Health Assessment for DAVID TEST PERSON

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For Fitech Example Reports

Introduction

About Your Report:

Your personal report will help you to understand the key lifestyle issues that directly affect your health and wellness. Potential problem areas are identified for you with advice and guidance towards positive changes that will make a difference.

You control your own lifestyle. The choices you make every day concerning smoking, drinking, regular exercise, the food you eat and the way you cope with pressure, all have a profound affect on your quality of life.

We hope that this report will motivate you to set personal health and fitness goals and commit to a healthy lifestyle.

Positive Health Choices:

To help you fully understand the potential benefits of making desirable lifestyle changes, it is important to consider your present lifestyle and fitness levels.

A base line of information about yourself helps you to focus clearly upon your personal goals and provides a starting point from which to measure improvements in your health and wellness.

Understanding Your Report:

All the information in this report is based upon the latest scientific research and medical thinking. Your assessment results and responses to lifestyle questionnaires are evaluated and presented to you in a format that is quick and easy to understand following a simple traffic light system indicating:

- Green = Good
- Amber = Need for improvement
- Red = Below Average

If you have any questions, need additional help or would like information on other health and wellness services, please ask a member of staff who will be pleased to help you.

Confidentiality:

Our aim is to ensure that your personal information remains personal. We will at all times protect the confidentially of the information supplied by you.

From time to time your responses and results may be used for scientific and statistical purposes. However these cannot be traced back to you and in no way affect your rights as an individual.

Lifestyle Review

Basic Data

Height / Weight: Metric: 178.00 cm / 88.00kg - Imperial: (5 ft 10 ins / 13st 12lbs)

BMI: 27.77

Smoking Habits

Status: Smoker

Summary:

A cigarette smoker doubles their risk of dying from coronary heart and cardiovascular disease compared to a non-smoker. If they also suffer from high blood pressure and high cholesterol then there is an eight-fold increase in risk. By stopping smoking, the risk of heart disease is rapidly reduced.

You are no doubt aware of the risks of smoking; if you would like to give up there are a number of professional sources to assist you.

Alcohol

Alcohol Units: 24 / Week

Alcohol Rating: Moderate

Summary

For many people, drinking alcohol is enjoyable. But drinking too much can seriously damage your health. Alcohol can be a false friend especially during stressful times. It is best to spread alcohol through the week and have 1-2 alcohol free days. If you do drink, then always drink in moderation.

Even relatively moderate amounts of alcohol can be harmful sometimes. For instance, taking some medications, or doing sports or activities that need judgment and coordination.

This is a safe level of drinking, enjoy and careful that you do not develop in to a heavy drinker, you are 11 units away from this rating now.

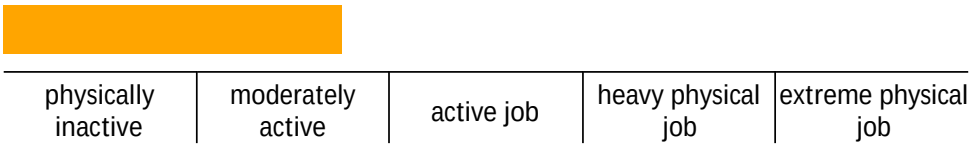
Rating	Male	Female
Light	1 – 14	1-10
Moderate	15-24	11 – 19
Heavy	25-35	20-27
Excessive	36+	28+

Activity - Occupation

Your Occupation Rating: Moderately Inactive Occupation (Out of 5)

Recorded Score: 2

Graphical Summary:

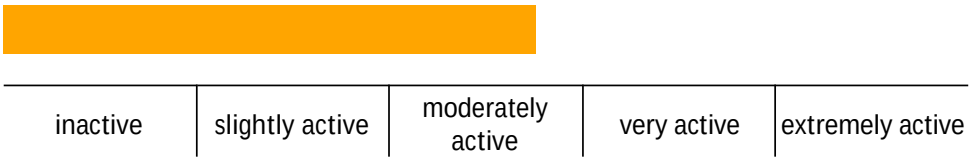


Activity - Leisure

Leisure Activity Rating: Moderately Active (Out of 5)

