

Inspiro Consultant

User Manual

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Part I. General Information

Overview

Inspiro Consultant is a handy utility that allows you to calculate several health-related parameters. In particular, you can compute recommended blood pressure, ideal body weight, daily nutrient needs, calories burning, and more. Inspiro Consultant has intuitive interface and is easy to use, so desired data is just a couple of taps away.

All calculations are based on averages and due to individual peculiarities cannot be one hundred percent accurate.

Features

Inspiro Consultant allows you to calculate the following parameters:

- Recommended blood pressure
- Ideal body weight
- Body fat percentage
- Daily nutrient needs
- Calories burned by activity

Inspiro Consultant also has the features, which enhance the program and optimize your using experience:

- Support for imperial and metric measurement systems.
- Easy to use and simple to learn interface.
- Portrait, landscape and square screen support.

Technical support

All registered users of Inspiro Consultant get full technical support. If you have any questions about using Inspiro Consultant or suggestions that you want us to implement in future versions, let us know. Feel free to express your opinion about our products and our website. It helps us in improving those according to user's wishes.

Technical support: support@inspirolabs.com

General: company@inspirolabs.com

You can always find latest news, releases and updates at our website at <http://www.inspirolabs.com>.

Part II. Inspiro Consultant Setup

Installation

To install Inspiro Consultant on your mobile device via your desktop computer

1. Make sure that Microsoft ActiveSync is installed on your desktop computer.
2. Start Microsoft ActiveSync and make sure that the connection is established between your desktop computer and your mobile device.
3. Double-click the setup file.
4. Follow the instructions.

To install Inspiro Consultant directly from your mobile device

1. Make sure that Microsoft ActiveSync is installed on your desktop computer.
2. Start Microsoft ActiveSync and make sure that the connection is established between your desktop computer and your mobile device.
3. Click **Explore** to open ActiveSync Explorer.
4. Copy the downloaded CAB into your mobile device.
5. Run the CAB file on your device.

After completion of installation you can register the product to get full technical support. Registration is free.

Registration

Inspiro Consultant is absolutely free. But you are encouraged to register your copy of Inspiro Consultant. Registered users get full technical support and timely notifications about upgrades and our special offers.

To get a Registration Code please visit <http://www.inspirolabs.com/register> and follow the onscreen instructions. The Registration Code will be delivered to your email.

To register the product

1. Start Inspiro Consultant on your mobile device.
2. Tap **Help > Registration**.
3. Enter the **Registration Code** in the **Code** field.
4. Tap **Register**.

Inspiro Consultant

Product Registration

To register please enter the Registration Code you received by email in the Code field. The field is case sensitive.

Code

Register

To get a Registration Code for free visit our website and follow the onscreen instructions.

Register: www.inspirolabs.com/register

Uninstallation

To uninstall Inspiro Consultant from both desktop computer and Pocket PC via your desktop computer

1. Start Microsoft ActiveSync.
2. Click **Tools > Add/Remove Programs**.
3. Select Inspiro Consultant in the program list.
4. Click **Remove**.

To uninstall Inspiro Consultant only from Pocket PC via your desktop computer

1. Start Microsoft ActiveSync.
2. Click **Tools > Add/Remove Programs**.
3. Clear check box next to Inspiro Consultant in the program list.
4. Click **Ok**.

To uninstall Inspiro Consultant via your mobile device

1. Tap **Start > Settings**.
2. Tap the **System** tab.
3. Tap **Remove Programs**.
4. Select Inspiro Consultant in the program list.
5. Tap **Remove**.

