

Zone 13 – Oxygen Deliverability

Our bodies have trillions of cells that all need oxygen for energy production and calorie burn. Those cells get the oxygen they need only if our red blood cells are healthy enough to carry it to them.

Poor oxygen delivery and utilization can come with many negative symptoms:

- Extreme fatigue
- Pale skin
- Shortness of breath
- Chest pain
- Slow mental processes
- Frequent infections
- Headache
- Dizziness or lightheadedness

An altered ability for red blood cells to deliver oxygen affects the body in many negative ways that can and will prevent you from seeing success in your nutrition and exercise program. You may experience:

- Inability to lose weight
- Poor energy
- Decreased ability to burn body fat
- Weakness or lack of strength

It is very important to assess red blood cell health and oxygen-carrying capacity compared to optimal ranges because many annual exams may overlook the importance of red blood cell health on body composition and daily energy levels.

Based on the questionnaire, some recommendations to address this zone are:

KNOW IT: Understand your unique metabolism through lab testing.

FOUNDATIONAL PANEL (45 markers)

Gives insight to your potential metabolic barriers to success. This panel investigates unique markers that will provide the necessary information about your individual metabolism and complete blood count to help evaluate your red blood cells and their features and guide your programming in a more concrete, customized direction.

ADVANCED PANEL (70 markers)

Builds upon the information given in the Foundational Panel to take understanding your metabolism and barriers to the next level. Through consideration of additional markers, you will have a clear, concise understanding of your metabolism and red blood cell number, size, and features, as well as a closer look at critical related nutrients like Vitamin B12 and folate (via homocysteine levels) and iron (via ferritin) to provide a higher degree of certainty of results.

COMPREHENSIVE PANEL (82 markers)

The Comprehensive Panel incorporates all the incredible markers found in both the Foundational and Advanced Panels, plus an additional indicator (ceruloplasmin) to give insight to copper, a related nutrient, as well as other critical pieces to ensure you have an all-encompassing picture of your metabolic functioning. Provides unparalleled information about your unique metabolism to custom-build your exercise, nutrition, lifestyle and supplement programming with the highest degree of certainty.

RECOMMENDED REASSESSMENT: Nutrient Profile Panel (22 markers)

This high level view assesses your Vitamin D levels, RBC magnesium, and CBC with differential (all included in the three panels above) to provide information about capacity to deliver oxygen to the cells of your body, immune system function, and some insights to Vitamin B12, folate, and iron status. It also tests an anemia profile to dig deeper into iron status (also in the Advanced and Comprehensive Panels), as well as ceruloplasmin, an indicator of copper status (included in the Comprehensive Panel).

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NOURISH IT: GIVE YOUR BODY THE NUTRIENTS IT NEEDS TO FUNCTION OPTIMALLY.

- Incorporate foods rich in heme iron—meat, fish and poultry—at each main meal.
- Include vitamin C-containing foods with your meat-containing meals
- Chew food thoroughly and avoid drinking large amounts of liquids while eating to support breakdown of food

SUPPLEMENT RECOMMENDATIONS

FOUNDATIONAL

LIFE TIME FITNESS AM/PM MULTIVITAMIN

- Many adults fail to meet their requirements for key vitamins and minerals. Without adequate vitamins and minerals, it's difficult to achieve optimal health. A high-quality multivitamin makes getting better nourishment more convenient.
- 3 capsules twice daily with food.

LIFE TIME FITNESS OMEGA-3 FISH OIL

- Supplementing with fish oil rich in EPA and DHA is an easy way to increase metabolic rate, improve fat-burning and promote a normal inflammation response.
- 1 to 3 capsules twice daily with food.

LIFE TIME FITNESS PROTEIN POWDER

- Protein is needed to build and repair tissue, make enzymes and promote hormone balance. It is an important building block of bones, muscles, cartilage, skin and blood. Without optimal protein intake, we cannot be fully healthy.
- As needed to meet protein needs.

ADVANCED

LIFE TIME FITNESS DIGESTIVE ENZYME COMPLEX

- Poor digestion may prevent the breakdown and absorption of key nutrients in the body which can prevent optimal health and performance. These digestive enzymes will assist in the proper breakdown of foods so you can better absorb the nutrients they contain.
- 1 to 4 capsules per main meal.

COMPREHENSIVE

DESIGNS FOR HEALTH FERROCHEL® IRON CHELATE (IF LAB TESTING CONFIRMS LOW IRON STATUS)

- Essential mineral that allows the body to transport and utilize oxygen throughout the entire body.
- 1 capsule with a meal daily.

MOVE IT: MOVE FREQUENTLY AND TRAIN WISELY.

- Get at least 10,000 steps in every day
- Strength train at least 2 to 4 times per week
- Be mindful of exercise intensity and duration