



Health Check  
for ROGER TEST PERSON

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## 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 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.

# Lifestyle Review

## Basic Data

Height / Weight: Metric: 178.00 cm / 76.00kg - Imperial: ( 5 ft 10 ins / 11st 13lbs )  
BMI: 23.99

## Smoking Habits

Status: Vape Only

Summary: It is too early to say if vaping has an adverse effect on your health, many experts believe that vaping is less harmful than conventional cigarettes.

As you are also consuming Nicotine during your vaping, it should be noted that Nicotine is a poison and in large doses could be fatal. The risk mainly lies in oral ingestion or skin contact with the vape liquid.

It is however; still possible to overdose on Nicotine during excessive vaping. Symptoms of excessive Nicotine consumption are some or all of these:

- Increased salivation
- Stomach cramps
- Diarrhoea
- Headaches
- Other symptoms like confusion or agitation.

If you experiences these symptoms stop vaping and seek medical advice. As a vaper you are consuming 1mg of Nicotine per day, this is equivalent to 2 cigarettes per day.

# Alcohol

Alcohol Units: 21 / Week

Alcohol Rating: Above Recommended Weekly Limits

Graphical Summary:



Summary:

within recommended limits	above recommended limits
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Your weekly alcohol intake is above the recommended safe limits. Your pattern of drinking is considered to be binge drinking. The definition of binge drinking is drinking lots of alcohol in a short space of time or drinking to get drunk. 6 or more units in 1 day is considered to be binge drinking. Binge drinking can affect your mood and your memory and, in the longer term, can lead to serious mental health problems. Spread your drinks evenly throughout the week, or during a drinking session consider having a soft drink between alcoholic drinks.

Lots of people associate drinking with relaxation and socialising. But drinking too much can damage your health.

Guidelines reflect evidence about the link between alcohol and health harms, particularly cancer. Guidance includes changes to the amount men and women can regularly drink, one-off drinking sessions and advice for drinking in pregnancy.

- You are safest not to drink regularly more than 14 units per week, to keep health risks from drinking alcohol to a low level. 14 units would be equivalent to 12 (250ml) measures of average strength (4%) beer or 6 glasses (175ml) of average strength (12%) wine.
- If you have one or two heavy drinking sessions, you increase your risks of death from long-term illnesses and from accidents and injuries.
- The risk of developing a range of illnesses (including, for example, cancers of the mouth, throat and breast) increases with any amount you drink on a regular basis
- If you wish to cut down the amount you're drinking, a good way to help achieve this is to have several drink-free days each week

Regular drinking above the guidelines causes long-term damage to your health. Alcohol can contribute to:

- Raised blood pressure, liver disease, cancers (particularly breast cancer and cancer of the gullet) mental health problems (such as depression and anxiety) infertility, heart disease, stomach ulcers osteoporosis (thinning of the bones) pancreatitis, stroke, dementia, brain damage.

Some effects of drinking to excess are not reversible and can cause permanent damage to your health. You are not thinking of reducing your alcohol intake, given you are not within the safe limits you should reconsider. Based upon what you have told us, we've calculated the additional calories consumed through alcohol to be between 1260 and 2520, at the worst this is equivalent to 2.1 standard 12 inch pizzas per week.

Reference:

British Government's Chief Medical Officer (2016) NHS Choices.

## Activity - Occupation

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

Recorded Score: 2

Graphical Summary:



physically inactive	moderately active	active job	heavy physical job	extreme physical job
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## Activity - Leisure

Leisure Activity Rating: Slightly Active (Out of 5)

Recorded Score: 2

Graphical Summary:



inactive	slightly active	moderately active	very active	extremely active
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## 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 appear not to be moderately active during both work and play. 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:



slightly stressed	moderately stressed	heavily stressed
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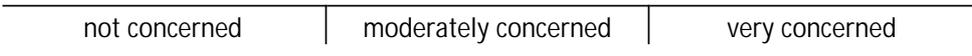
Summary:

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: Moderately Concerned

Graphical Summary: A horizontal bar chart with a single orange bar extending to the 'moderately concerned' position on a scale below.



Summary: It appears that you sometimes have concerns about your eating habits. You might like to discuss your concerns with a professional dietician or nutritionist.

## Sleep Risk Analysis

Graphical Summary:



## Sleep Recommendations:

Summary:

A good night's sleep is vitally important to health and wellbeing. The average person spends around a third of their life asleep. In this time, our bodies are able to replenish energy stores and make repairs, while our minds organise and store the memories of the day before. The amount of sleep you need depends on your age, gender, health and other elements, and sleep cycles change as we grow older.

