



Wellness Report for EXAMPLE REPORT

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For Fitnut Limited*



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.

Lifestyle Review

Basic Data

Height / Weight: Metric: 187.00 cm / 71.00kg - Imperial: (6 ft 2 ins / 11st 2lbs)
BMI: 20.30

Smoking Habits

Status: Smoker

Summary: A cigarette smoker doubles their risk of dying from coronary heart and cardiovascular disease compared to a non-smoker. If they also suffer from high blood pressure and high cholesterol then there is an eight-fold increase in risk. By stopping smoking, the risk of heart disease is rapidly reduced.
You are no doubt aware of the risks of smoking; if you would like to give up there are a number of professional sources to assist you.

Alcohol

Alcohol Units: 15 / Week

Alcohol Rating: Moderate

Summary For many people, drinking alcohol is enjoyable. But drinking too much can seriously damage your health. Alcohol can be a false friend especially during stressful times. It is best to spread alcohol through the week and have 1-2 alcohol free days. If you do drink, then always drink in moderation.
Even relatively moderate amounts of alcohol can be harmful sometimes. For instance, taking some medications, or doing sports or activities that need judgment and coordination.
This is a safe level of drinking, enjoy and careful that you do not develop in to a heavy drinker, you are 20 units away from this rating now.

Rating	Male	Female
Light	1 – 14	1-10
Moderate	15-24	11 – 19
Heavy	25-35	20-27
Excessive	36+	28+

Activity - Occupation

Your Occupation Rating: Heavy Physical Job (Out of 5)

Recorded Score: 4

Graphical Summary:



physically inactive	moderately inactive	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.

Given you are highly active in your occupation it is a good thing that you are getting plenty of rest in your free time. Make every effort to provide your body with rest and recuperation. This does not mean settling in front of the television, but participate in gentle and relaxing pursuits such as a leisurely walk. A change of scenery and activity refreshes the mind and enables you to return to work with vigour.

Perceived Stress

Recorded Score: Moderately Stressed

Graphical Summary:



slightly stressed	moderately stressed	heavily stressed
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Summary:

You report that you are undergoing some stress at the moment. Almost everyone has to learn to handle pressure. Why not discuss your feelings with someone who can help you see things from a different perspective.

Perceived Eating Habits

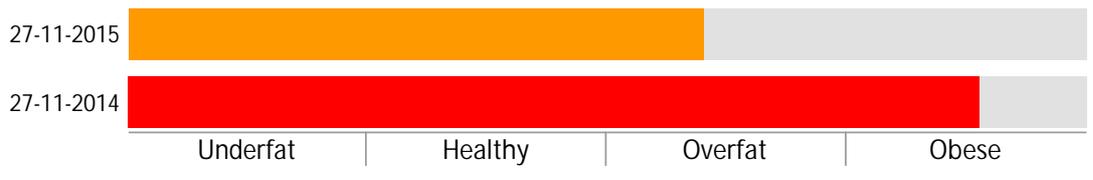
Recorded Score: Moderately Concerned



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.

Assessment Results Summary

Body Fat Results



Waist to Hip



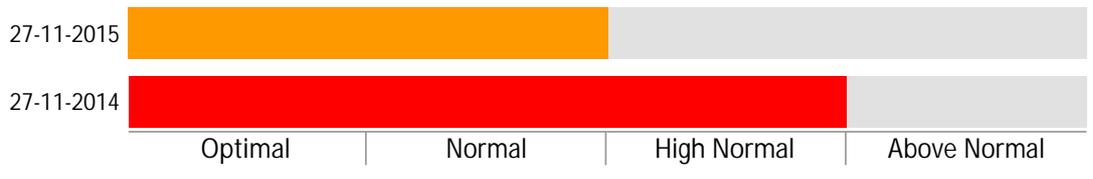
Blood Pressure (Systolic)



Blood Pressure (Diastolic)



