

# **Fitness Assessment Report For:**

**MICHAEL  
FLEETWOOD**



**Provided By:**  
**Brad Pamp**  
**Balance Health Programs**

Sydney CBD  
Sydney, NSW 2000

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[bp40plus.com.au](http://bp40plus.com.au)



# Lung Capacity Test

Page: 1  
Date: 23/05/2018

**Client Name:** MICHAEL FLEETWOOD

**Client Id:** 28

**Description:** This is an introductory forced volume lung function test, only, offering an indication of your lung health. Healthy lungs are usually, both, strong and flexible. This test can provide an indication of poor lung health, which, can be further assessed by your Physician. Generally, the larger the capacity, in litres, the better. Regular appropriate exercise can develop and maintain good lung health.

A result lower than typical values can be a sign of potential ill-health and possible sub-optimal athletic potential.

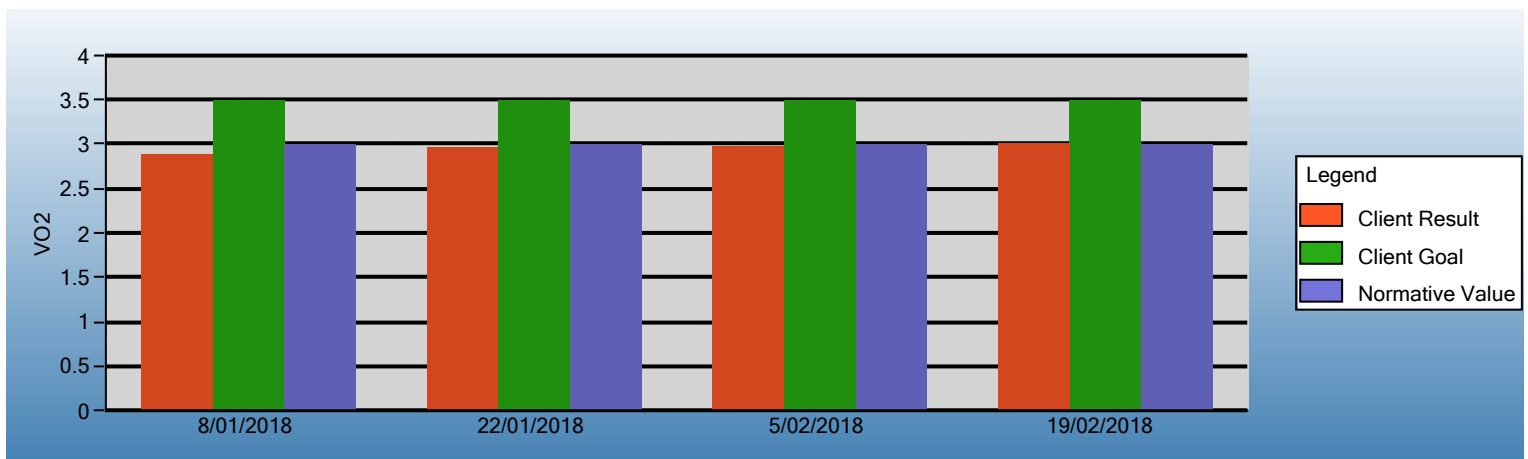
Body size and shape can influence results.

HEALTHY MALE LUNG CAPACITY -> 3.3 - 5+ litres

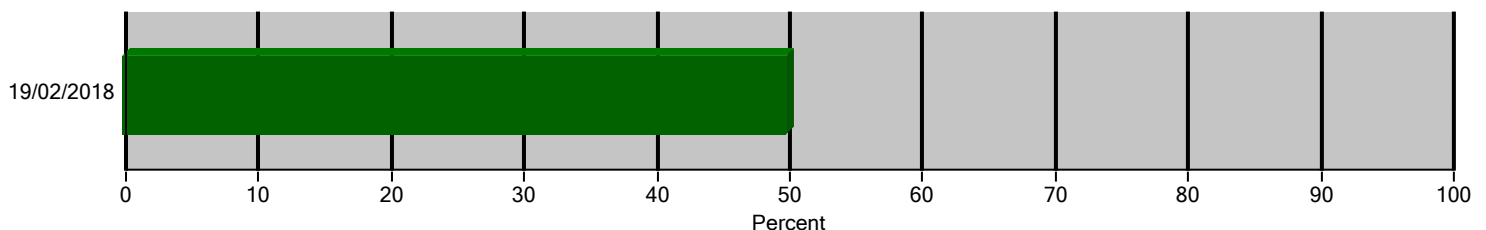
HEALTHY FEMALE LUNG CAPACITY -> 1.5 - 2.5+ litres

	8/01/2018	22/01/2018	5/02/2018	19/02/2018	
<b>Test Result:</b>	2.89	2.97	2.98	3.01	VO2
<b>Test Goal:</b>	3.5	3.5	3.5	3.5	VO2
<b>Test Norm:</b>	3	3	3	3	VO2

