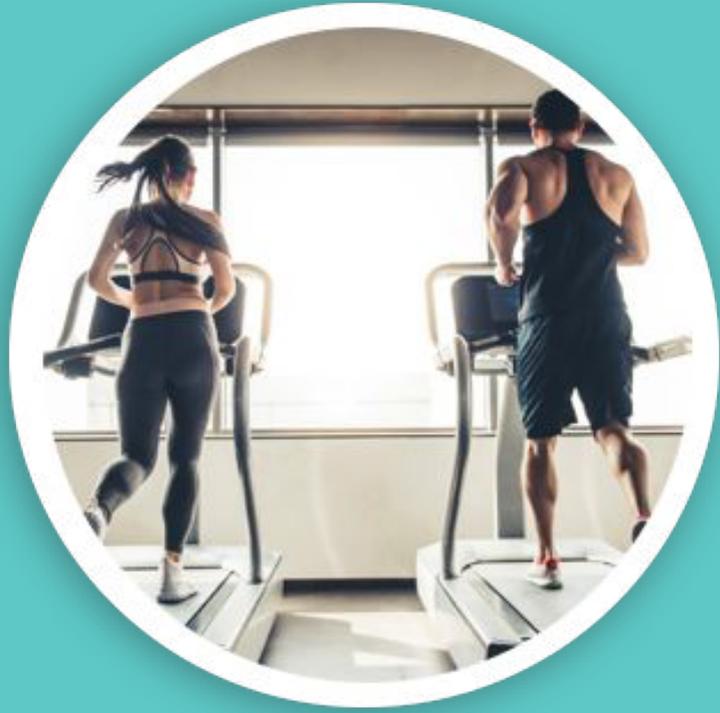


# **DietSee Workout**

## **Lipolysis measurement**



# I. Presentation

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DietSee Workout measures your metabolism's ability to burn fat. You will be able therefore to evaluate the combined impact of nutrition and exercise on your metabolism. For example, after an evening spent eating intensively, DietSee Workout will evaluate the impact of that evening on your next physical activity. While some people eliminate immediately, others may require several days to recover from their excesses.

- ★ DietSee Workout provides psychological support and acts as a motivational tool to help you reach your goals by making you aware of the impact of your eating habits. By targeting the most effective exercises and avoiding the useless ones, you can avoid overtraining and limit the risk of injury.

## Physical activity and lipolysis

Measuring capillary glycerol allows to measure the lipolysis (the breakdown of fats) of your body at any time. During a physical effort, your body requires additional energy intake. To meet this energy need, your body will use its reserves to continue functioning.

Your objective in losing fat mass will be to increase the consumption of energy reserves stored in your adipocytes (fat cells).

This is when DietSee Workout comes into play and will measure, adapt and optimize your workouts.

Lipolysis can be influenced by your eating habits, the type of exercise, its intensity

and duration. You should try different combinations of diet and exercise to find the optimal conditions for your body.

### A few suggestions to improve your results:

- Avoid consuming food in the 3 hours preceding your workouts: eating food (whether carbohydrates, lipids, or proteins) before your workout encourages the use of this energy instead of the energy from your reserves.
- Reduce your carbohydrate intake: The role of carbohydrates is to provide energy to your body. Consuming a sugary drink or an energy bar before exercise will therefore be effective for performance purposes but will have the opposite effect on the breakdown of your body fat.
- Develop workout strategies based on a combination of:
  - Strength exercise followed by 20-30 minutes of low-intensity cardio exercise (light jogging, low-resistance elliptical bike, etc.).
  - Resistance training (cross-training, HIIT...) followed by 20 to 30 minutes of low-intensity cardio exercise.

The objective of these workouts will be to pre-fatigue your body and accelerate the consumption of sugar reserves (glycogen), to then consume your fat reserves faster with a gentle effort that you can maintain over a long period of time.

### How often should I use DietSee Workout?

DietSee Workout is to be used after each workout session.

In the first few weeks, it is important to carry out different tests to evaluate the sensitivity of your metabolism to different factors:

- Amount of carbohydrates consumed
- Duration of fasting
- Intensity of activity
- Amount of time between working out and meals

We recommend 3 workouts per week.

After 4 weeks of use, you will be able to space out the measurements and concentrate on sessions with the objective of accelerating your lipolysis.

## II. Reading and understanding the measurements

The value displayed on the DietSee Workout reader is directly proportional to the amount of glycerol released in your blood stream.

The higher the result, the more glycerol is released and therefore the greater the lipolysis. The scale ranges from 0 to 150. Lipolysis is considered to be high from 80.



**0-60:** This result shows low fat breakdown. Therefore, a loss of fat mass is hardly compatible with the current diet. Increasing the frequency or intensity of this type of training without a dietary change adapted to the metabolism will not result in a loss of fat mass.

**60-80:** This measurement shows moderate fat breakdown. Therefore, a loss of fat mass is hardly compatible with the current diet. Increasing the frequency or intensity of this type of training without a dietary change adapted to the metabolism will not result in a loss of fat mass.

