



# Health Assessment for ROGER DAVIS

*Generated on 23 October 2017  
For Fitech Example Reports*

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## Introduction

### About Your Reports:

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.

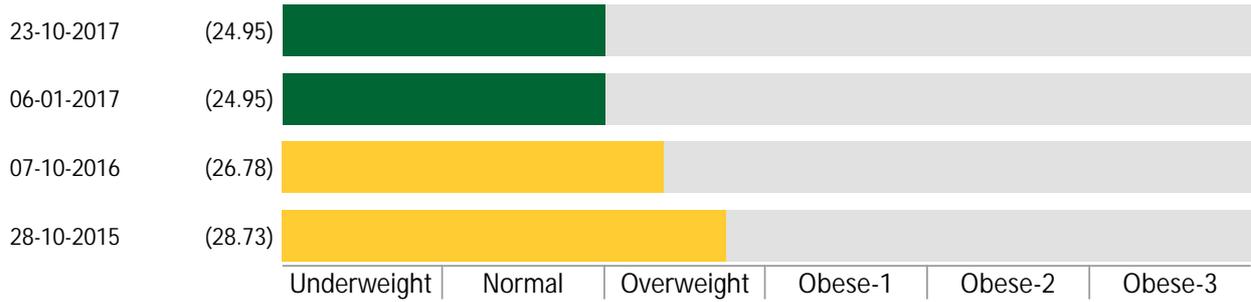
### Confidentiality:

Our aim is to ensure that your personal information remains personal. We will at all times protect the confidentiality 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.