Whilst you are moderately concerned about your sleep, you appear to be getting less than the recommended 7 to 9 hours of undisturbed sleep per night. Research in the US has shown that there is an increased risk of developing diabetes in people who slept less than five hours a night. There are various things you can do to help you get to sleep. This is often referred to as 'good sleep hygiene'. For example:

- Avoid caffeine later in the day
- Avoid alcohol as this is known to disturb sleep
- Avoid heavy meals late at night
- Stick to regular times to go to bed and get up
- Use thick curtains, blinds or an eye mask to stop you being woken up by light
- Try earplugs to stop any noise disturbing you
- Try taking a warm bath an hour before you go to bed
- Try listening to calming music or reading a book
- Avoid watching TV or using mobile devices in the bedroom

If your sleep problems are affecting your daily life, it's time to see your GP or health professional. You could take the results of this test to discuss with your GP or, even better, keep a sleep diary for two weeks before you go.

*British Sleep Council (2017) & National Sleep Foundation (2017)*

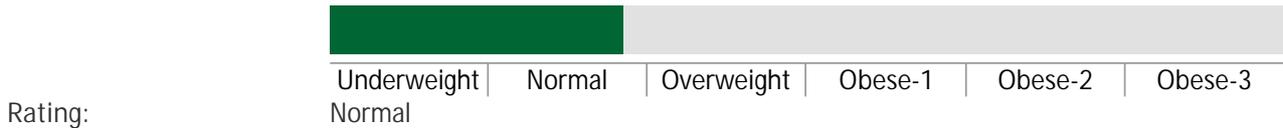
# Fitness Health Results

## 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 (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: 23.99



Rating:

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:

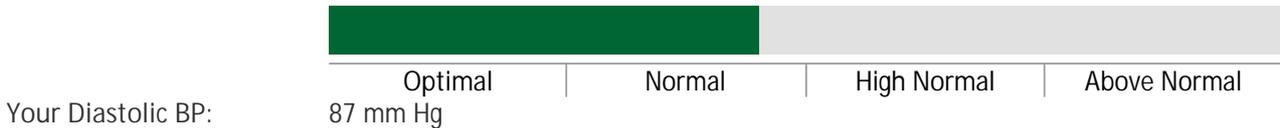
Your BMI is within the recommended range. Congratulations! Keep it up with regular exercise and healthy eating. You are minimising your risk of chronic disease such as heart disease, diabetes, arthritis & other related illnesses.

## 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: 128 mm Hg



Your Diastolic BP: 87 mm Hg



Rating:

High - Normal Blood Pressure

Summary:

Your blood pressure is in the high-normal range. It is recommended that you have your blood pressure re-checked within three months and regularly after that. If the readings continue in this range 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 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: 65 BPM



Rating:

Good

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.

## Body Composition

Body fat percentage is the amount of body fat as a proportion of your body weight. Reducing excess levels of body fat has shown to reduce the risk of certain conditions such as high blood pressure, heart disease, diabetes and cancer. 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 % 30.00 %



Acceptable Range 10.0 - 22.9 %

Your Fat Weight 22.80 kg (50.16lbs)

Your Weight 76.00 kg (167.20lbs)

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

Your Lean Weight 70.00 % / 53.20 kg (117.04lbs)

**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: 1786.00 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.

## Total Body Water Percentage

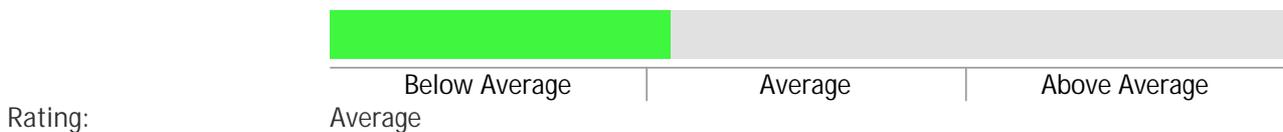
Total Body Water Percentage is the total amount of fluid in your body expressed as a percentage of total weight. Water plays a vital role in many of the body's processes and is found in every cell, tissue and organ. Maintaining a healthy total body water percentage will ensure the body functions efficiently 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 %: 51.00 %

Total Water Weight: 38.76 kg (85.27lbs)



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.

## Visceral Fat

Visceral fat is the fat that is in the internal abdominal cavity, surrounding the vital organs in the trunk (abdominal) area. Research shows that even if your weight and body fat remains constant, as you get older the distribution of fat changes and is more likely to shift to the trunk area especially post menopause. Ensuring you have healthy levels of visceral fat may reduce the risk of certain diseases such as heart disease, high blood pressure, and the onset of type 2 diabetes.

Visceral Fat: 24.00



Summary: This indicates that you have an excess level of visceral fat. Consider making changes in your lifestyle possibly through diet changes or increasing exercise.

# 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: 5.50 mmol/l (212.69 mg/dL)



Rating:

Undesirable	Increased Risk	Desirable	Ideal
	Increased Risk		

Summary:

Your total cholesterol level is above the recommended levels and you would certainly benefit by lowering it. It would seem that the starting point is to reduce the amount of saturated fat.

## 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): 5.60 mmol/l (100.80 mg/dL)



Rating:

Low / Potential Risk	Desirable	Increased / Potential Risk	Undesirable
	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.