



## ***Personal Report***

***For***

***John Kendall***

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***Produced By***

***Firstbase Health***

# ***Positive Health Choices***

To help you fully understand the potential benefits of making desirable lifestyle changes, including regular, moderate exercise, it is important to consider your present lifestyle and current fitness level. A baseline of information about yourself helps you to focus clearly upon your personal goals and provides a start point from which to measure improvements in your health and wellness.

## ***Your Health Summary***



\*The risk of Coronary Heart Disease is related directly to blood pressure. Your Systolic blood pressure was Normal and your Diastolic pressure was Normal .

\*There is a direct correlation between blood cholesterol levels and the risk of Coronary Heart Disease, and it has been estimated that lowering the blood cholesterol by 1% reduces the risk of CHD by about 2-3%. Your cholesterol rating was Desirable.

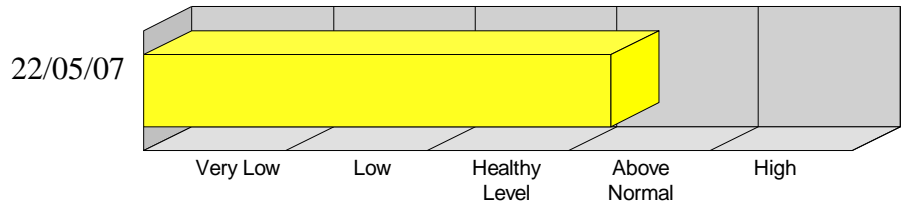
\*Carrying excess weight will increase your risk of diabetes, certain cancers, joint problems and numerous other illnesses. Your assessment highlighted that your rating was Above Normal.

**The following pages will provide a greater explanation of your assessment scores and ratings.**

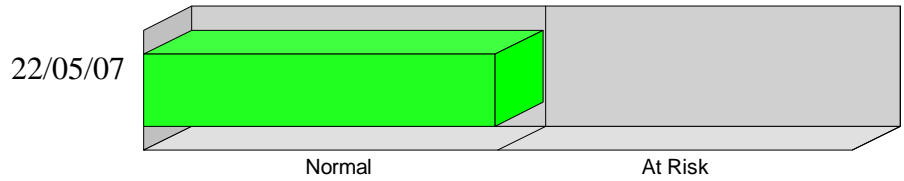


# A Summary of Your Assessment Results

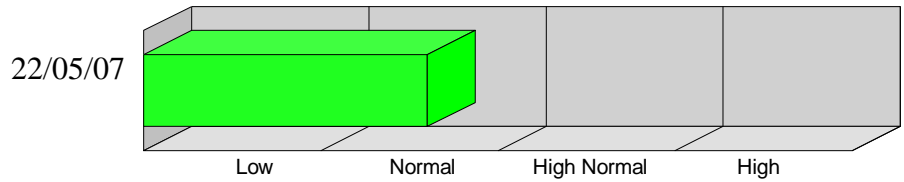
*Body Fat*



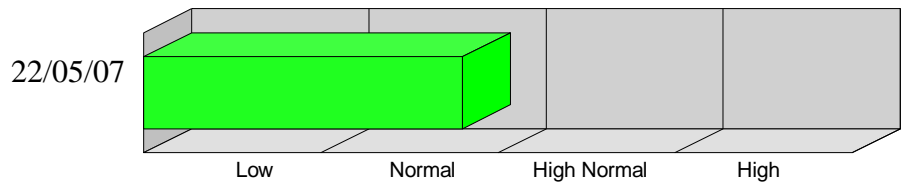
*Waist To Hips*



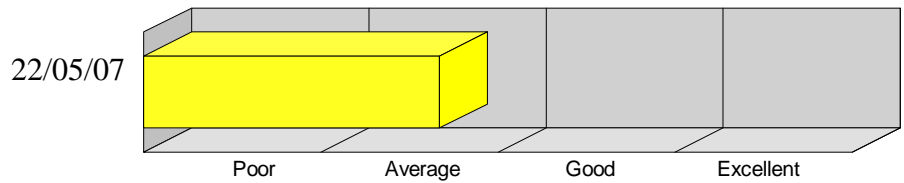
*Systolic BP*



*Diastolic BP*



*Resting Heart Rate*



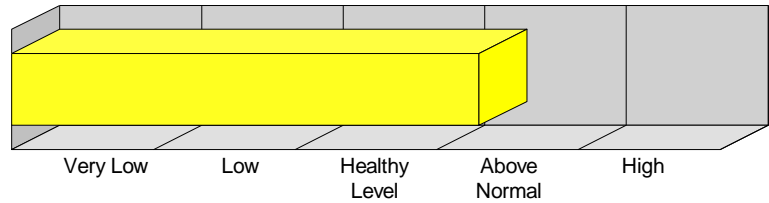


# Your Fitness

Your results are based on your age at the date of your assessment, which is 30 years.