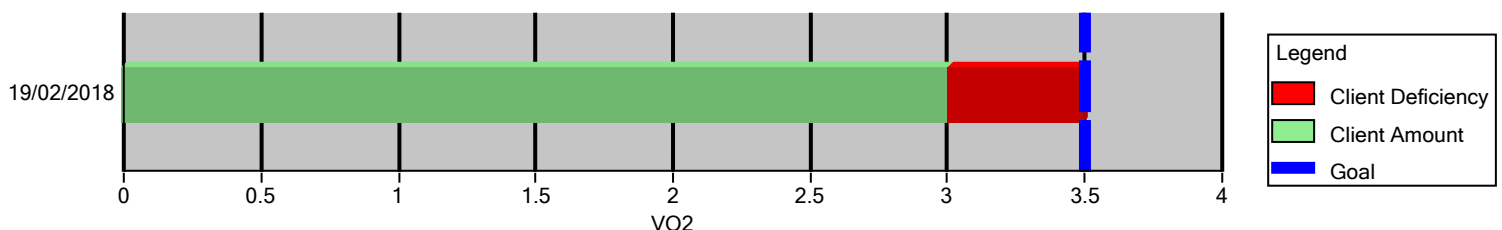
## Test Information



## Results Relative to the General Population (Higher is better)



## Result Relative to Goal (Higher is better)



## Summary:

Your result suggests a likely healthy respiratory system.

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# Resting Heart Rate Test

Page: 2

Date: 23/05/2018

**Client Name:** MICHAEL FLEETWOOD

**Client Id:** 28

**Description:** Your Resting Heart Rate represented in beats per minute, via, both; a Garmin Heart Rate Monitor and Blood Pressure Unit can offer another reference relative to your cardiovascular and collective good health. Despite many lifestyle factors influencing your immediate RHR, e.g., time of day, temperature, and emotional stressors, a system under stress is commonly represented by a 'higher' than normal HR. Generally, the lower your RHR, the better.

## RHR RANGES

<50 – Excellent, Athletic

51 -70 – Very Healthy

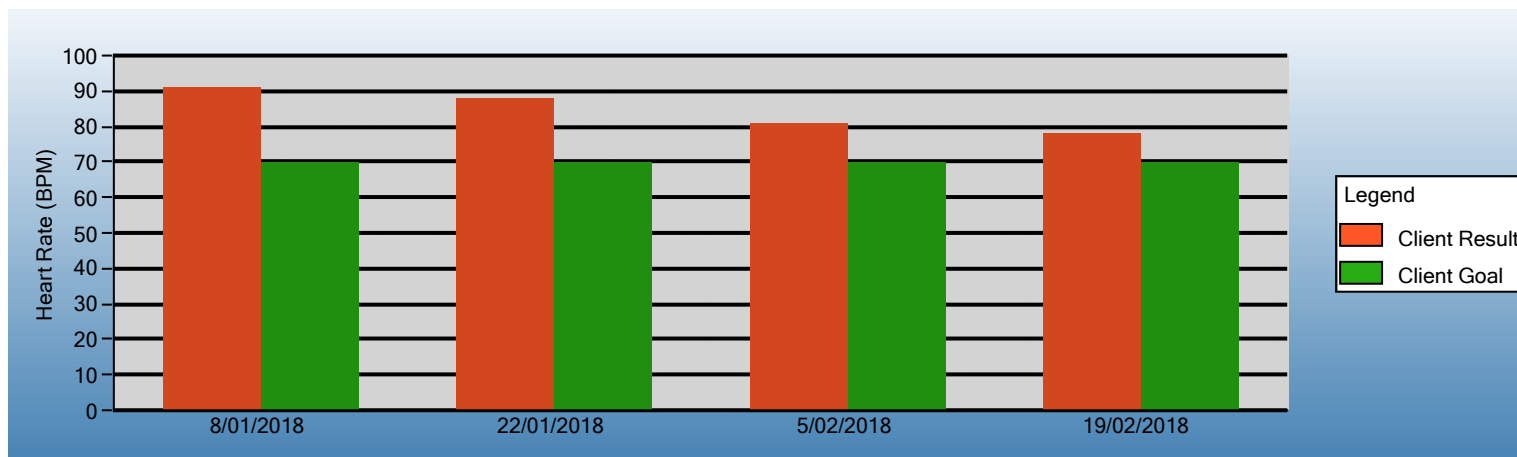
71- 85 – Good, Normal

85 – 95 – Higher, than normal

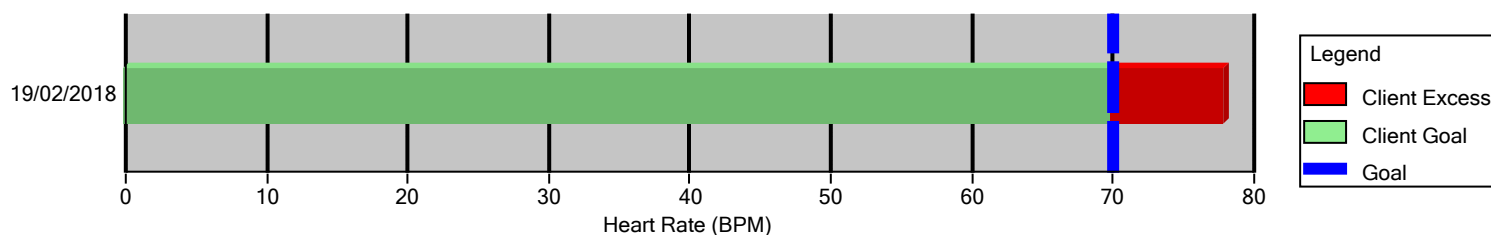
95+ - Considered high and worth addressing

