



## ***Personal Report***

***For***

***Peter Kendall***

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- \* Positive Health Choices
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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 High 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.

\*Your rating was Poor in the strength assessment.

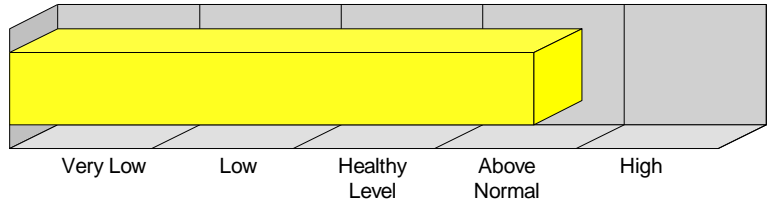
**The following pages will provide a greater explanation of your assessment scores and ratings.**



# A Summary of Your Assessment Results

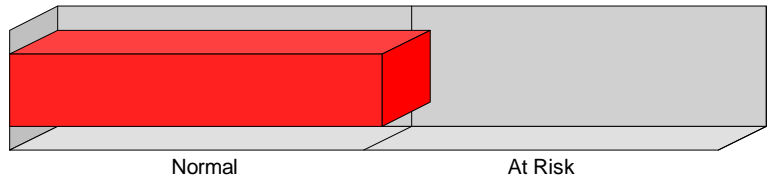
*Body Fat*

22/05/07



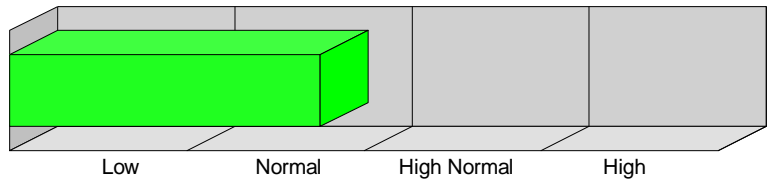
*Waist To Hips*

22/05/07



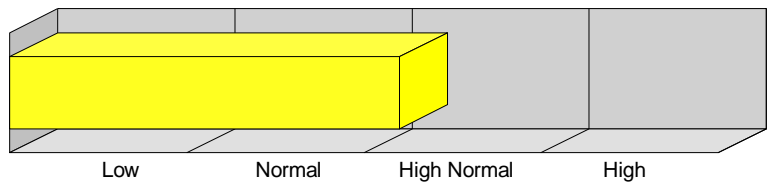
*Systolic BP*

22/05/07



