



# Wellness Review for DANIEL WILLIAMS

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For Fitech (UK) Ltd*



building a healthy future



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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 your self 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.

# Fitness Health Results

## Body Mass Index

Introduction:

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 20 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 sex 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:

27.44

Graphical Summary:



Rating:

Overweight

Body Mass Index Ranges			
Underweight:	less than 18.5	Obese:	27.5 - 29.9
Normal:	18.5 - 24.9	Very Obese:	30 or more
Overweight:	25 - 27.49		

Summary:

Your BMI as calculated from your height & weight, is higher than the recommended range. A body mass index of >25 carries increased health risks. Being above the ideal weight is a health risk resulting in increased and earlier onset of disease and death from conditions including high blood pressure, diabetes, heart attack and stroke, arthritis, and some cancers.

Carrying extra weight can also be a major risk factor for sleep apnoea and poor quality of life. You should aim to adopt a healthier eating regime and incorporate daily exercise with guidance from a health professional.

## Blood Pressure (British Hypertension Society)

**Introduction:** 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:** 135 mm Hg

**Graphical Summary:**



**Your Diastolic BP:** 85 mm Hg

**Graphical Summary:**



**BHS 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:

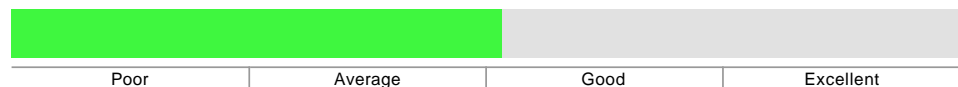
- Maintain a normal body weight (body mass index 20-25)
- Reduce salt intake to under 6g per day
- Limit alcohol consumption to under 3 units per day for men and under 2 units for women
- Engage in some kind of aerobic exercise ideally on most days of the week but at least on three days of the week
- 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

**Introduction:** 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

**Graphical Summary:**




**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.

# Blood Results

## Total Cholesterol

**Introduction:** 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:** 5.60 mmol/l  
**Graphical Summary:** 

**Rating:** 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.

## HDL

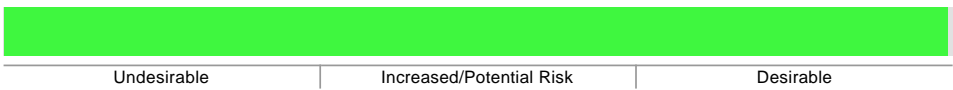
**Introduction:** High density lipoproteins (HDL's) remove unwanted fats and cholesterol from the tissues to the liver for removal. An ideal level for men is 1 mmol/L or greater and the ideal level for women is equal or greater than 1.2 mmol/L.

**HDL:** 0.80 mmol/l  
**Graphical Summary:** 

**Rating:** Undesirable  
**Summary:** Your HDL cholesterol is in the undesirable range. 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. However, giving up smoking, reducing the consumption of trans fatty acids and increasing the consumption of monounsaturated fats such as canola, olive or avocado oil and increasing your intake of soluble fibre can all help to increase HDL levels.

## Non Fasting Blood Sugar

**Introduction:** 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 glycemic carbohydrates.

**Blood Sugar:** 6.00 mmol/l  
**Graphical Summary:** 

**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.

**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.

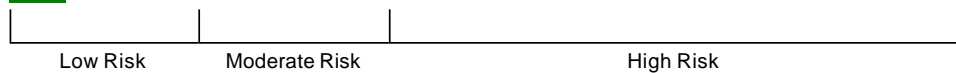
Parameter	Reading
Ten Year Risk	9%
Systolic Blood Pressure	135 mm Hg
Diastolic Blood Pressure	85 mm Hg
Total Cholesterol	5.6 mmol/l
HDL	0.8 mmol/l
Smoking Habits:	Not Provided

## JBSCRA Graphical Summary

Current Risk: (9%)



Potential Risk: (3%)



## JBSCRA Potential Improvement

**Potential Improvement :** By making the following changes to your lifestyle, your JBS Cardiovascular Risk would change from 9% 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	1.2 mmol/l
Smoking Habits:	Non Smoker

## 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 have an active, healthy lifestyle will reduce your risk of developing heart disease.