Assessment Results Summary

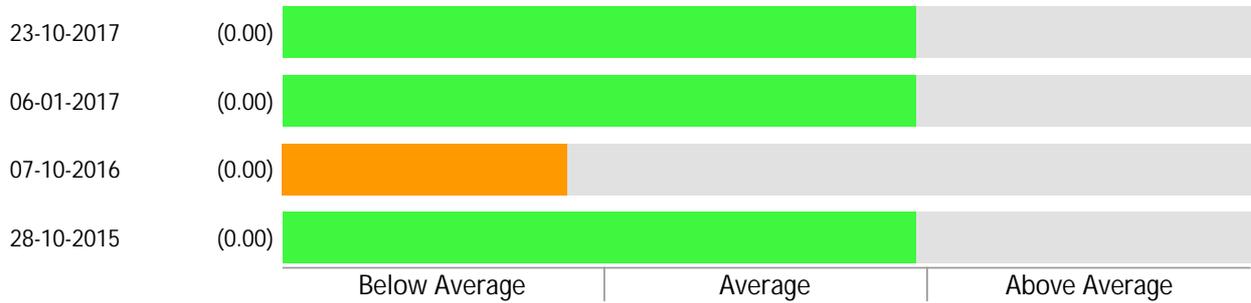
Body Mass Index



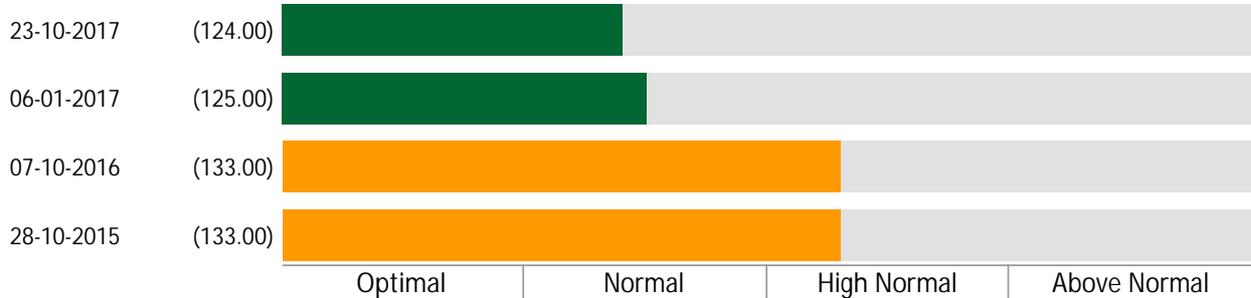
Body Fat Results



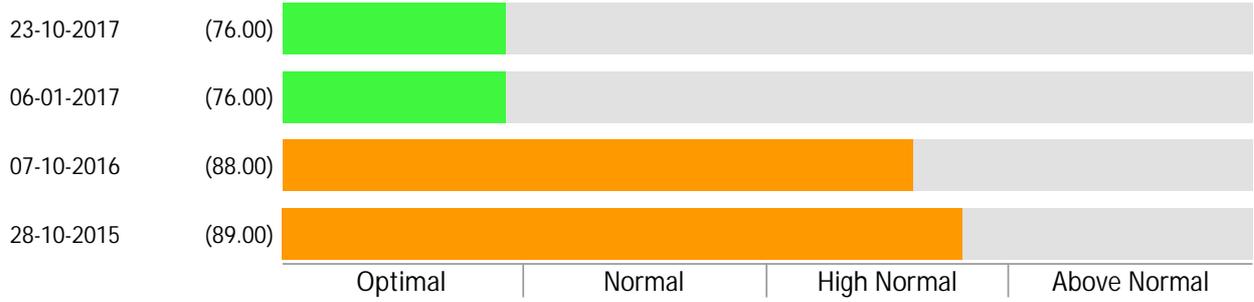
Water % Results



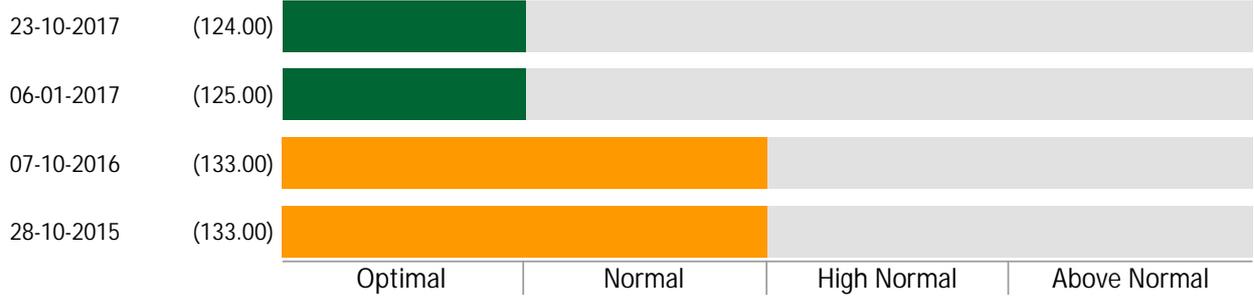
Blood Pressure (Systolic)



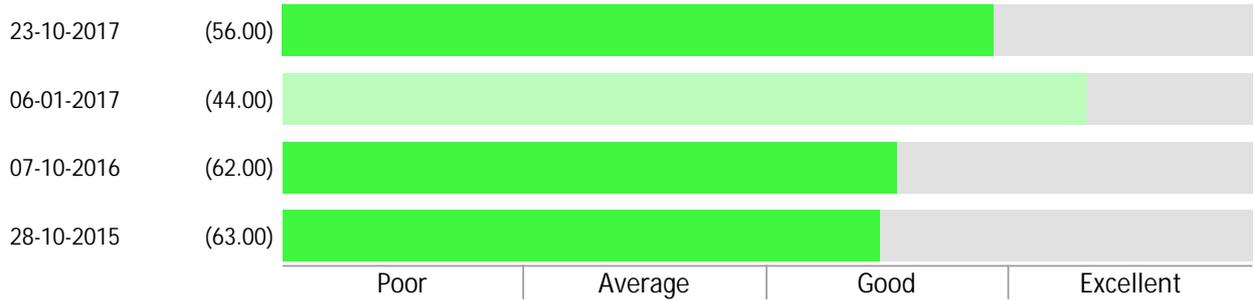
## Blood Pressure (Diastolic)



## Blood Pressure Overall



## Resting Heart Rate

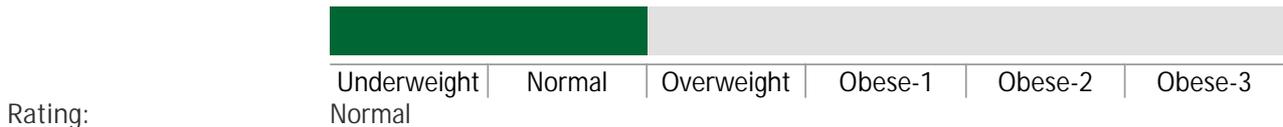


## Body Mass Index

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 (m<sup>2</sup>). 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: 24.95



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 is within the recommended range. Congratulations! Keep it up with regular exercise and healthy eating. You are minimising your risk of chronic disease such as heart disease, diabetes, arthritis & other related illnesses.