Blood Pressure Overall

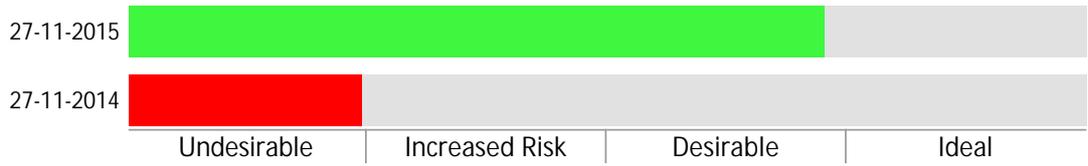


Resting Heart Rate

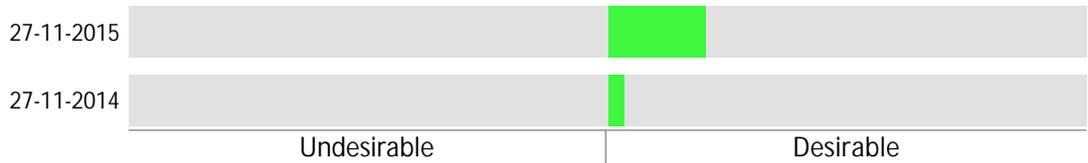


Blood Results Summary

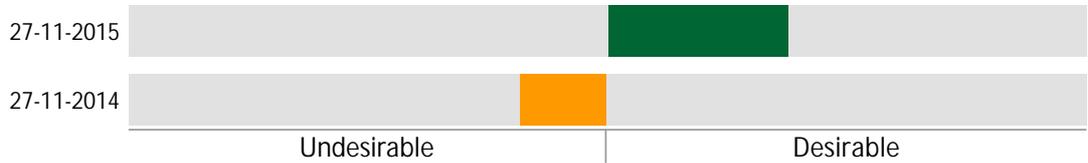
Total Cholesterol



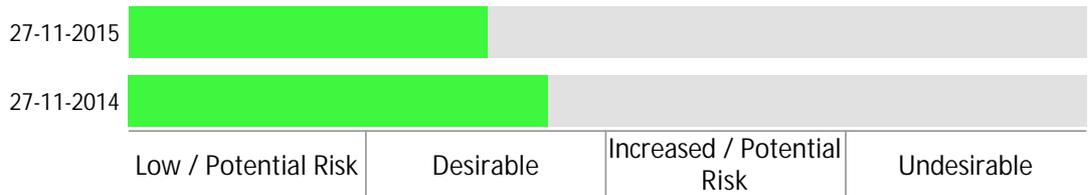
HDL



Total Cholesterol/HDL Ratio



Non Fasting Blood Sugar



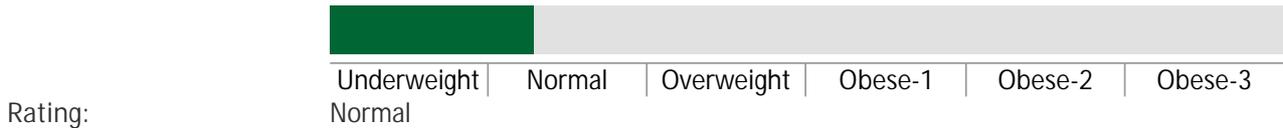
Fitness Health Results

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 (m²). 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: 20.30



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

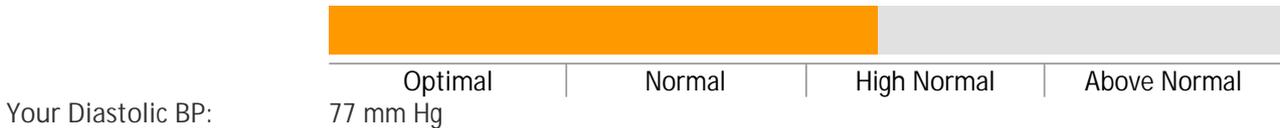
Summary: Your BMI is within the recommended range. Congratulations! Keep it up with regular exercise and healthy eating. You are minimising your risk of chronic disease such as heart disease, diabetes, arthritis & other related illnesses.

