

YOUR WELLNESS REPORT

Full Name: JAMES SMITH
Staff ID : 2468
Gender: Male
Age: 57 yrs

Test Date: 04 October 2014
Assessor: Not Recorded
Height: cms
Weight: kg

LIFESTYLE REVIEW

Basic Data

Weight: Metric: 78.00kg - Imperial: (12st 3lbs)
Height: Metric: 178.00 cm - Imperial: (5 ft 10 ins)
BMI: 24.62

Drinking

Non Drinker

Perceived Stress

Perceived Stress: Moderately Stressed
Perceived Eating Habits: Moderately Concerned

Smoking

Smoking: Smoker
Number Per Day: 40
Start Date: 16/01/1986

Activity

Activity Occupation: 1 (Out of 5)
Activity Leisure: 1 (Out of 5)

FITNESS HEALTH RESULTS

Body Mass Index

Body Mass Index, 24.62, Normal

Total Body Water Percentage

Water %, 23.00 %, Below Average
Total Water Weight, 17.94 kg (39.47lbs)

Blood Pressure

Systolic, 123 mm Hg, Ideal Blood Pressure
Diastolic, 56 mm Hg, Low Blood Pressure
Resting Heart Rate, 45 BPM, Excellent
BHS Rating, Pre-high Blood Pressure

Body Composition

Body Fat, 23.00 %, Overfat
Acceptable Range, 10.0 - 22.9 %
Your Fat Weight, 17.94 kg (39.47lbs)
Your Weight, 78.00 kg (171.60lbs)
Target Weight, 58.62 - 78.89 kg (128.95 - 173.56lbs)
Lean Weight, 60.06 kg (132.13lbs)
Lean Weight %, 77.00 %
Estimated Metabolic Rate, 2300.00 kcal

Visceral Fat

Visceral Fat, 15.00 %, Excessive

Manual Astrand Test

Astrand Test Result, 68.21 ml/kg/min, Excellent

MEDICAL TEST RESULTS

Total Cholesterol

Cholesterol, 6.00 mmol/l, Undesirable

Total Cholesterol / HDL Ratio

Total Cholesterol/HDL Ratio, 3.00, Desirable

Triglycerides

Triglycerides, 2.00 mmol/l, Undesirable

HbA1c

HbA1c, 45.00 mmol/l, Potential Risk

HDL

HDL, 2.00 mmol/l, Desirable

LDL

LDL, 3.09 mmol/l, Undesirable

Fasting Blood Sugar

Blood Sugar (F), 6.00 mmol/l, Desirable

URINALYSIS

Glucose, negative
Blood, trace
Protein, negative
Ketones, negative

FRAMINGHAM CORONARY RISK ASSESSMENT

Current Risk

Your Current Ranking, 8% Least Risk
Systolic Blood Pressure, 123 mm Hg
Diastolic Blood Pressure, 56 mm Hg
Total Cholesterol, 6 mmol / l
HDL, 2 mmol/l
Smoker, Yes
Diabetic, No

Potential Risk

Your Potential Ranking, 10%, Least Risk
Systolic Blood Pressure, 117 mm Hg
Diastolic Blood Pressure, 78 mm Hg
Total Cholesterol, 4.5 mmol / l
HDL, 1.2 mmol/l
Smoker, No
