

## FREQUENTLY ASKED QUESTIONS PART 1



# Frequently Asked Questions Part 1

Many questions from coaches are sent to the BenFit helpdesk, for which we are very grateful! For you as a coach, frequently asked questions from colleagues can be complementary to your own work. Read the most important questions here.

### How to handle (irregular) working shifts and BenFit?

The weekly BenFit meal plans have a fixed layout and fixed planning of meals throughout the day; 3 main meals and 3 snacks. Regular eating is a very important guideline when learning good eating habits. For people with irregular shifts this is often a problem. As a coach it is best to walk through the week with the participant: what do the days look like, when they would like a warm meal, what facilities are there at work, is there a freezer or fridge, when are breaks, etc. With this information you can advise people how to plan the meals. You start from the meal plans, and just plan the meals differently for the day, while you stick to the planning of 3 main and 3 intermediate meals; so they eat every 2 to 3 hours. Sometimes it may be that because of work the participant fails to eat a snack; recommend to use a part (for example, only a portion of fruit or something similar) and then shift the rest to the next meal. By reflecting on a good planning and offering practical advice and substitutions, someone with irregular shifts gets more structure in their diet!

### How do you interpret the numbers on the scale?

Most coaches use a scale that, in addition to the total body weight, also measures the fat percentage and sometimes also displays the fluid content of the body. The basis of these scales (some are more accurate than others) is that the density of the body is measured at 2 or 4 points. This density is converted to fat mass and fat-free mass. The body consists roughly of fat mass and fat-free mass (this includes the muscle mass, but also the organs, the skeleton and the fluid in the body). The 2 main reasons why you cannot draw conclusions from the numbers concerning the body composition are:

- The density measurement is an estimate of that moment (the type of clothing, for example, also influences the end result!)
- The conversion of the measured density to fat and fat-free mass is also influenced, among other things, by the fluid content of the body. For example, if someone just started losing weight, the body loses fluid. The fat-free mass decreases, but muscle mass does not change.



The only way to determine the body composition exactly, is by means of underwater weighing. However, this is something for a laboratory and is used in scientific research. It is clearly not something for the gym! In short, the advice is: pay attention to the total weight loss and interpret the change in body composition only in the longer term, otherwise you can draw wrong conclusions. Moreover, if a person gradually loses weight (0,5-1 kg / week) and exercises regularly, then it is not possible for the muscle mass to decrease, but the decrease in fat-free mass is probably caused by the body retaining less fluid. In the longer term and with the right interpretation, this kind of data obviously has an important additional value!

#### **How can I archive participants?**

If participants (temporarily) stop with BenFit, you can place them in the archive by clicking on the red flag 'Mark participant as non-active'. This red flag is placed above the tabs in the participant file. The program then asks: Are you sure you want to mark the selected participant as non-active?

If customers are in the archive, you cannot create weeks and print out meal plans. If the customer comes back and you want to re-activate them, you can do so by clicking on 'Inactive' and select the participant. Then click on the green flag to mark the participant as active again.