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: 133 mm Hg



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: 64 BPM

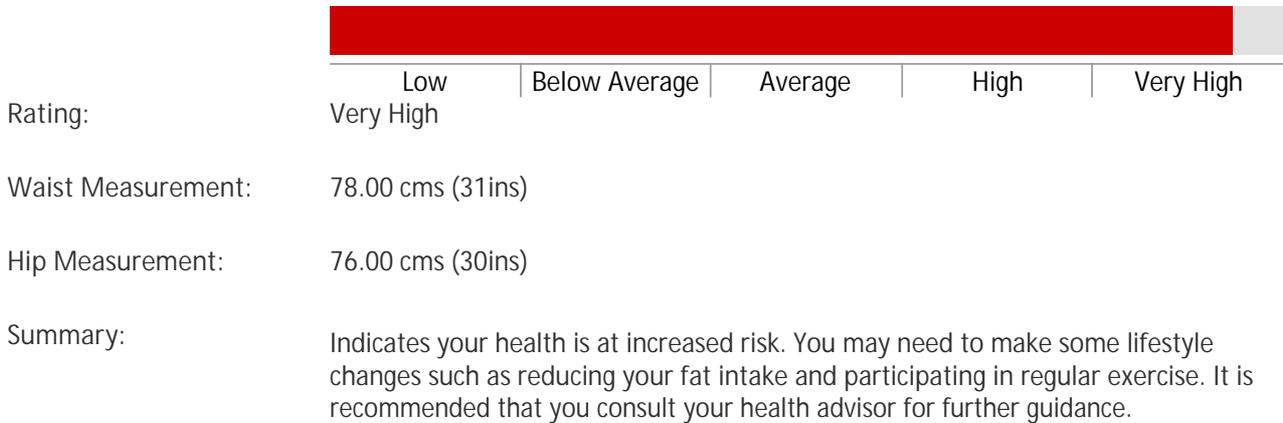


Summary: Resting Heart Rate usually rises with age and is generally lower in people who are physically fit. Your resting heart rate is good, well done, keep it up with regular aerobic exercise.

Waist to Hip Ratio

The waist to hip measurement 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 and less than 0.85 for women.

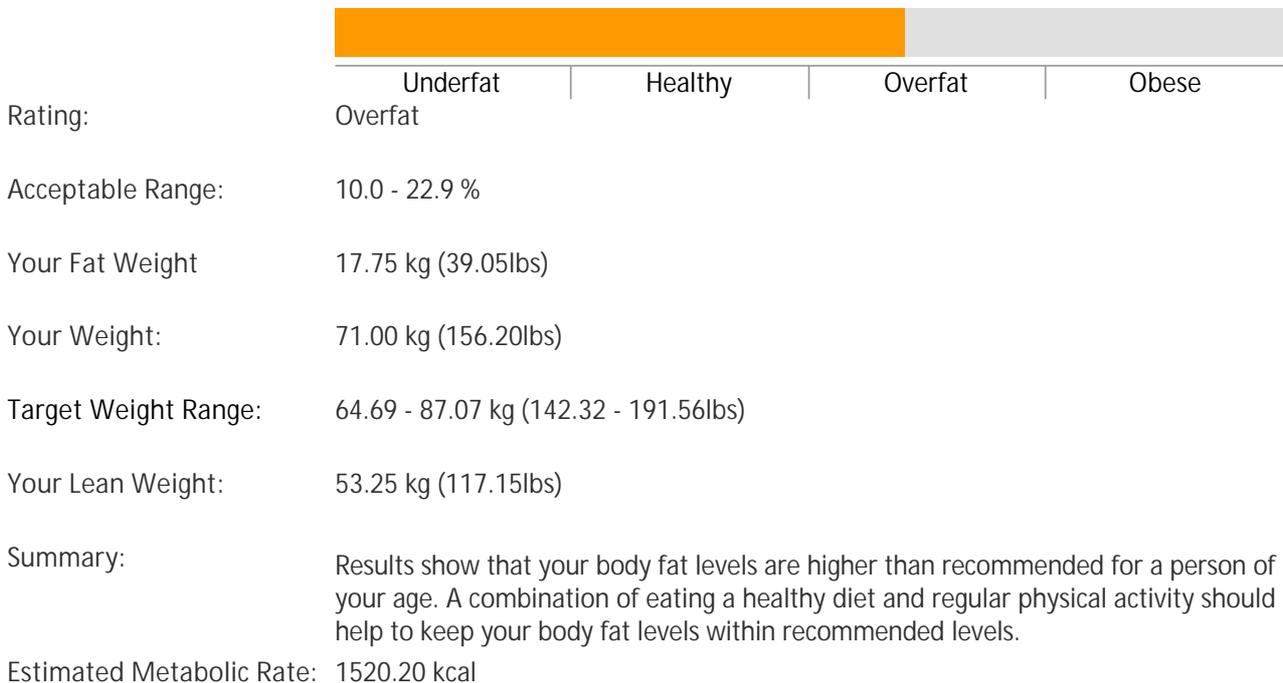
Waist to Hip Ratio: 1.026



Total Body Fat

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: 25.00 %



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.

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: 4.00 mmol/l (154.68 mg/dL)



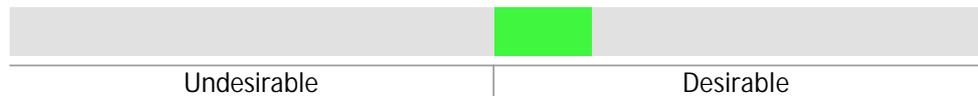
Rating: Desirable

Summary: Your total cholesterol level is within the desirable range.