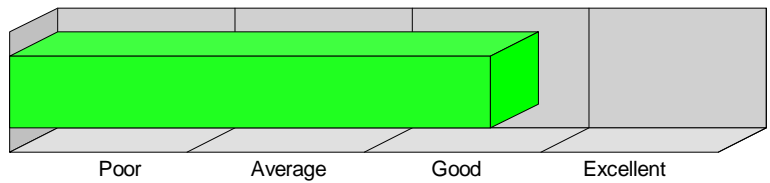
*Diastolic BP*

22/05/07



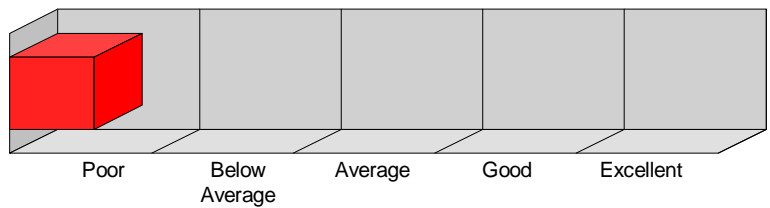
*Resting Heart Rate*

22/05/07



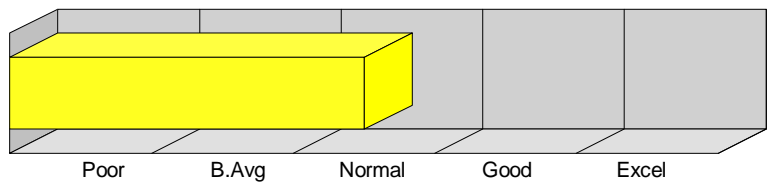
*Grip Strength*

22/05/07

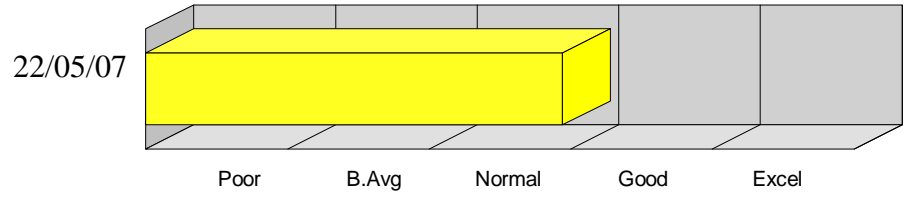


*Forced Vital Capacity*

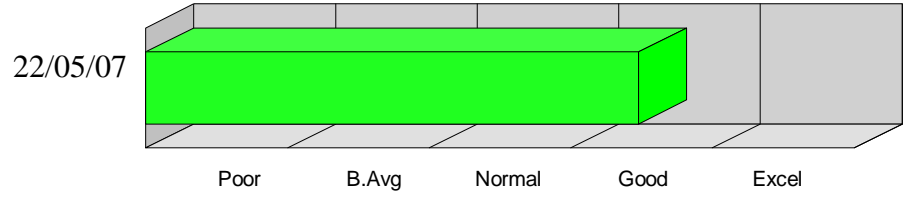
22/05/07



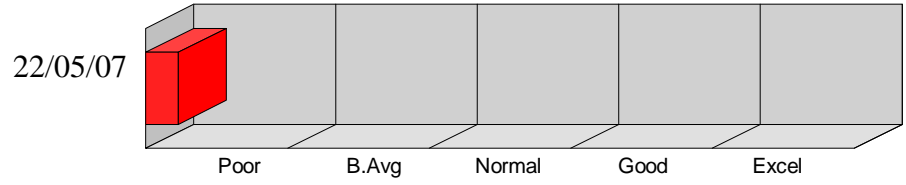
*Forced Expiratory Volume*



*Forced Expiratory Ratio*



*Peak Flow Rate*



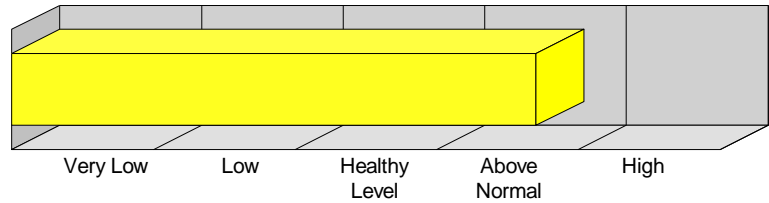


# Your Fitness

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

## Body Fat %

Your Body Fat % 27 %



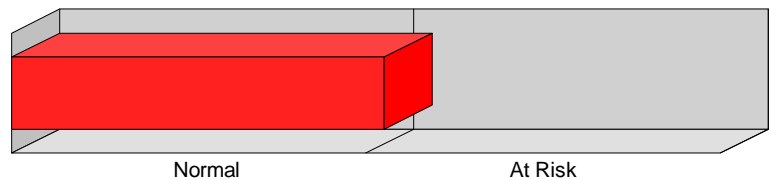
Acceptable Range 15-20 %

Your Weight 88 kg  
Target Weight Range 77 - 81 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