## Body Fat %

Your Body Fat % 23 %



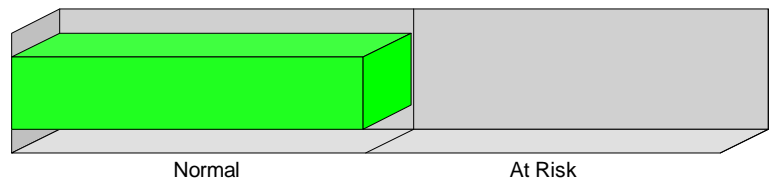
Acceptable Range 15-20 %

Your Weight 75 kg  
Target Weight Range 69 - 72 kg

Your body fat percentage is higher than recommended. This can increase your risk of diabetes, heart disease and other medical conditions. A combination of healthy eating and regular physical activity will help you to stay between the recommended levels.

## Waist/Hips Ratio

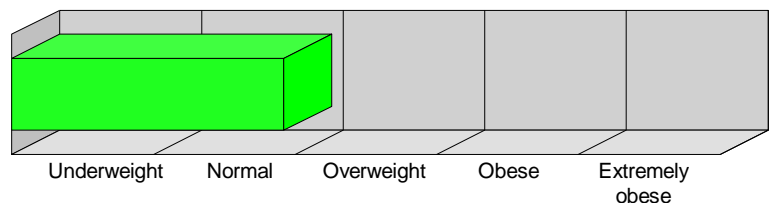
Waist 33  
Hips 35  
Waist To Hips 0.94  
Rating Normal



The Waist to Hips ratio gives a good indication of the distribution of body fat. Greater deposits of fat around the abdominal area can indicate a greater risk of Coronary Heart Disease and Diabetes Mellitus. The normal range for men is less than 0.95. The normal range for women is less than 0.85.

## Body Mass Index

Body Mass Index 24.49  
Rating Normal  
- minimum health risk



The Body Mass Index (BMI) is an indicator of total body composition. It may not accurately reflect changes in body composition. Well done! Your weight measures right within the healthy recommendations. To maintain this it is important to ensure that you eat healthily (including at least five portions of vegetables and fruit every day) and take regular exercise. Keep up the good work!

### BODY MASS INDEX RANGES

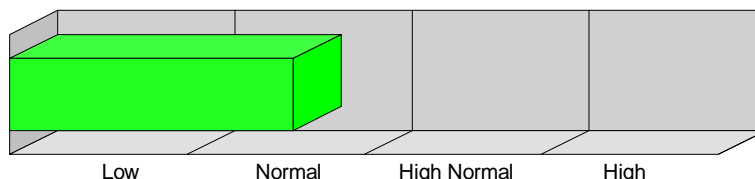
Underweight	less than 18.5
Normal range - minimum health risk	18.5-25
Overweight - increased health risk	25-30

Obese - moderate health risk 30-40  
 Extremely Obese - very severe health risk 40 or more

## Blood Pressure

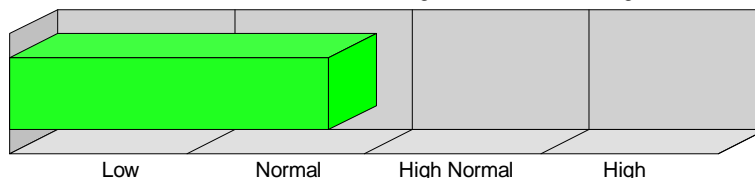
Systolic

125 mmHg



Diastolic

80 mmHg



High blood pressure is an important risk factor in heart disease. Systolic BP is the pressure exerted by the blood on the artery wall as it is pumped out by the heart. Diastolic BP is a measure of the elasticity of the arteries.

Your blood pressure appears to be within the normal range. Unless your lifestyle changes or you have other risk factors such as diabetes, you should have blood pressure checked every three years.

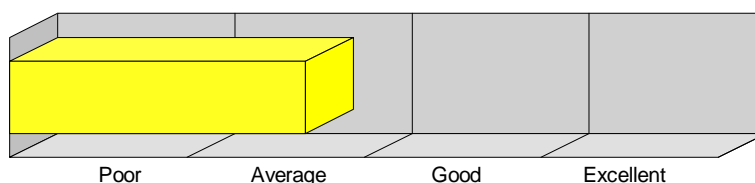
### BLOOD PRESSURE RANGES

Low	Below 110/60
Normal	Below 135/85
High normal	130/85 to 139/89
High	140/90

## Rest Heart Rate

Resting Heart Rate

75 bpm



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.