Recorded Score: 3

Graphical Summary:



Activity & Leisure Observations

Summary:

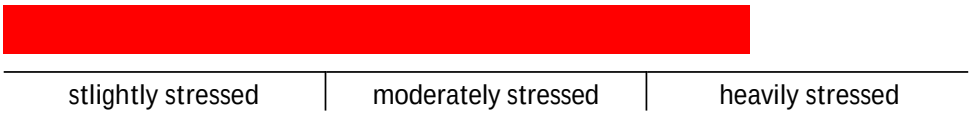
Physical activity reduces the risk of heart disease, high blood pressure, diabetes,osteoporosis, certain types of cancer, reduces stress and helps you sleep. To benefit from physical activity you need to ensure that you give yourself time to fit 30 minutes of moderate physical activity into every day. Activities such as brisk walking, using the stairs rather than a lift, moving more and sitting less all make it easy for you to fit activity into your day.

You are moderately active in your job and fairly active in your free time. This is OK but you are not really getting enough activity into your life. There are many ways to increase your level of activity during your free time. The key is to find something which you enjoy and can easily fit in to your life. There are many activities you can participate in which will help you achieve at least 30 minutes of moderate exercise per day. Something as simple as walking can make a big difference, using a pedometer to measure your current levels of activity is a good start.

Perceived Stress

Recorded Score: Heavily Stressed

Graphical Summary:

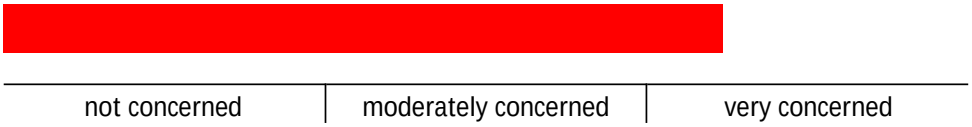


Summary: You report that you are feeling under considerable stress at the moment. From time to time many of us experience extreme levels of pressure. Sometimes these feelings are only temporary and it may help if you discuss your feelings with someone who can help you see things from a different perspective. However, if your pressure is persistent, you really should discuss your feelings with your GP or a professional counsellor.

Perceived Eating Habits

Recorded Score: Very Concerned

Graphical Summary:



Summary: It appears that your diet is of concern to you. You should try to discuss your concerns with a professional who can give you personal advice on your current eating habits.

Fitness Health Results

Body Mass Index

The Body Mass Index (BMI) rating is an indicator of total body composition. It is calculated by dividing your weight in kilograms by your height in metres squared (m2). A healthy BMI for an adult is between 18.5 and 25. Body mass index (BMI) is used to estimate the total amount of body fat, but it does not differentiate between body fat and muscle mass and may not accurately reflect changes in body composition.

Differences in BMI between people of the same age and gender are usually due to body fat. However calculations will overestimate the amount of body fat for body builders, some high performance athletes and pregnant women. BMI calculations may underestimate the amount of body fat for the elderly or people with a physical disability who may have muscle wasting.

BMI value: 27.77

Rating: Overweight

Body Mass Index Ranges - (World Health Organisation)			
Underweight	< 18.50	Obese 1	30 - 34.99
Normal Range	18.5 - 24.99	Obese 2	35 - 39.99
Overweight	25 - 29.99	Obese 3	>= 40

Summary:

Your BMI as calculated from your height & weight, is higher than the recommended range. A body mass index of >25 - 29.99 carries increased health risks. Being above the ideal weight is a health risk resulting in increased and earlier onset of disease and death from conditions including high blood pressure, diabetes, heart attack and stroke, arthritis, and some cancers.

Carrying extra weight can also be a major risk factor for sleep apnoea and poor quality of life. You should aim to adopt a healthier eating regime and incorporate daily exercise with guidance from a health professional.