	8/01/2018	22/01/2018	5/02/2018	19/02/2018	
<b>Test Result:</b>	91	88	81	78	Heart Rate
<b>Test Goal:</b>	70	70	70	70	Heart Rate
<b>Test Norm:</b>	-	-	-	-	Heart Rate

## Test Information



## Result Relative to Goal (Lower is better)



## Summary:

Your higher than the average result is worth considering. Your higher reading could represent physical or emotional stress. It's worth assessing your RHR regularly. Regular and appropriate exercise can lower your RHR.

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# Weight (Total) Test

Page: 3  
Date: 23/05/2018

**Client Name:** MICHAEL FLEETWOOD

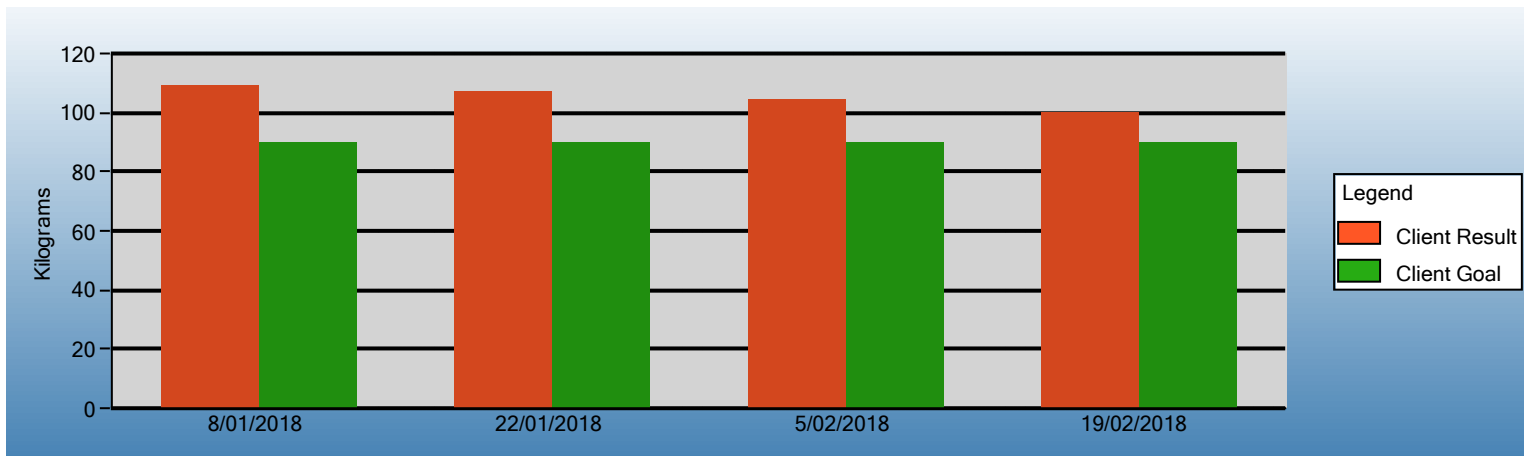
**Client Id:** 28

**Description:** Measuring your 'collective' weight, via calibrated scales, provides a broad gauge relative to changing body fat and hydration status. While other factors should be considered when assessing and evaluating your entire health, scale weight can offer a quick appraisal, offering most relevance for those pursuing substantial and necessary weight loss.

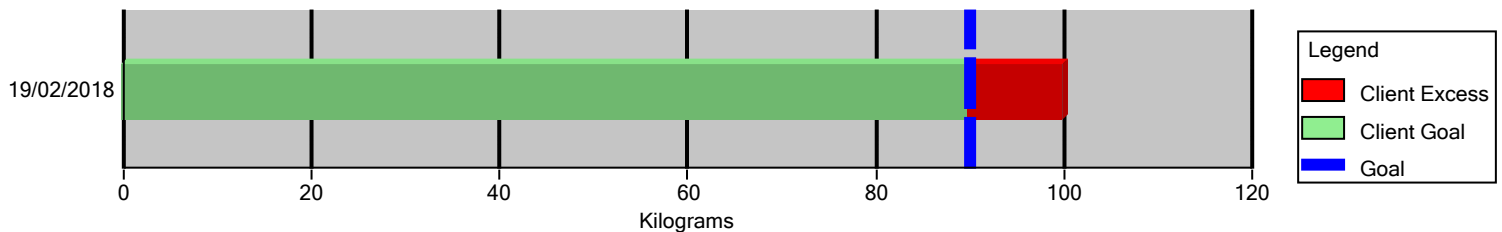
YOUR TOTAL WEIGHT IS RELATIVE TO YOU, AND YOU ONLY.

	8/01/2018	22/01/2018	5/02/2018	19/02/2018	
<b>Test Result:</b>	109.3	107.2	104.5	100.1	Kilograms
<b>Test Goal:</b>	90	90	90	90	Kilograms
<b>Test Norm:</b>	-	-	-	-	Kilograms

Test Information



Result Relative to Goal (Lower is better)



## Summary:

Continue following your weight management guidelines, remain patient, and work with your coach. Do this and you will reach your ideal sustainable best weight and healthy shape.