Part III. Using Inspiro Consultant

Getting started

To start Inspiro Consultant

1. Tap **Start > Programs**.
2. Tap **Consultant**.

The main window of Inspiro Consultant contains:

- **Function buttons.** Tapping the button brings up corresponding dialog box. In each of the dialog boxes you can calculate one or more parameters. For instructions on how to perform one or another calculation, please refer to the appropriate chapter.
- **Menu bar.** Menu bar holds two menus: the **File** menu and the **Help** menu.
 - The **File** menu contains **Options** and **Exit** commands. Tapping **Options** brings up the **Options** dialog box, which allows you to choose the system of measurement. For instructions on how to change the system of measurement, please refer to the appropriate chapter. Tapping **Exit** quits the program.
 - The **Help** menu contains **Contents**, **Registration** and **About** commands. Tapping **Contents** brings up the Inspiro Consultant Help contents. Tapping **Registration** brings up the **Registration** dialog box. For instructions on how to register, please refer to the appropriate chapter. Tapping **About** brings up the **About Inspiro Consultant** dialog box, which holds information about the product.

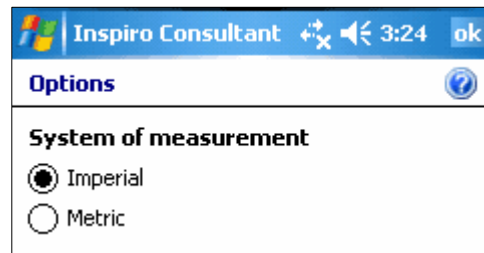


Choosing system of measurement

Inspiro Consultant lets you perform calculations in both imperial and metric units.

To change the system of measurement

1. In the main screen, tap **File > Options**.
2. Select the **Imperial** or **Metric** option.
3. Tap **OK**.



Calculating recommended blood pressure

This feature allows you to calculate your recommended systolic and diastolic blood pressure. The calculation is based on age.

To calculate recommended blood pressure

1. In the main screen, tap **Blood Pressure**.
2. Enter your age in the **Age** field.
3. Tap **Calculate**.

The result will appear as two numbers in the **Systolic Pressure** and **Diastolic Pressure** fields. Compare recommended blood pressure with your current blood pressure. If your current values are higher, you have increased risk of developing diseases, associated with high blood pressure. These diseases are: kidney disease, heart attack, stroke, impaired vision and more. Visit your doctor to get proper recommendations.

Recommended blood pressure

Calculate your recommended systolic and diastolic blood pressure. The calculation is based on age.

Age

Calculate

Systolic Pressure

Diastolic Pressure

Compare recommended blood pressure with your current blood pressure. If your current values are higher, you have increased risk of developing diseases, associated with high blood pressure. You should visit your doctor to get proper recommendations.

Calculating ideal body weight

This feature allows you to calculate your ideal body weight. The formula utilizes height and differs between men and women.

To calculate ideal body weight

1. In the main screen, tap **Ideal Body Weight**.
2. Select your sex in the **Sex** list.
3. Enter your height in the **Height** field.
4. Tap **Calculate**.

The result will appear in the **Ideal Body Weight** field. Compare ideal body weight with your current body weight. If your current value exceeds recommended by 20 percent or more, you are probably overweight. Being overweight is associated with increased risk of a range of diseases, including diabetes, respiratory insufficiency, nocturnal apnoea, cardiovascular diseases, arterial hypertension, fertility anomalies, cancer and more. The more overweight you are, the greater the risk. Visit your doctor to get proper recommendations.

Ideal body weight

Calculate your ideal body weight. The formula utilizes height and differs between men and women.

Sex

Height ft in

Calculate

Ideal Body Weight lbs

Compare ideal body weight with your current body weight. If your current value exceeds recommended by 20 percent or more, you are probably overweight. You should visit your doctor to get proper recommendations.

Calculating body fat percentage

This feature allows you to calculate your body fat in percentage terms. The calculation requires your weight and waist circumference values. Waist circumference is measured at the level of the umbilicus (navel).

To calculate body fat percentage

1. In the main screen, tap **Body Fat**.
2. Select your sex in the **Sex** list.
3. Enter your weight in the **Weight** field.
4. Enter your waist circumference in the **Waist** field.
5. Tap **Calculate**.

The result will appear in the **Percent Body Fat** field. You can evaluate your percent body fat value using the following reference.