Blood Pressure

Blood Pressure is the measure of the force that the heart needs to pump blood through the body. There are two different measures Systolic that measures the contraction phase or pumping pressure of the heart and Diastolic that measures the relaxation phase of the heart or the pressure in the arteries when the heart is filling up with blood.

Blood pressure can vary throughout the day and be affected by physical activity, stress, smoking and caffeine intake. High blood pressure is a major risk factor for diseases such as Coronary heart disease, Stroke, Heart Failure, Peripheral vascular disease, Kidney Failure.

Your Systolic BP: 141 mm Hg

Your Diastolic BP: 91 mm Hg

Rating: Grade 1 hypertension (mild)

Summary:

Your blood pressure is above the normal range.

We suggest you have your blood pressure re-checked and seek advice from your health professional. If the readings continue in this range further medical advice may be necessary and you should review your lifestyle in an attempt to lower your blood pressure. The following lifestyle measures are recommended:

- Maintain a normal body weight (body mass index 20-25)
- Reduce salt intake to under 6g per day
- Limit alcohol consumption to under 3 units per day for men and under 2 units for women
- Engage in some kind of aerobic physical activity exercise ideally on most days of the week but at least on three days of the week
- Consume at least two portions of fresh fruit and five of vegetables every day
- Reduce the intake of total and saturated fat.

Resting Heart Rate

Resting heart rate (RHR) is the number of beats in one minute when you are at complete rest. Your resting heart rate indicates your basic fitness level. The fitter you are, the less effort and fewer beats per minute it takes your heart to pump blood to your body at rest and your RHR will be a lower number.

Resting Heart Rate: 77 BPM

Rating: Average

Summary:

Resting Heart Rate usually rises with age and is generally lower in people who are physically fit. Your resting heart rate is average. Increasing your level of physical activity may improve your rating. Monitor your heart rate first thing in the morning over the coming weeks to see if it changes. If your RHR continues to be high you should visit your GP to see if your thyroid is overactive, you are anaemic, or you have an infection or other cause of an increased heart rate.

Total Body Fat

An excess of body fat can increase the risk of heart disease, high blood pressure, diabetes, joint problems and other medical conditions. Lean weight is the component of body weight that is not fat, including bone, muscle and organs such as the brain, heart and liver.

Your Body Fat: 38.00 %

Rating: Obese

Acceptable Range: 10.0 - 22.9 %

Your Fat Weight 33.44 kg (73.57lbs)

Your Weight: 88.00 kg (193.60lbs)

Target Weight Range: 58.62 - 78.89 kg (128.95 - 173.56lbs)

Your Lean Weight: 54.56 kg (120.03lbs)

Summary: Your body fat percentage is a lot higher than recommended for your age, your rating means that you are classed as obese. This seriously increases your risk of developing diabetes, heart disease and other medical conditions. It is important that you make every effort to reduce this down to an acceptable level with a program of healthy eating and regular exercise. Ask your GP or health consultant for guidance.

Estimated Metabolic Rate: 1548.50 kcal

The term 'metabolic rate' (RMR) refers to the energy (calories) you expend over a day just keeping your body functioning - your heart beating and your lungs breathing, for example. Resting Metabolic Rate and the energy required for physical activity make up your total energy expenditure, or total energy needs.

Medical Test Results

Total Cholesterol

Cholesterol is a waxy substance that is produced naturally in our liver and other organs. We also absorb cholesterol from food that comes from animals such as meat, poultry, fish, seafood and dairy products, especially egg yolks. Our bodies need a certain amount of cholesterol to make cell membranes, insulate nerves and to produce hormones. Too much cholesterol however, can affect your health. A cholesterol level below 5mmol/l is desirable.

Cholesterol: 6.20 mmol/l (239.75 mg/dL)

Rating: Undesirable

Summary: Your total cholesterol level is in the undesirable range and you need to consider strategies to lower it immediately. Excess total blood cholesterol can gradually clog the blood vessels. We recommend that you consult your health consultant to see if any follow up is required.

