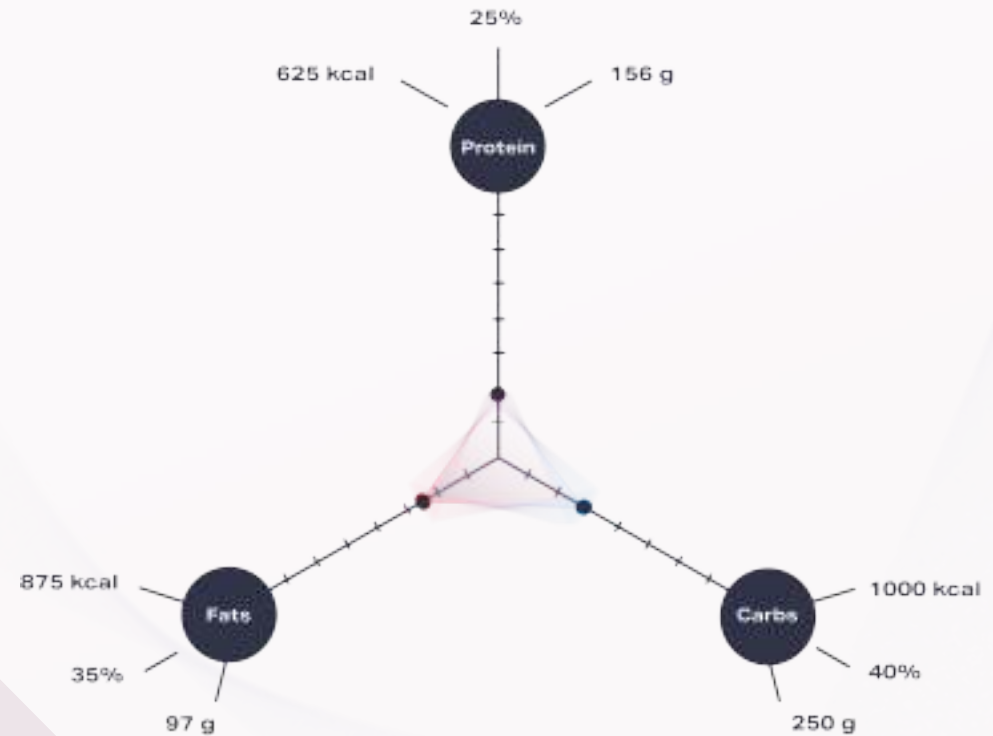
In a nutshell, metabolism is the process by which you convert nutrients, like fats and carbohydrates, into energy.

Every person, however, uses a different mix of fats and carbohydrates in their metabolic activities. We call this the fuel mix.

*The fuel mix you burn also dictates the optimal fat and carb intake you should eat to shed fat as fast and effectively as possible.*



**PNOE measures your fat burn with accurate precision and determines the fat, carbohydrate, and protein intake that will maximize fat loss.**



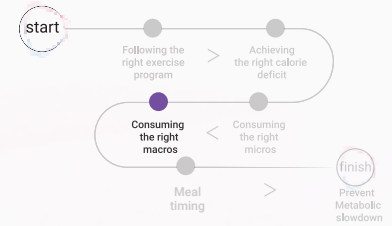
# Consuming the right micros

Micronutrients are powerful compounds that play vital roles in our body such as:

- *Support the immune system*
- *Improve digestion*
- *Improve our mood*
- *Increase our metabolism*
- *Improve heart and lung function and many more*

They include vitamins, minerals, and other substances and can be found in specific food items and supplements.

*The dose that's optimal for you depends on your body's deficiencies in key areas such as the metabolism and cardio-respiratory system.*



**The PNOĒ device identifies deficiencies in critical areas of your body, including the lungs, heart, and metabolism. Our registered dietitians use this information to craft a nutrition plan with the micros based on your deficiencies.**



**CALAMARI**

Associated with better thyroid function  
micros: iodine



**CHICKPEAS**

Source of protein, ideal for hunger regulation  
micros: dietary fibers



**BEATROOTS**

Improve oxygen consumption  
micros: nitrate



**ALMONDS**

Have antiatherogenic properties  
micros: magnesium

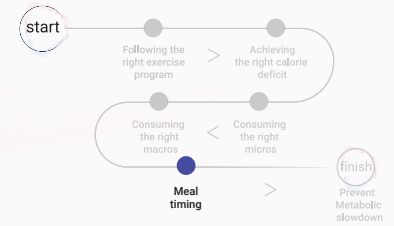
# ● Meal timing

Weight loss inevitably requires cutting calories and thus will lead to feelings of hunger and low energy levels throughout the day.