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# Waist to Height Test

Page: 4

Date: 23/05/2018

**Client Name:** MICHAEL FLEETWOOD

**Client Id:** 28

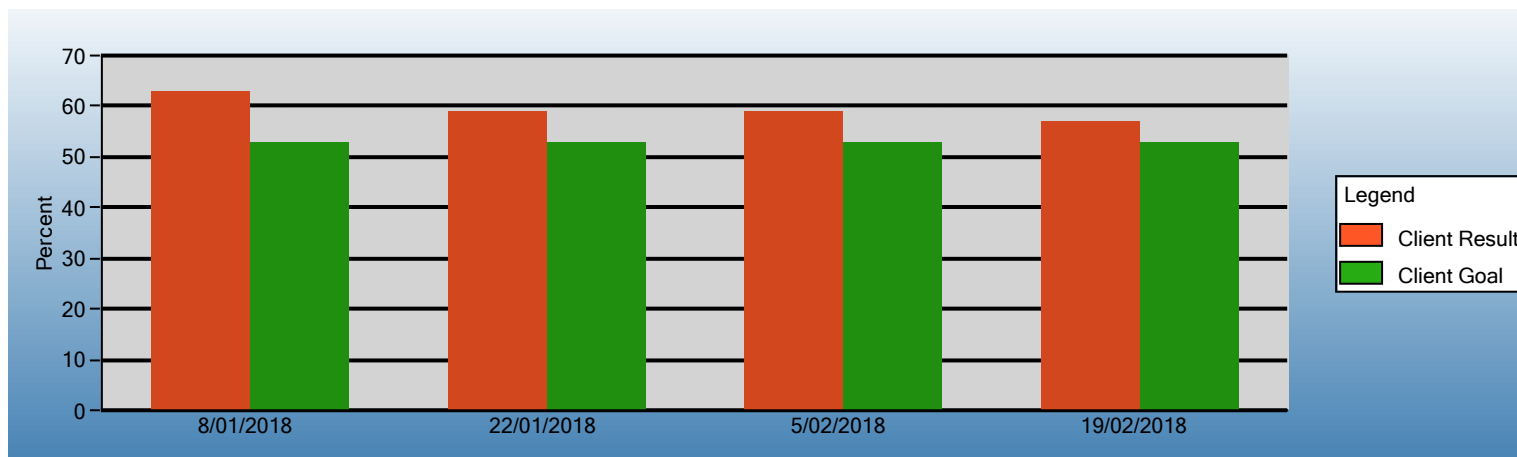
**Description:** Waist/Height, expressed as a percentage, is a fair test, measuring changes in your shape opposed to weight only. Increasing waist girth relative to your height can lead to unnecessary illness, namely; premature cardiovascular disease. Used in conjunction with total weight and body fat %, W/H is a useful representation of your health.

## FEMALE & MALE - RANGES

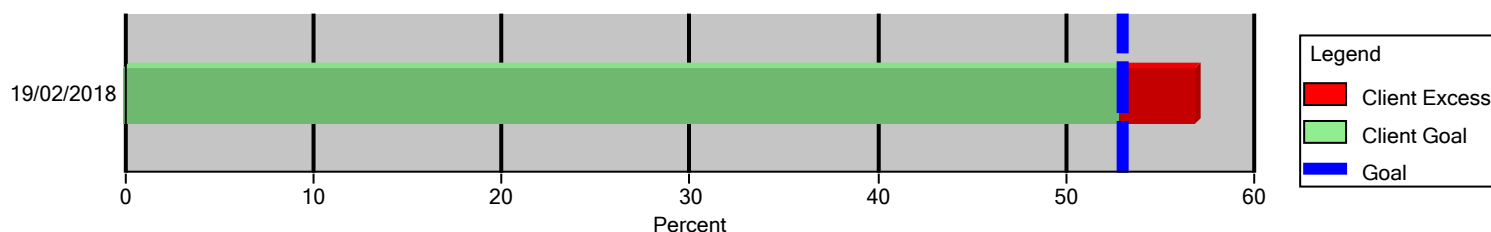
<35 – Underweight  
35-45 – Extremely thin  
46-53 – Healthy/ Normal  
54-58 – Over ideal weight  
59-63 -Seriously overweight  
64> Obese

	8/01/2018	22/01/2018	5/02/2018	19/02/2018	
<b>Test Result:</b>	63	59	59	57	Percent
<b>Test Goal:</b>	53	53	53	53	Percent
<b>Test Norm:</b>	-	-	-	-	Percent

## Test Information



## Result Relative to Goal (Lower is better)



## Summary:

Please continue committing to your new improved lifestyle choices - regular exercise, the right food choices for you, and prioritising quality sleep.

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# Blood Glucose (Sugar) Test

Page: 5

Date: 23/05/2018

**Client Name:** MICHAEL FLEETWOOD

**Client Id:** 28

**Description:** Food, mainly carbohydrates, increases blood sugar. While carbohydrates are necessary for continued good health, excessive carbohydrates, for many, can lead to blood sugar imbalance. The hormone Insulin is produced to counteract excessive spikes in blood sugar. Excess and unused blood sugar (energy) is converted to body fat. For many, but not all, excess BG = excess body fat.