HDL

High density lipoproteins (HDL's) are referred to as "good cholesterol" which remove unwanted fats and cholesterol from the tissues to the liver for removal. An ideal level for men is 1 mmol/l or greater and equal or greater than 1.2 mmol/l for women.

HDL: 1.60 mmol/l (61.87 mg/dL)



Rating: Desirable

Summary: Your HDL cholesterol is in the desirable range which is very good. Genetic differences account for much of the variation in HDL levels. The most important lifestyle factor that impacts on HDL levels is regular aerobic exercise.

Total Cholesterol / HDL Ratio

Your TC:HDL ratio is calculated by dividing your total cholesterol by your HDL cholesterol. Your ratio of HDL to total cholesterol should be 4mmol/l or under. This reflects the fact that for any given total cholesterol level, the more HDL (Good Cholesterol), the better. A higher ratio indicates a higher risk of heart disease; a lower ratio indicates a lower risk.

TC / HDL Ratio: 2.50

Rating: Desirable

Summary: Your TC:HDL ratio is desirable.

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): 6.00 mmol/l (108.00 mg/dL)

	Low / Potential Risk	Desirable	Increased / Potential Risk	Undesirable
Rating:		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.			

Coronary Risk Assessment Results

Joint British Societies Cardiovascular Risk Assessment

Introduction: The Joint British Societies Cardiovascular Risk Assessor calculates your percentage likelihood of developing CVD, cardiovascular disease (CHD and stroke added together) over a 10 year period e.g. a risk of 15% means that there is a 15 in 100 chance of a CVD event in the next 10 years.

Diseases of the heart and circulatory system (cardiovascular disease or CVD) are the main cause of death in the UK and account for over 208,000 deaths each year. More than one in three people (36%) die from CVD each year. The main forms of CVD are coronary heart disease (CHD) and stroke. The risk score is an indication only and should not take the place of clinical judgment or careful medical examination.

Current Risk: The graph and table below shows the percentage chance of your having a coronary event over the next ten years. The lower the percentage the better.

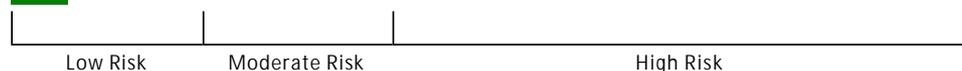
Parameter	Reading
Ten Year Risk	8%
Systolic Blood Pressure	133 mm Hg
Diastolic Blood Pressure	77 mm Hg
Total Cholesterol	4 mmol/l
HDL	1.6 mmol/l
Smoking Habits:	Cigarette Smoker

JBSCRA Graphical Summary

Current Risk: (8%)



Potential Risk: (3%)



JBSCRA Potential Improvement

Potential Improvement: By making the following changes to your lifestyle, your JBS Cardiovascular Risk would change from 8% to 3%, and your risk of a coronary event would decrease .

Parameter	Reading
Ten Year Risk	3%
Systolic Blood Pressure	119 mm Hg
Diastolic Blood Pressure	79 mm Hg
Total Cholesterol	4 mmol/l
HDL	2 mmol/l
Smoking Habits:	Non Smoker

Recommendations: Although you cannot influence certain factors such as your family medical history, others can be influenced by changes in your lifestyle. By making improvements to your lifestyle you can reduce your risk of a coronary event. The graph above shows a projected risk based on making changes in your lifestyle. By making these changes to your lifestyle you would have:

- Changed your Total Cholesterol from 4 to 4 mmol/l
- Changed your Systolic Blood Pressure from 133 to 119 mm Hg
- Changed your Diastolic Blood Pressure from 77 to 79 mm Hg
- Changed your HDL from 1.6 to 2 mmol/l
- Quit smoking

How to Reduce My Risk of Coronary Disease

Summary: Most people who develop heart disease have recognised risk factors which contribute to the cause of the disease.

The major risk factors include:

- Raised cholesterol level in the blood
- Elevated blood pressure
- Smoking

Other risk factors for heart disease include:

- Diabetes
- Obesity and excess weight
- Inactivity
- Family history
- Gender and age

Despite risk factors that cannot be changed such as gender, age and family history, adopting a healthy lifestyle by limiting your fat intake, not smoking and having an active, healthy lifestyle will reduce your risk of developing heart disease.