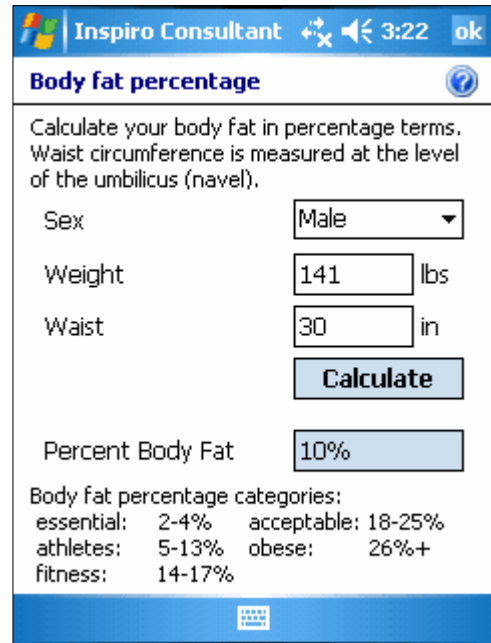
Body fat percentage categories for men:

- Essential: 2-4%
- Athletes: 5-13%
- Fitness: 14-17%
- Acceptable: 18-25%
- Obese: 26% and higher

Body fat percentage categories for women:

- Essential: 10-12%
- Athletes: 13-20%
- Fitness: 21-24%
- Acceptable: 25-31%
- Obese: 32% and higher

Ascribing yourself to one of these categories allows you to define your goals of weight loss or fat burning sharply. Values that fall into Obese category are a point for consideration.



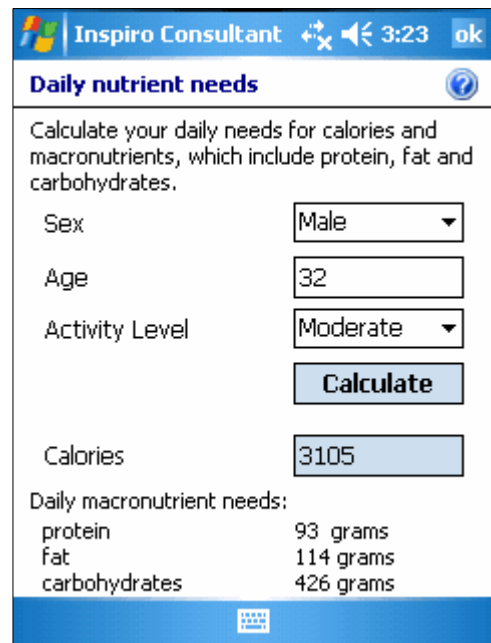
Calculating daily nutrient needs

This feature allows you to calculate your daily needs for calories and macronutrients, which include protein, fat and carbohydrates. The calculation requires your age and activity level. The activity level is relevant to the adults aged between 18 and 59 only.

To calculate daily nutrient needs

1. In the main screen, tap **Nutrient Needs**.
2. Select your sex in the **Sex** list.
3. Enter your age in the **Age** field.
4. Select your activity level in the **Activity Level** list.
5. Tap **Calculate**.

Your daily calorie needs will appear in the **Calories** field. Below you will see your daily needs for protein, fat and carbohydrates. Compare your current nutrient intake with the recommended values. Insufficient or excessive consuming of nutrients increases your risk of developing diet-associated conditions. Consult with your dietitian to get proper recommendations.



Calculating calories burned by activity

This feature allows you to calculate the amount of calories you have burned doing exercises. You can choose from a variety of sport activities.

To calculate the amount of calories burned by activity

1. In the main screen, tap **Calories Burned by Activity**.
2. Select activity in the **Activity** list.
3. Enter your weight in the **Weight** field.
4. Enter the duration of the activity in the **Duration** field.
5. Tap **Calculate**.

The result will appear in the **Calories** field. The number of calories you have actually burned could be slightly different depending upon your intensity level. The higher is the intensity level, the more energy you expend, and the more calories you burn.

