

**CoreAssist** is a software package designed to assist Lifestyle Professionals (such as Personal Trainers, Wellness Consultants and Life Coaches) improve their business. CoreAssist allows Professionals to make optimal recommendations for fitness and nutritional programs, all the while reducing hours spent on non-billable (administration) time.

The modules of the program address three key areas including **health assessment, nutrition,** and **fitness.** The system is a turnkey solution that it can be implemented as is, however all facets of the data can be modified by users with appropriate permission. The software runs on a laptop computer for a single user or on a server for multiple users.

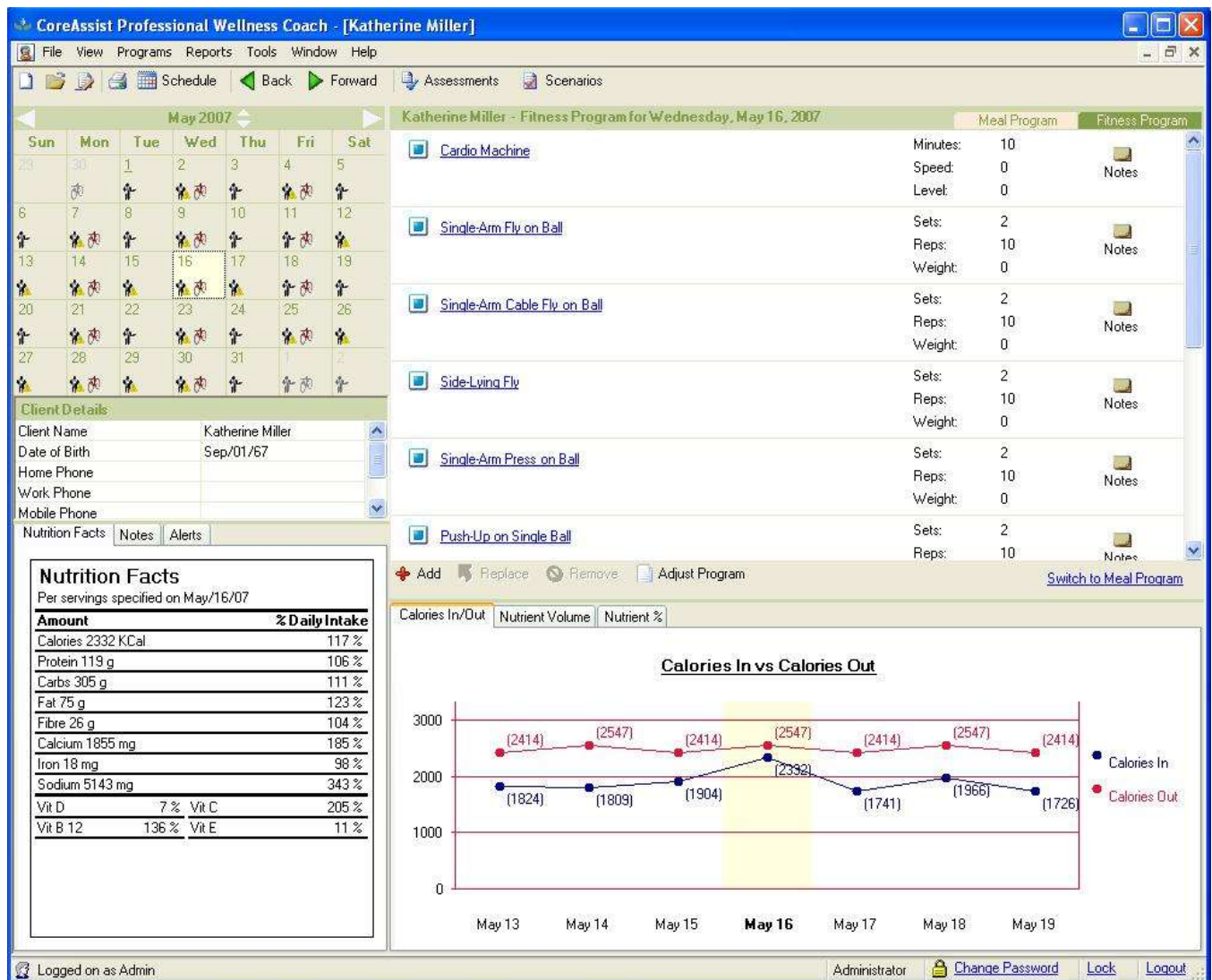


Figure 1 – Example of a client daily overview

## Client Management

CoreAssist provides you with the ability to take a holistic or 'whole' approach to your clients. Because of this, you will improve your clients' success rate and enjoy the 'word of mouth' recommendations.

The system allows an unlimited number of clients to be configured and maintained.

## Assessment and Information

Each client experience begins by filling out a health assessment that provides feedback on current health risks and lifestyle choices. You can quickly do 'scenarios' that will show your client how making one or two small changes to their lifestyle can improve their program outcome.

The system provides health assessment questionnaires that assist Professionals in determining areas of risk for the client and providing professional feedback information.

- System comes pre-configured with three Health Assessments including the standard PAR-Q and PARmed-X
- Allows the client to perform 'what if' scenarios to determine what impact lifestyle changes would have
- Additional Assessments, such as advanced Health Risk Assessments, can be purchased separately
- Answers to nutrition and fitness questions drive program suggestions for the nutrition and fitness modules

## Nutrition

Once key questions are answered in the assessment, the system recommends a diet for the client. The system contains various diets based on the Canadian/United States joint Daily Reference Intake (DRI) nutrient recommendations. All diets are modifiable by users with appropriate permissions. The system comes with a base set of recipes and menu plans however further recipes and menu plans can be purchased separately or added.

Once a client is assigned a diet and meals, you can print a shopping list or menu plan for any number of days or weeks.

