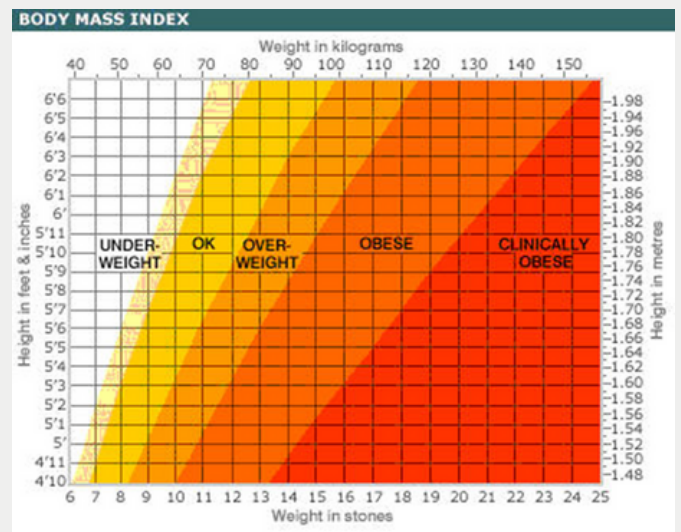


# YOUR RESULTS EXPLAINED...

**BMI** BMI is a measure of whether you are a healthy weight for your height.

- **Underweight:** 18.4 or less
- **Healthy:** 18.5 - 24.9
- **Overweight:** 25 - 29.9
- **30+:** you may be invited for another test to check that you do not have diabetes.



## HEIGHT

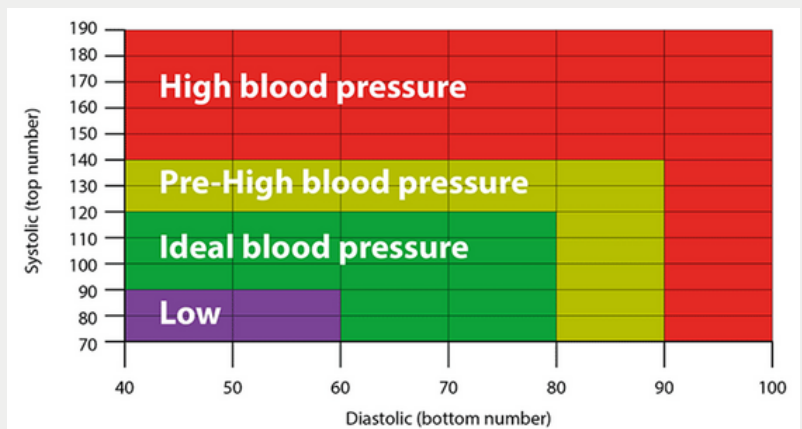
The measurement of someone or something from head to foot or from base to top. The unit of measurement is cm.

## WEIGHT

A body's relative mass or the quantity of matter contained by it, giving rise to a downward force; the heaviness of a person. The unit of measurement is kg.

## BLOOD PRESSURE

- **Ideal blood pressure:** between 90/60mmHg and 120/80mmHg
- **High Blood Pressure:** between 135/85 or 140/90mmHg or higher
- **Low Blood Pressure:** 89/59mmHg or lower



BLOOD GLUCOSE		STATUS	HbA1c	
mmol/L	mg/dL		%	mmol/mol
5.4	97	Normal	5	31
7.0	126	Normal	6	42
8.6	155	Pre-Diabetes	7	53
10.2	184	Diabetes	8	64
11.8	212	Diabetes	9	75
13.4	241	Diabetes	10	86
14.9	268	Diabetes	11	97
16.5	297	Diabetes	12	108

## GLUCOSE

Glucose is a type of sugar you get from foods you eat, and your body uses it for energy. As it travels through your bloodstream to your cells, it is called blood glucose.

# CHOLESTEROL

## Total Cholesterol

The overall amount of cholesterol in your blood, including both "good" and "bad" cholesterol.

**5 OR BELOW**

## HDL: high-density lipoprotein

**Good cholesterol**  
This makes you less likely to have heart problems or a stroke.

**1 OR ABOVE**

## LDL: low-density lipoprotein

**Bad cholesterol**  
This makes you more likely to have heart problems or a stroke.

**4 OR BELOW**

## Triglycerides

A fatty substance like bad cholesterol

**2.3 OR BELOW**

## Total Cholesterol to HDL Cholesterol ratio (TC:HDL)

The level of good cholesterol in your blood compared to your overall cholesterol level.

**6 OR BELOW (IDEAL 3.5)**

# THE HEART



You are looking for your heart age to be around or lower than your real age. A higher recording means you have increased risk of medical conditions

# VISCERAL FAT

Visceral fat is the fat that is in the internal abdominal cavity, surrounding the vital organs in the trunk (abdominal) area.

- **1-12: Healthy level**
- **13+: Excess level**

# QRISK SCORE

The QRISK Score is a system we use to identify the risks you may have for certain medical conditions. If your QRISK Score is **10% or above**, you will be signposted to your GP.