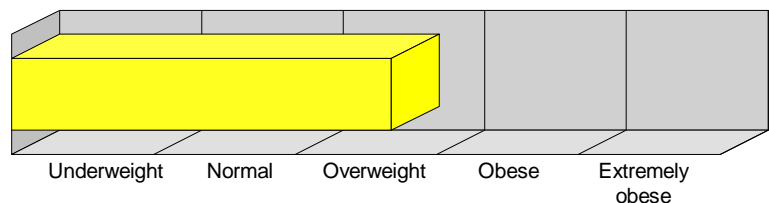
Waist 35  
Hips 35  
Waist To Hips Rating 1.00  
At Risk



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 Rating 28.41  
Overweight  
- increased health risk



The Body Mass Index (BMI) is an indicator of total body composition. It may not accurately reflect changes in body composition. Your results show that you are above the recommended range. Make an effort to include 30 minutes of activity into every day and watch out for those high calorie foods. If you are very sporty please be aware that due to muscle weighing more than fat, your results may be above the normal range. Body fat percentage measurements may be more useful to you.

### BODY MASS INDEX RANGES

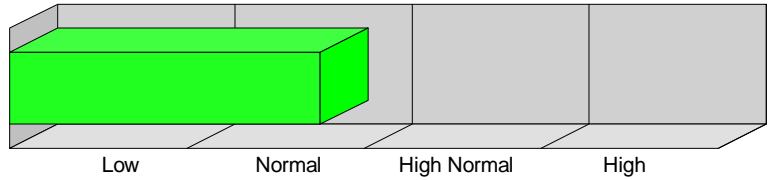
Underweight less than 18.5

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**

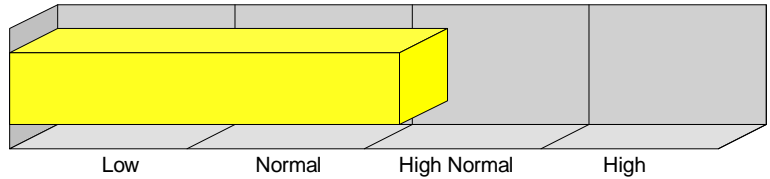
Systolic

125 mmHg



Diastolic

86 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 in the high normal bracket. This is nothing to be concerned about. Unless your lifestyle changes or you have other risk factors such as diabetes, you should have blood pressure checked every year.

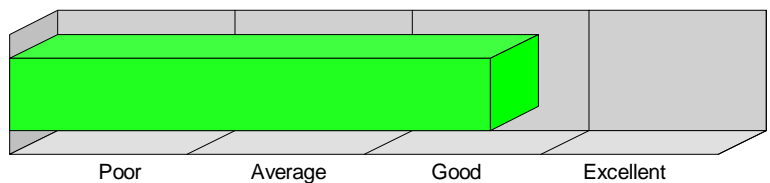
**BLOOD PRESSURE RANGES**

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

**Rest Heart Rate**

Resting Heart Rate

60 bpm



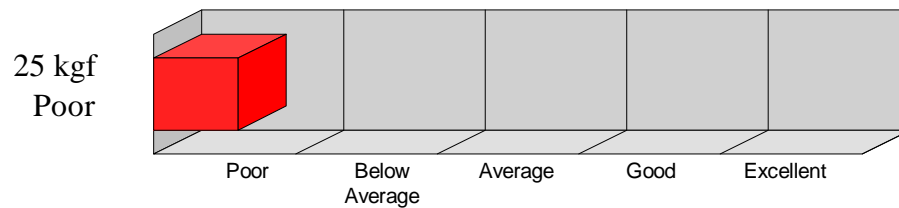
Resting heart rate usually rises with age, and is generally lower in people who are physically fit. Your resting heart rate is good. Well done.

**RESTING HEART RANGES**

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

## Strength

Grip Strength  
Rating



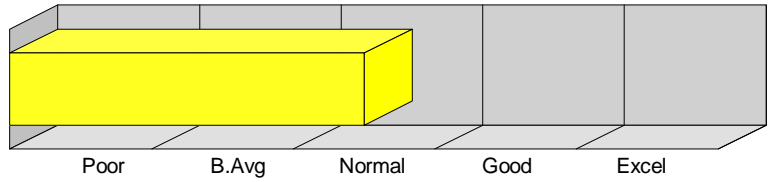
Extra muscle power is often needed for lifting, carrying, pulling and pushing, both to take the strain and help avoid injury.