**80-90:** This result shows a high degree of fat breakdown. Increasing this type of workout would therefore lead to a reduction in fat mass. The objective is to be able to develop a nutritional and training program allowing a greater loss of fat mass with a less intense effort and thus eliminate any unnecessary effort.

**90-120:** This result shows a very high degree of fat breakdown. Increasing this type of workout would therefore lead to a reduction in fat mass. The objective is to be able to develop a nutritional and training program allowing a greater loss of fat mass with less intense effort and thus eliminate any unnecessary effort.

# Taking Measurements



# I. Presentation

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To assess the impact of a physical activity after an effort, the measurement should be taken within 15 minutes of stopping the activity.

You do not need to always take a measurement before the session because the basal (resting) level of glycerol varies only slightly for the same individual. During the first 3 sessions, you can take a measurement before working out to evaluate your basal level.

# II. Washing your hands

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Washing your hands is key to obtaining consistent results.

Glycerol can be found in random amounts in sweat as well as in most creams (moisturizers, sunscreens, ...), cosmetics (makeup, ...) or soaps and shampoos (often listed as glycerin in the ingredients)

**DO NOT USE HYDROALCOHOLIC GEL BEFORE MEASUREMENT**

→ Hydroalcoholic gel contains glycerol, so it is important to wash your hands thoroughly with soap and water.

- 1) Wash your hands thoroughly with water and dry them properly before measuring. If you cannot wash your hands, use a disinfectant wipe (Sterowipe, for example, available in pharmacies) and carefully dry the finger to be used for the measurement.
- 2) If glycerine soap is used, rinse thoroughly.
- 3) Dry your hands with a disposable towel.
- 4) Once your hands are clean, do not get your finger dirty again. Do not touch your hair, face or other parts of your body.

### III. Taking measurements

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- 1) Prick your fingertip with a disposable lancet or a lancing device.
- 2) Lightly press the fingertip to obtain a perfect spherical drop. If the blood spreads, it means that the finger is not clean.
- 3) Discard the very first drop of blood on a disposable towel and use the next drop or drops for the measurement.
- 4) Place the drop of blood on the strip edge. Do not press your finger against the strip, only the drop of blood must be in contact with the strip (otherwise the blood will not rise by capillary action). The filling must be done quickly and in one go. The blood must fill the entire test strip area. If it does not, the measurement is incorrect.
- 5) Remove your finger as soon as the strip is filled, and a sound signal is emitted.
- 6) Wait 6 seconds for the value to be displayed.

Comments:

- *never apply blood before inserting the test strip into the reader, otherwise the measurement will be incorrect.*
- *completely fill the test strip's reactive area at once.*
- *never re-deposit blood after an initial deposit.*

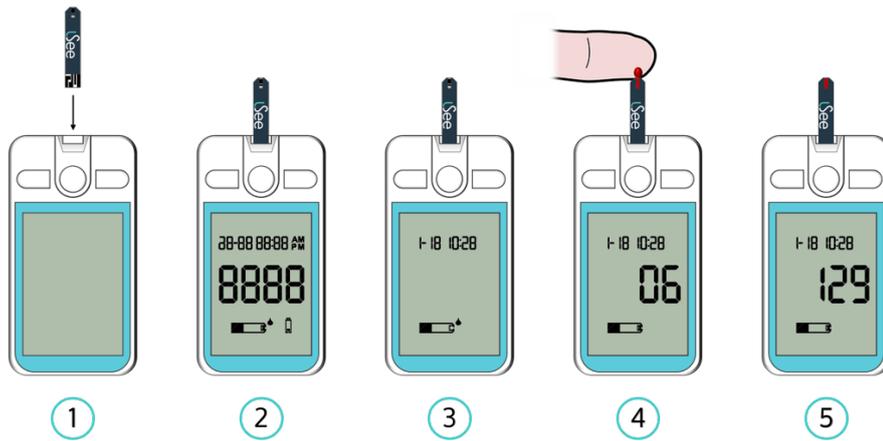


Figure 1: Steps to complete a measurement

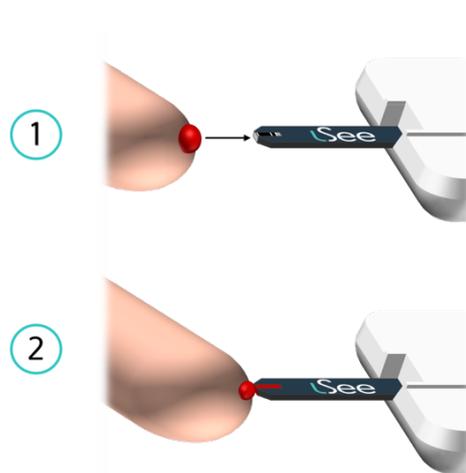


Figure 2: Procedure for depositing the drop of blood on the test strip.