# BODY FAT %

**BODY FAT CHART FOR MEN (%)**

AGE	18-20	2.0	3.9	6.2	8.5	10.5	12.5	14.3	16.0	17.5	18.9	20.2	21.3	22.3	23.1	23.8	24.3	24.9
21-25	2.5	4.9	7.3	9.5	11.6	13.6	15.4	17.0	18.6	20.0	21.2	22.3	23.3	24.2	24.9	25.4	25.8	
26-30	3.5	6.0	8.4	10.6	12.7	14.6	16.4	18.1	19.6	21.0	22.3	23.4	24.4	25.2	25.9	26.5	26.9	
31-35	4.5	7.1	9.4	11.7	13.7	15.7	17.5	19.2	20.7	22.1	23.4	24.5	25.5	26.3	27.0	27.5	28.0	
36-40	5.6	8.1	10.5	12.7	14.8	16.8	18.6	20.2	21.8	23.2	24.4	25.6	26.5	27.4	28.1	28.6	29.0	
41-45	6.7	9.2	11.5	13.8	15.9	17.8	19.6	21.3	22.8	24.7	25.5	26.6	27.6	28.4	29.1	29.7	30.1	
46-50	7.7	10.2	12.6	14.8	16.9	18.9	20.7	22.4	23.9	25.3	26.6	27.7	28.7	29.5	30.2	30.7	31.2	
51-55	8.8	11.3	13.7	15.9	18.0	20.0	21.8	23.4	25.0	26.4	27.6	28.7	29.7	30.6	31.2	31.8	32.2	
56 & UP	9.9	12.4	14.7	17.0	19.1	21.0	22.8	24.5	26.0	27.4	28.7	29.8	30.8	31.6	32.3	32.9	33.3	
		LEAN				IDEAL				AVERAGE				ABOVE AVERAGE				

**BODY FAT CHART FOR WOMEN (%)**

AGE	18-20	11.3	13.5	15.7	17.7	19.7	21.5	23.2	24.8	26.3	27.7	29.0	30.2	31.3	32.3	33.1	33.9	34.6
21-25	11.9	14.2	16.3	18.4	20.3	22.1	23.8	25.5	27.0	28.4	29.6	30.8	31.9	32.9	33.8	34.5	35.2	
26-30	12.5	14.8	16.9	19.0	20.9	22.7	24.5	26.1	27.6	29.0	30.3	31.5	32.5	33.5	34.4	35.2	35.8	
31-35	13.2	15.4	17.6	19.6	21.5	23.4	25.1	26.7	28.2	29.6	30.9	32.1	33.2	34.1	35.0	35.8	36.4	
36-40	13.8	16.0	18.2	20.2	22.2	24.0	25.7	27.3	28.8	30.2	31.5	32.7	33.8	34.8	35.6	36.4	37.0	
41-45	14.4	16.7	18.8	20.8	22.8	24.6	26.3	27.9	29.4	30.8	32.1	33.3	34.4	35.4	36.3	37.0	37.7	
46-50	15.0	17.3	19.4	21.5	23.4	25.2	26.9	28.6	30.1	31.5	32.8	34.0	35.0	36.0	36.9	37.6	38.3	
51-55	15.6	17.9	20.0	22.1	24.0	25.9	27.6	29.2	30.7	32.1	33.4	34.6	35.6	36.6	37.5	38.3	38.9	
56 & UP	16.3	18.5	20.7	22.7	24.6	26.5	28.2	29.8	31.3	32.7	34.0	35.2	36.3	37.2	38.1	38.9	39.5	
		LEAN				IDEAL				AVERAGE				ABOVE AVERAGE				

1. Body fat charts provided by BodyFatCharts.com

2. Data provided courtesy of AccuFitness, LLC

# BASAL METABOLIC RATE

Your BMR (Basal Metabolic Rate) is an estimate of how many calories you'd burn if you were to do nothing but rest for 24 hours. **The higher the better.**

# METABOLIC AGE

This is calculated by comparing your basal metabolic rate (BMR) to the BMR average of your chronological age group. So, if it's **lower than your chronological age**...well done!


# TOTAL BODY WATER %

Experts recommend that you should drink at least two litres of fluid each day. The average TBW% ranges for a healthy person are:

- Female 45% to 60%
- Male 50% to 65%



# BONE MASS (BN KG)

	Men			Women		
<b>Weight (KGs)</b>	Below 65 Kgs	65 – 95 Kgs	Over 95 Kgs	Below 50 Kg	50 – 75 Kgs	Over 75 Kgs
<b>Bone Mass (KGs)</b>	2.66 Kgs	3.29 Kgs	3.69 Kgs	1.95 Kgs	2.40 Kgs	2.95 Kgs

# RESTING HEART RATE

Your pulse while you are resting can reveal your risk for heart attack. A 'normal' heart rate can vary from person to person, however the range for the average healthy person is between **55 to 85**.

# MUSCLE MASS (KG'S)

**The more the better** – no specific recommendations. The weight of muscle in your body including your organs.