Grip strength is a useful indicator of overall body strength. Your grip strength is poor. Make an effort to increase your muscle tone and general muscle strength.

# Lung Function

FVC  
Forced Vital  
Capacity Rating

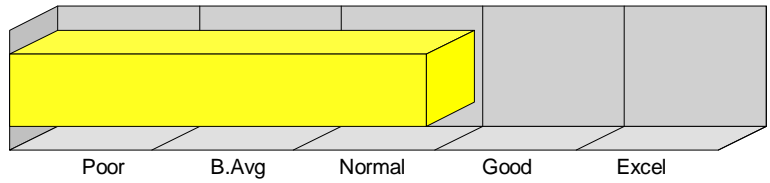
5 litres  
Normal



This is a measure of the size of your lungs. The normal range for your age, sex and height is 4.4 to 5.6 litres.

FEV  
Expiratory Volume  
Rating

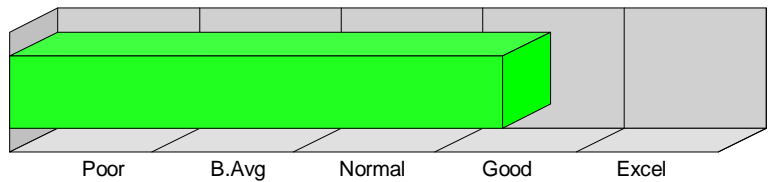
4.5 litres  
Normal



The amount of air that you can expel from your lungs in the first second is a measure of the strength of your lungs. The normal range for your age, sex and height is 3.6 to 4.6 litres.

FER  
Expiratory Ratio  
Rating

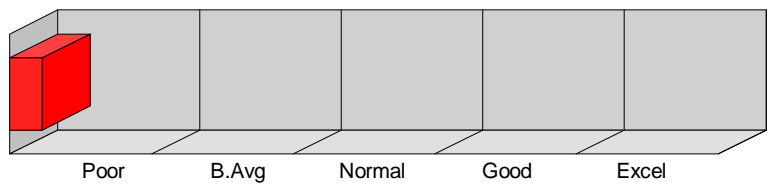
90 %  
Good



The percentage of your total lung volume that you can expel in the first second is an indication of your lung efficiency. The normal range for your age, sex and height is 72.7 % to 86.7 %.

PEFR  
Peak Flow Rate  
Rating

115 l/min  
Poor



The maximum rate of flow that you can achieve is a measure of your lung power. The normal range for your age, sex and height is 559 to 679 l/min.



# Your Cholesterol

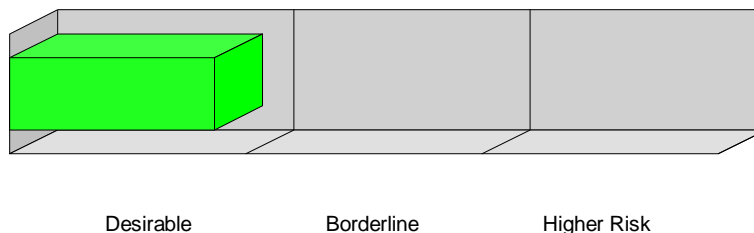
## Total Cholesterol

Measured  
Rating

4.5 mmol/l  
Desirable

TC/HDL ratio

3.00



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.