Blood Sugar Normal Balance (pending meals & exercise)

3.0 – 4.5 Ideal

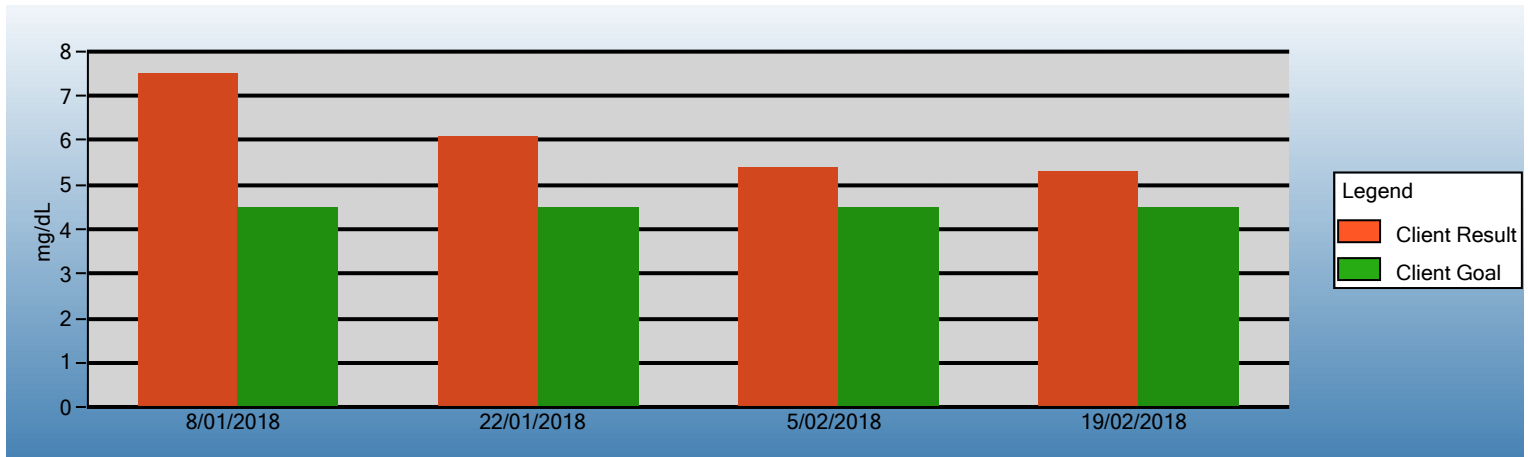
4.6 -5.0 – OK

5.1 – 6.0 – Consideration required

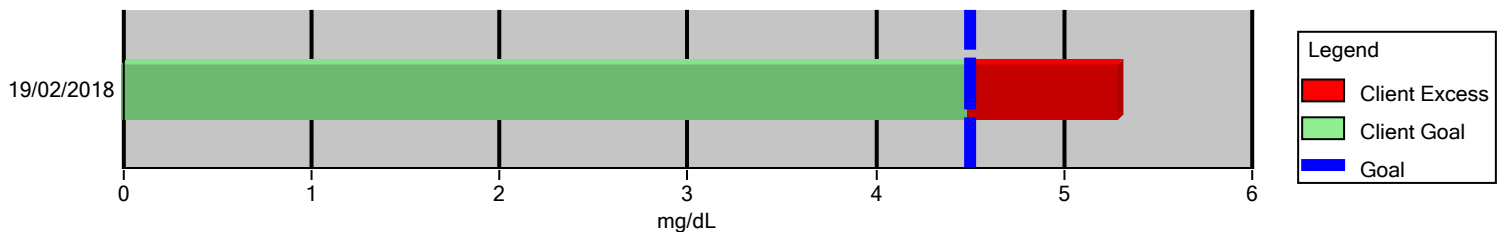
6.1 + Consider lifestyle choices and monitor more frequently.

	8/01/2018	22/01/2018	5/02/2018	19/02/2018	
<b>Test Result:</b>	7.5	6.1	5.4	5.3	mg/dL
<b>Test Goal:</b>	4.5	4.5	4.5	4.5	mg/dL
<b>Test Norm:</b>	-	-	-	-	mg/dL

Test Information



Result Relative to Goal (Lower is better)



## Summary:

On this day, at this time, your blood glucose is elevated over normal values. With repeated elevated results, I recommend consulting your Doctor for more absolute testing.

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# Triglycerides Test

Page: 6  
Date: 23/05/2018

**Client Name:** MICHAEL FLEETWOOD

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**Description:** This is an introductory test.

Triglycerides differ from cholesterol. TG's are used for energy, while CHL builds cells & hormones. Basically, unused TG's, a result of excessive calories, mainly from 'bad' fats, and refined sugar, are stored in your fat cells. Later, hormones release TG's for energy between meals. However, if your body is storing more than it's using, you'll likely gain weight and impact your good health.