## Body Composition

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: 22.40 %



Acceptable Range: 7.0 - 19.9 %

Your Fat Weight 17.11 kg (37.64lbs)

Your Weight: 76.40 kg (168.08lbs)

Target Weight Range: 56.66 - 76.26 kg (124.64 - 167.76lbs)

Your Lean Weight: 59.29 kg (130.44lbs)

Your Lean Weight % 77.60 %

### Summary

Results show that your body fat levels are higher than recommended for a person of your age. A combination of eating a healthy diet and regular physical activity should help to keep your body fat levels within recommended levels.

Estimated Metabolic Rate: 1650.66 kcal (System Estimate)

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.

## Total Body Water Percentage

Total Body Water Percentage is the total amount of fluid in your body expressed as a percentage of total weight. Water plays a vital role in many of the body's processes and is found in every cell, tissue and organ. Maintaining a healthy total body water percentage will ensure the body functions efficiently and will reduce the risk of developing associated health problems.

Your body water levels naturally fluctuate throughout the day and night. Your body tends to be dehydrated after a long night and there are differences in fluid distribution between day and night. Drinking a large quantity of water in one sitting will not instantly change your water level. In fact, it will increase your body fat reading due to the additional weight gain.

Please monitor all readings over time to track the relative change. Every individual varies but as a guide the average total body water percentage ranges for a healthy adult are 45 to 60% for females and 50 to 65 % for males.

Water %: 65.00 %

Total Water Weight: 49.66 kg (109.25lbs)



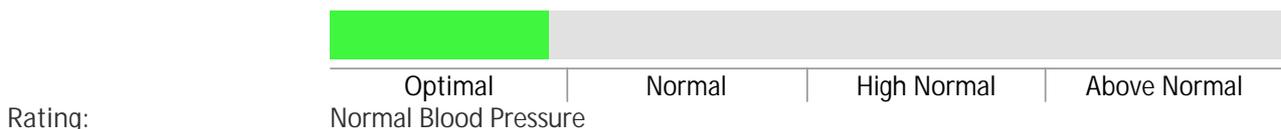
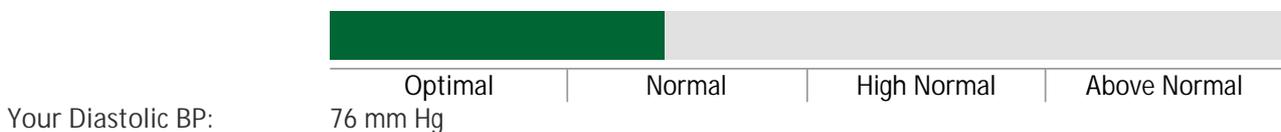
Summary: Your hydration levels are in the average range for a healthy adult. Eating large meals, drinking alcohol, menstruation, illness, exercising, and bathing may cause variations in your hydration levels. Your body water percentage reading should act as a guide. It is important to look for long-term changes and to maintain a consistent, healthy total body water percentage.

## 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: 124 mm Hg



Summary: Your systolic blood pressure is in the acceptable range. You should still continue to have your blood pressure checked on a regular basis at least annually.

## 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: 56 BPM



Summary: Resting Heart Rate usually rises with age and is generally lower in people who are physically fit. Your resting heart rate is good, well done, keep it up with regular aerobic exercise.

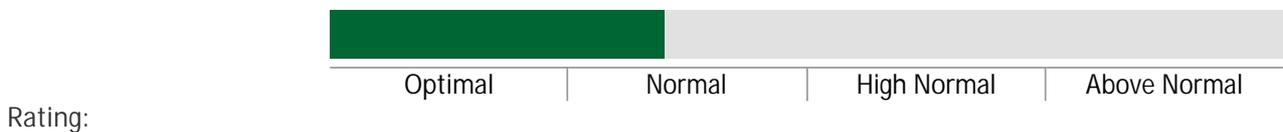
## Blood Pressure Overall

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: 124 mm Hg

Your Diastolic BP: 76 mm Hg



Summary: Your systolic blood pressure is in the acceptable range. You should still continue to have your blood pressure checked on a regular basis at least annually.