HDL

High Density Lpoproteins (HDL's) are referred to as "good cholesterol" which remove unwanted fats and cholesterol from the tissues to the liver for removal. An ideal level for men is 1 mmol/l or greater and equal or greater than 1.2 mmol/l for women.

HDL: 0.70 mmol/l (27.07 mg/dL)

Rating: Undesirable

Summary: Your HDL cholesterol is in the undesirable range. Genetic differences account for much of the variation in HDL levels. The most important lifestyle factor that impacts on HDL levels is regular aerobic exercise. However, giving up smoking, reducing the consumption of trans fatty acids and increasing the consumption of monounsaturated fats such as canola, olive or avocado oil and increasing your intake of soluble fibre can all help to increase HDL levels.

Total Cholesterol / HDL Ratio

Your TC:HDL ratio is calculated by dividing your total cholesterol by your HDL cholesterol. Your ratio of HDL to total cholesterol to should be 4mmol/l or under . This reflects the fact that for any given total cholesterol level, the more HDL (Good Cholesterol), the better. A higher ratio indicates a higher risk of heart disease; a lower ratio indicates a lower risk.

TC / HDL Ratio: 8.86

Rating: Undesirable

Summary: Your TC/HDL ratio is undesirable. Aerobic exercise on most days of the week can help increase up HDL as well as increasing monounsaturated fats and soluble fibre to your diet. Smoking , Obesity, Trans fatty Acids can lower levels.

LDL

Low Density Lipoproteins (LDL's) carry circulating blood fats from the liver to the bloodstream and are therefore a significant indicator of coronary artery disease risk. An ideal level is 3.0mmol/L or less.

LDL: 4.91 mmol/l (189.83 mg/dL)

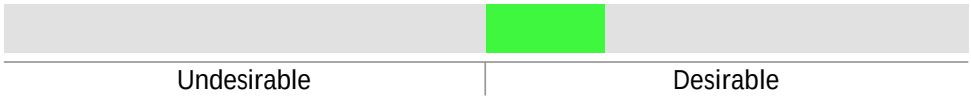
Rating: Undesirable

Summary: Your LDL cholesterol is in the increased risk range. It would be beneficial for you to reduce your level to help reduce your risk of heart disease. You can do this by reducing your intake of saturated fats such as take away foods, processed meats and snack foods, as well as by increasing your intake of monounsaturated fats such as avocados, olives and olive oil. Increasing your physical activity is also crucial. We recommend that you consult your GP for follow up.

Triglycerides

Triglycerides are another type of fatty substance in the blood. They are found in foods such as dairy products, meat and cooking oils. They can also be produced in the body, either by the body's fat stores or in the liver. People who are very overweight, eat a lot of fatty and sugary foods, or drink too much alcohol are more likely to have a high triglyceride level and have a greater risk of developing cardiovascular disease. A Triglycerides level below 1.7 mmol/l is desirable.

Triglycerides: 1.30 mmol/l (115.70 mg/dL)



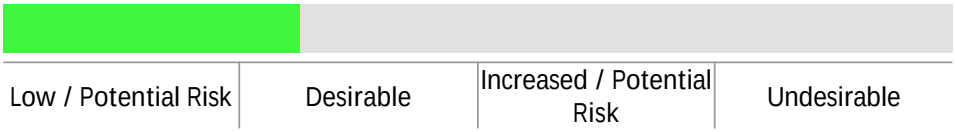
Rating: Desirable

Summary: Your triglyceride levels appear to be within the recommended levels.

Non Fasting Blood Sugar

Blood sugar or glucose is a measure of how much sugar is being carried in the bloodstream. A high reading may be an indication of glucose intolerance, a precursor to Diabetes. This is often due to excess body weight, inactivity and a diet containing high fat and high glycaemic carbohydrates.