## TRIGLYCERIDE RANGE

\* Normal — Less than 150 milligrams per deciliter (mg/dL), or less than 1.7 millimoles per liter (mmol/L)

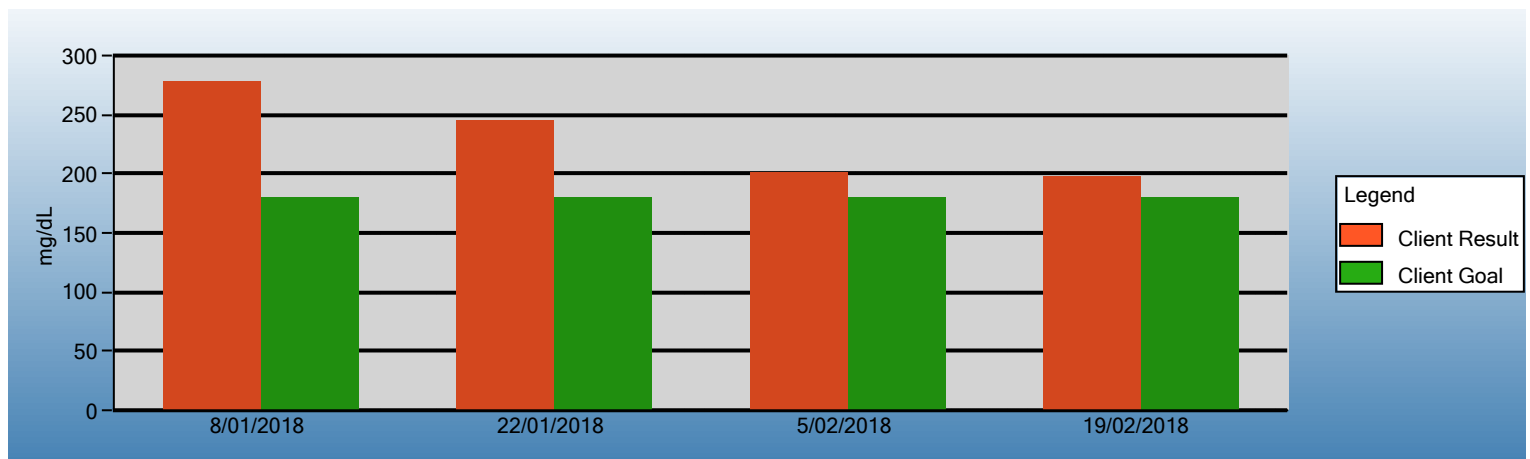
\* Borderline high — 150 to 199 mg/dL (1.8 to 2.2 mmol/L)

\* High — 200 to 499 mg/dL (2.3 to 5.6 mmol/L)

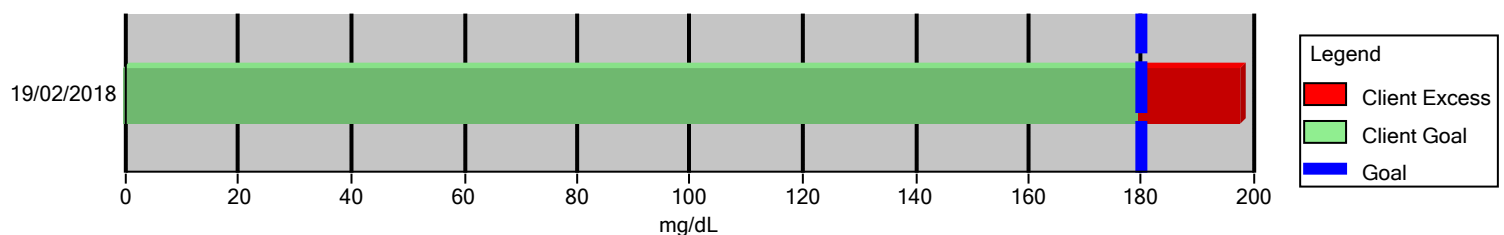
\* Very high — 500 mg/dL or above (5.7 mmol/L or above)

	8/01/2018	22/01/2018	5/02/2018	19/02/2018	
<b>Test Result:</b>	278	245	201	198	mg/dL
<b>Test Goal:</b>	180	180	180	180	mg/dL
<b>Test Norm:</b>	-	-	-	-	mg/dL

Test Information



Result Relative to Goal (Lower is better)



## Summary:

Your triglycerides are above a healthy range (via today's introductory test). A full blood screen will provide more accurate results.

A full blood screen through your Doctor will confirm absolute results. This is a good idea.

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# Body Fat (Bio-Electrical Impedance) Test

Page: 7  
Date: 23/05/2018

**Client Name:** MICHAEL FLEETWOOD

**Client Id:** 28

**Description:** Bioelectrical impedance scales work by measuring the resistance of electrical currents passing through your body. The higher your sub-cutaneous body fat (the fat under your skin), the greater the resistance. While body fat is absolutely necessary for continued good health, excessive body fat can lead to illness. The result of this test has been compared to normative population values.