### RESTING HEART RANGES

Poor	85 or more	Good	56-69
Average	70-84	Excellent	55 or less



# Your Cholesterol

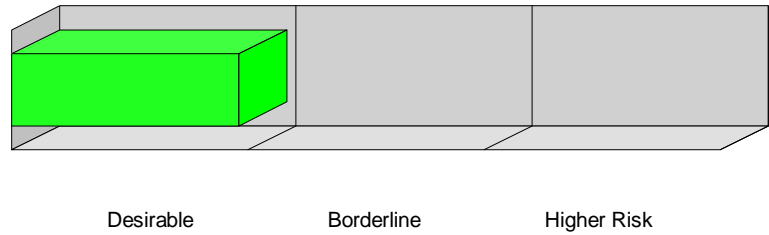
## Total Cholesterol

Measured  
Rating

5 mmol/l  
Desirable

TC/HDL ratio

5.00



Cholesterol plays a vital role in how every cell works throughout the body. It is also the material that the body uses to make other vital chemicals. Your total cholesterol level is within the desirable range.

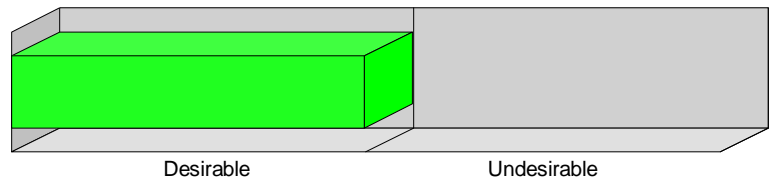
### TOTAL CHOLESTEROL LEVELS

Desirable	< 5.2	mmol/l
Borderline	5.2 - 6.3	mmol/l
Undesirable	> 6.3	mmol/l

## HDL

Measured  
Rating

1 mmol/l  
Desirable



HDLs are the good form of cholesterol, which actually protect arteries by collecting cholesterol from the blood vessels and transporting it back to the liver for disposal. The goal is to have a high level of HDLs.

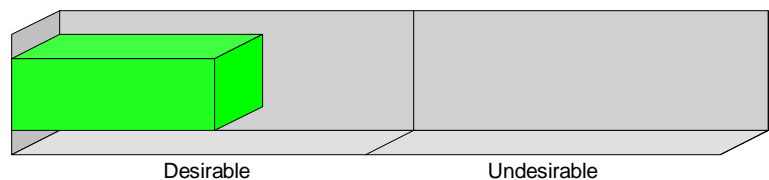
### HDL-CHOLESTEROL LEVELS

Desirable	> 1	mmol/l
Undesirable	< 1	mmol/l

## Blood Sugar

Measured  
Rating

4 mmol/l  
Desirable



Blood sugar, or glucose, is a measure of how much sugar is being carried in the bloodstream. Too much glucose is caused by a deficiency in the hormone 'insulin' and may result in a condition known as diabetes. Your blood sugar levels appear to be normal.

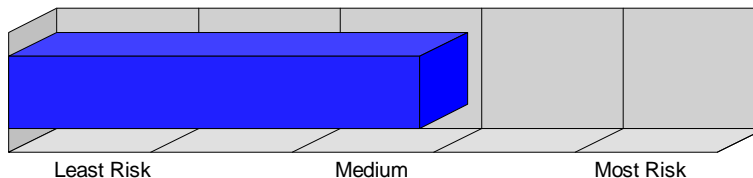


# Your Coronary Risk Assessment

Heart disease kills 235,000 people a year in the UK. One British adult has a heart attack every two minutes and one dies every three minutes. In addition to these deaths, some 2 million people have their lives impaired by angina or heart failure. Although you cannot influence certain factors, such as family history, others can be influenced by a change in lifestyle.

## Current Risk

Your Ranking	42
Systolic BP	125 mmHG
Total Cholesterol	5 mmol/l
Smoking Habits	Smoker
Cigarettes Smoked	20



The Dundee Rank gives an indication of your risk of a major coronary event. It is based on factors within your control, i.e. smoking, cholesterol and blood pressure. The rank can be viewed as a queue of 100 people. A person with rank 100 would be last in the queue for a coronary event and least at risk, while a rank of 1 would be at the front of the queue and most at risk.

## Potential Improvement

Projected Rank	42
Systolic BP	125 mmHG
Total Cholesterol	5.00 mmol/l
Smoking Habits	Smoker
Cigarettes Smoked	20

By making the following changes to your lifestyle your Dundee Risk would stay at 42, and your risk of a coronary event would remain the same.

The graph below shows a projected risk based on making the following changes in your lifestyle.

- \* Keeping your smoking at 20 a day.
- \* Keeping your Total Cholesterol the same.
- \* Keeping your Systolic blood pressure the same.