- Diets
  - Diets that cater to individuals aged 19 to 100 years of age
  - Existing diets can be modified and new diets added
  - Maintains ingredient details for 17 macro/micro nutrients
- Recipes
  - Base set of recipes supplied
  - Unlimited number of recipes can be added
  - Extensive recipe searcher (e.g. find all recipes that contain lamb and meet at least 40% of daily reference intake of fiber)
- Menu Plans
  - Base set of menu programs supplied
  - Can create pre-set menu programs to cater to certain client preferences (e.g. Gourmet, Basic, Vegetarian, etc.)
  - Ability to automatically generate menus based on preferences
  - Ability to create menu plan manually
  - Can modify any menu plan generated
  - Provides ability to analyze foods after the fact (journaling)
- Nutritional Analysis
  - Three types of graphs show nutrients caters to nutritional beginners through experts:
    - Beginners: analyzes nutrient intake and compares to Daily Reference Intake (DRI)
    - Intermediate: Nutrition Facts Chart

- Experts: analyzes nutrient intake and displays details in specific nutrient volume
- Shopping List
- Shopping list is produced from menu planning (very convenient for client to follow plan)

## Fitness

Using the client's current physical condition and activity preferences information gathering during the assessment, the system assists you to prescribe a fitness program based on the F.I.T.T. principle that is geared for your client. The system comes with programs and activities however you can add or modify the collection.

- Provides customized, personalized fitness programs based on participant's current activity level
- Fitness module provides tools that calculate:
  - Body Mass Index
  - Basal Metabolic Rate
  - Calorie Burn
  - Target Heart Rate
- Tracks personal client measurements (e.g., body fat, weight); all of which are user customizable
- Strength trainer component:
  - Lists different activities that can be performed in a gym; accompanied by diagrams and descriptions of each activity
  - Can print workout sheets for use in the gym
- Aerobic trainer component:
  - Chooses from one or more aerobic activities and builds schedule for client's plan

## General

- Turn-key program or can be administered in conjunction with professionals
- Metric or Imperial measure
- Can customize report headers to company detail and logo
- Supports up to 25 concurrent users
- Security defines who can administer system data
- Summary reports on questionnaire data



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