**MALE – HEALTHY FAT % RANGES**

20-39 yrs 8 – 18%

40 – 59 yrs 11 – 21%

60 yrs > 13 – 23%

**FEMALE – HEALTHY FAT % RANGES**

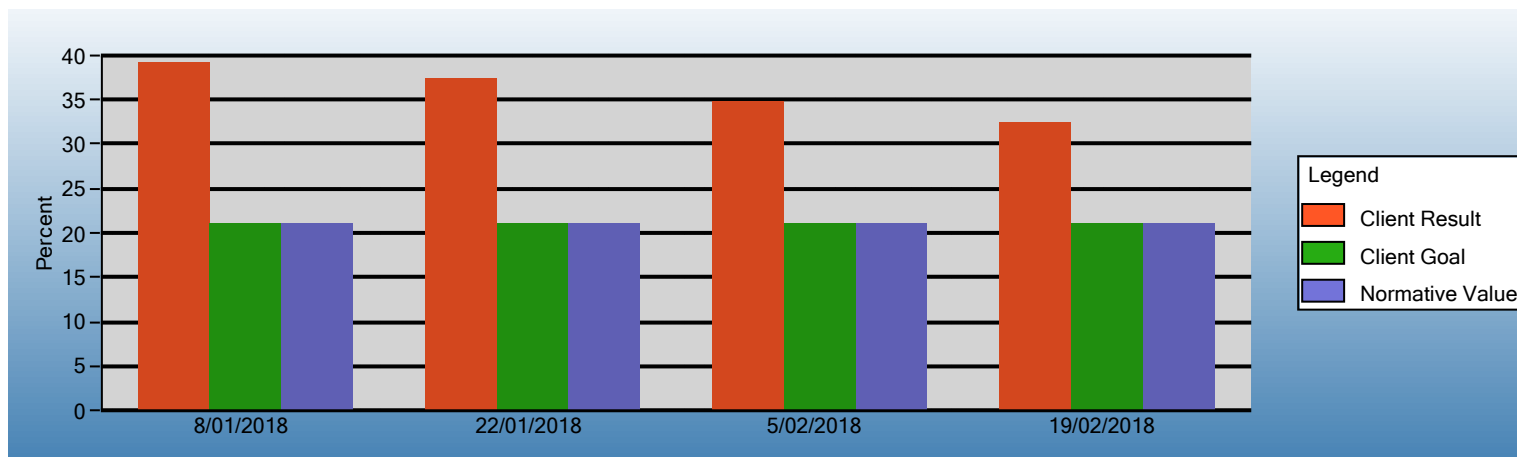
20-39 yrs 15 – 23%

40 – 59 yrs 18 – 28%

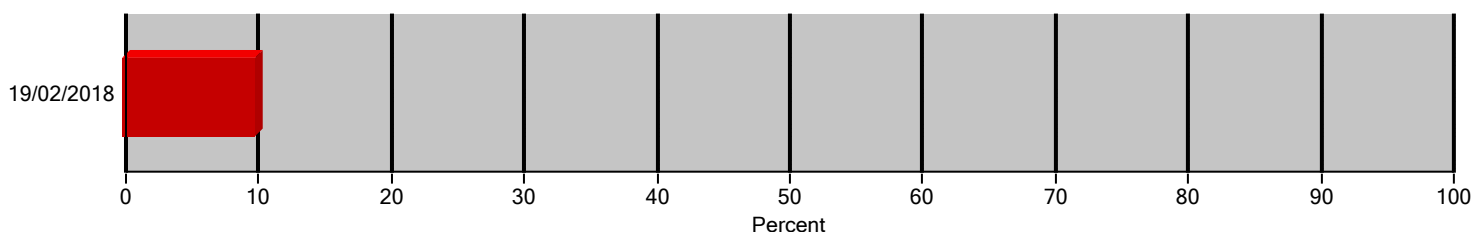
60 yrs > 21 – 31%

	8/01/2018	22/01/2018	5/02/2018	19/02/2018	
<b>Test Result:</b>	39.3	37.4	34.9	32.5	Percent
<b>Test Goal:</b>	21.1	21.1	21.1	21.1	Percent
<b>Test Norm:</b>	21.1	21.1	21.1	21.1	Percent

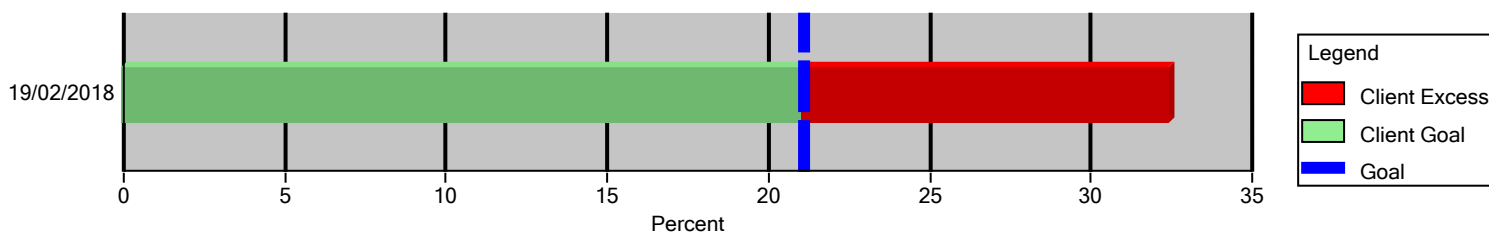
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Lower is better)



**Summary:**

Based on your result on this day it is likely you are currently living over your ideal fat percentage. Please follow the experts advice.