Blood Sugar (NF): 5.00 mmol/l (90.00 mg/dL)



Rating: Desirable

Summary: Your blood glucose is in the desirable range which is good. However a regular blood glucose check is recommended, at least annually, to ensure that your blood sugar levels stay within the normal range.

Coronary Risk Assessment Results

Joint British Societies Cardiovascular Risk Assessment

Introduction:

The Joint British Societies Cardiovascular Risk Assessor calculates your percentage likelihood of developing CVD, cardiovascular disease (CHD and stroke added together) over a 10 year period e.g. a risk of 15% means that there is a 15 in 100 chance of a CVD event in the next 10 years.

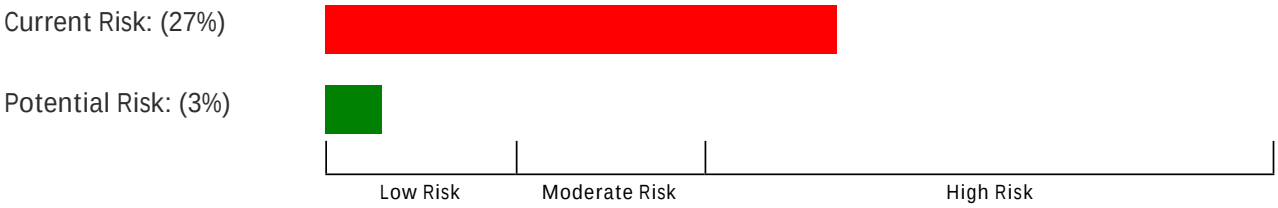
Diseases of the heart and circulatory system (cardiovascular disease or CVD) are the main cause of death in the UK and account for over 208,000 deaths each year. More than one in three people (36%) die from CVD each year. The main forms of CVD are coronary heart disease (CHD) and stroke. The risk score is an indication only and should not take the place of clinical judgment or careful medical examination.

Current Risk:

The graph and table below shows the percentage chance of your having a coronary event over the next ten years. The lower the percentage the better.

Parameter	Reading
Ten Year Risk	27%
Systolic Blood Pressure	141 mm Hg
Diastolic Blood Pressure	91 mm Hg
Total Cholesterol	6.2 mmol/l
HDL	0.7 mmol/l
Smoking Habits:	Cigarette Smoker

JBSCRA Graphical Summary



JBSCRA Potential Improvement

Potential Improvement: By making the following changes to your lifestyle, your JBS Cardiovascular Risk would change from 27% to 3%, and your risk of a coronary event would decrease .

Parameter	Reading
Ten Year Risk	3%
Systolic Blood Pressure	120 mm Hg
Diastolic Blood Pressure	80 mm Hg
Total Cholesterol	4 mmol/l
HDL	1.5 mmol/l
Smoking Habits:	Non Smoker

Recommendations:

Although you cannot influence certain factors such as your family medical history, others can be influenced by changes in your lifestyle. By making improvements to your lifestyle you can reduce your risk of a coronary event. The graph above shows a projected risk based on making changes in your lifestyle. By making these changes to your lifestyle you would have:

- Changed your Total Cholesterol from 6.2 to 4 mmol/l
- Changed your Systolic Blood Pressure from 141 to 120 mm Hg
- Changed your Diastolic Blood Pressure from 91 to 80 mm Hg
- Changed your HDL from 0.7 to 1.5 mmol/l
- Quit smoking

How to Reduce My Risk of Coronary Disease

Summary:

Most people who develop heart disease have recognised risk factors which contribute to the cause of the disease.

The major risk factors include:

- Raised cholesterol level in the blood
- Elevated blood pressure
- Smoking

Other risk factors for heart disease include:

- Diabetes
- Obesity and excess weight
- Inactivity
- Family history
- Gender and age

Despite risk factors that cannot be changed such as gender, age and family history, adopting a healthy lifestyle by limiting your fat intake, not smoking and having an active, healthy lifestyle will reduce your risk of developing heart disease.