This can be effectively managed by :

- *Eating during specific time windows*
- *Consuming the right macros at the right time (e.g., carbs in the morning)*
- *Consuming the right amount of micronutrients*

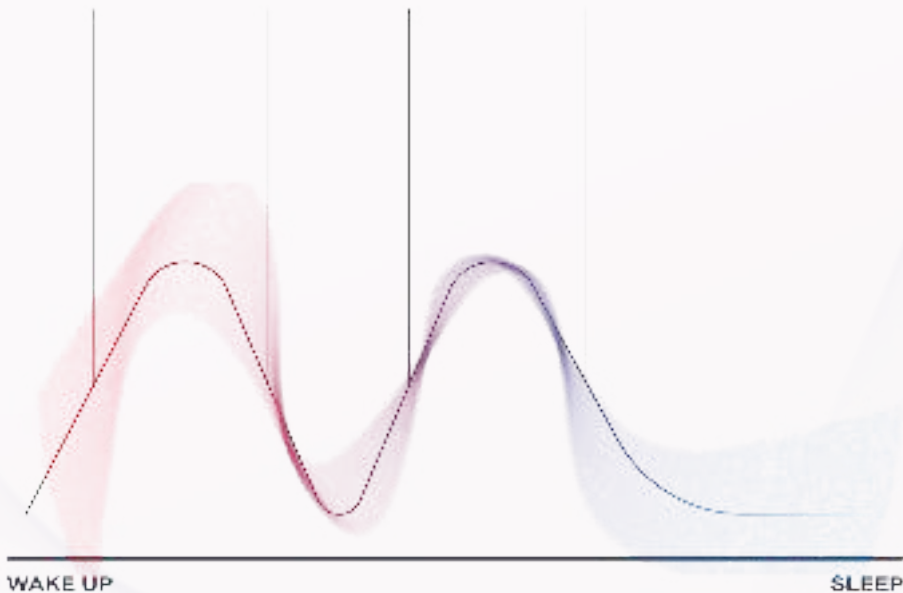
*Getting the rules of optimal meal timing right is easy as long as you have a plan.*



**PNOĒ's personalized nutrition plan considers all scientifically-backed guidelines for managing hunger through appropriate meal timing and builds them in your diet plan.**

## CIRCADIAN RHYTHM

BREAKFAST SNACK LUNCH DINNER



Your energy profile, calculated based on your circadian rhythm and sleep pattern.

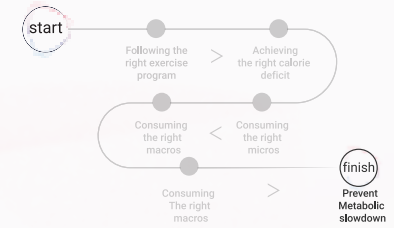
finish

# Prevent metabolic slowdown

9 / 10 diets fail due to metabolic slowdown, meaning that although most consumers follow a diet for a few months, their bodies stop responding shortly after. Regardless of the type of diet (e.g., keto, paleo), weight loss halts.

Studies have validated that this is due to the metabolic slowdown. A lower metabolism means that the level you lowered calorie intake at the start of your weight loss journey is no longer producing results because your calorie burn has also declined.

*The metabolic slowdown is a complex process triggered by weight reduction, a decline in muscle mass, and hormone distortion.*



**There is no silver bullet in preventing a metabolic slowdown. Every part of PNOË's program plays its role:**

- ✓ **Consume the correct number of calories**
  - ✓ **Follow a well-rounded exercise program**
  - ✓ **Consume the right amount of macros and micros**
  - ✓ **Time meals correctly**
-

# Citations

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