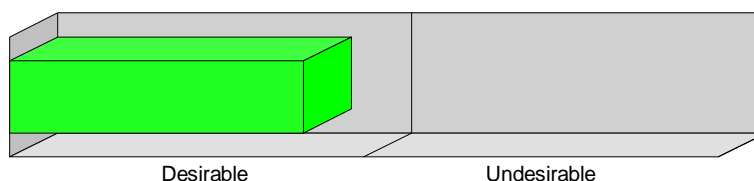
### TOTAL CHOLESTEROL LEVELS

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

## HDL

Measured  
Rating

1.5 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.

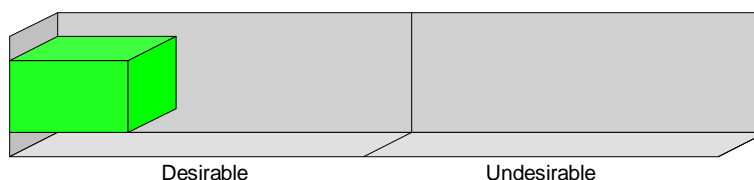
### HDL-CHOLESTEROL LEVELS

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

## LDL

Measured  
Rating

1 mmol/l  
Desirable



LDLs are the bad form of cholesterol, which can clog up your blood vessels. This can restrict blood supply to major organs such as the heart and brain, resulting in angina, heart attack or strokes. Your LDL cholesterol level is within the desirable range.

### LDL-CHOLESTEROL LEVELS

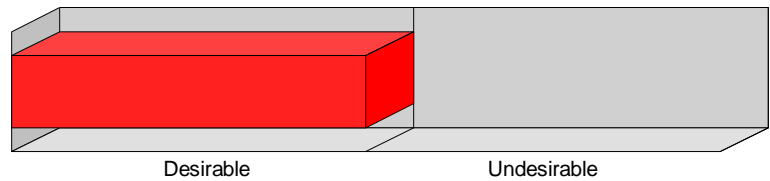
Desirable	< 3	mmol/l
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Undesirable > 3 mmol/l

## Triglycerides

Measured  
Rating

2 mmol/l  
Undesirable



Triglycerides in the body come from fats in food or fats made by the body from other energy sources such as carbohydrates. You appear to have high triglyceride levels, which places you at an increased risk of coronary heart disease and stroke.

### TRIGLYCERIDE LEVELS

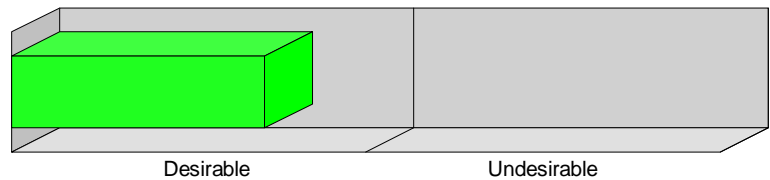
Desirable < 2 mmol/l

Undesirable > 2 mmol/l

## Blood Sugar

Measured  
Rating

5 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.

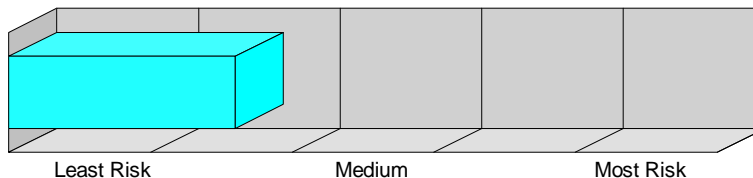


# Your Coronary Risk Assessment

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 68  
 Systolic BP 125 mmHG  
 Total Cholesterol 4.5 mmol/l  
 Smoking Habits Smoker  
 Cigarettes Smoked 10



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 95  
 Systolic BP 125 mmHG  
 Total Cholesterol 4.50 mmol/l  
 Smoking Habits Ex-Smoker  
 Cigarettes Smoked 0  
 Years Quit 5

By making the following changes to your lifestyle your Dundee Risk would change from 68 to 95, and your risk of a coronary event would decrease.

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

- \* Stopping Smoking.
- \* Keeping your Total Cholesterol the same.
- \* Keeping your Systolic blood pressure the same.