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# Cholesterol Total Test

Page: 8

Date: 23/05/2018

**Client Name:** MICHAEL FLEETWOOD

**Client Id:** 28

**Description:** This is an introductory test. Cholesterol is produced by your body and also found in food. While it is needed for good health, too much 'bad' cholesterol can hinder your arteries and increase your risk of heart disease. 'High' (good) DL-cholesterol is used to build cell walls and produce some hormones. 'Low' (bad) DL-cholesterol can build up in the walls of the arteries, forming plaques. This can place the heart & arteries under vulnerable stress.

## 'TOTAL' CHOLESTEROL VALUES

3.0 – 5.0 – Good.

5.1 – 5.7 – OK.

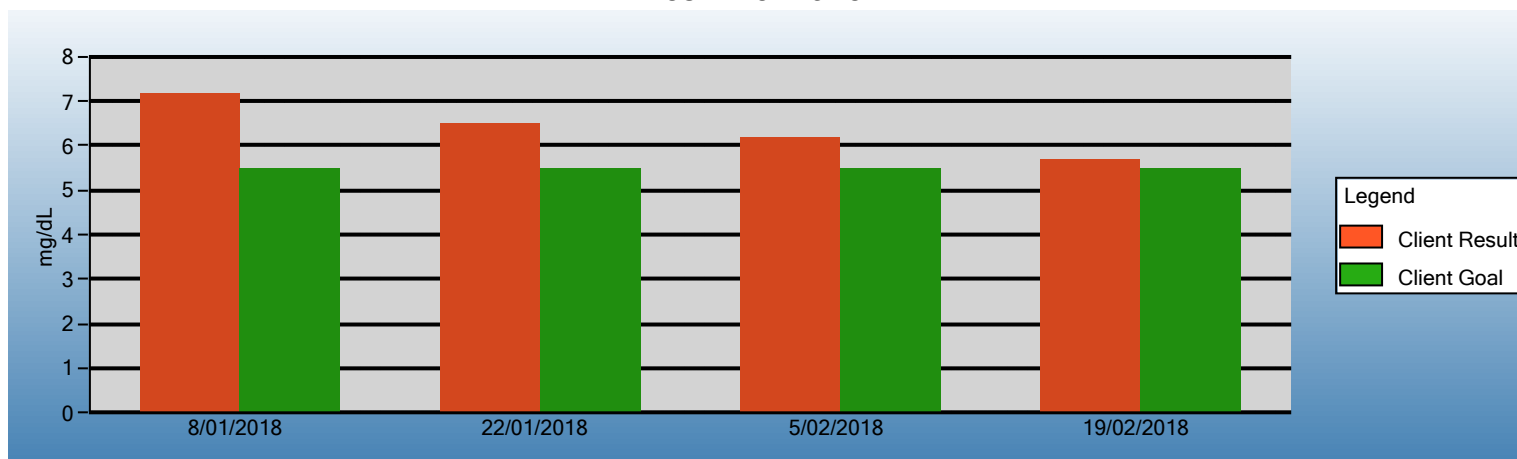
5.8 – 6.5 – Slightly high.

6.6 – 7.8 – High (Chol breakdown recommended).

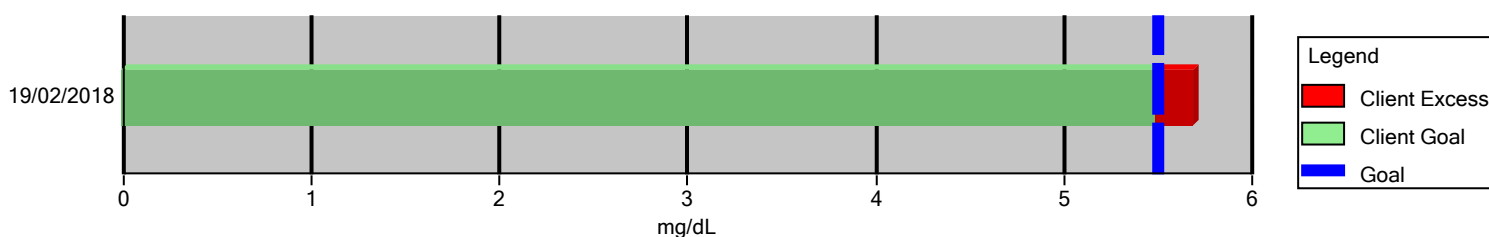
7.9> - Full blood screen is advised.

	8/01/2018	22/01/2018	5/02/2018	19/02/2018	
<b>Test Result:</b>	7.18	6.5	6.2	5.7	mg/dL
<b>Test Goal:</b>	5.5	5.5	5.5	5.5	mg/dL
<b>Test Norm:</b>	-	-	-	-	mg/dL

## Test Information



## Result Relative to Goal (Lower is better)



## Summary:

Your test results indicate you have not yet reached your cholesterol level goal. Improving your cholesterol levels to the normal range can reduce risk of heart attack, coronary artery disease and other cardiovascular-related health problems.

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# Blood Pressure Test

Page: 9

Date: 23/05/2018

**Client Name:** MICHAEL FLEETWOOD

**Description:**

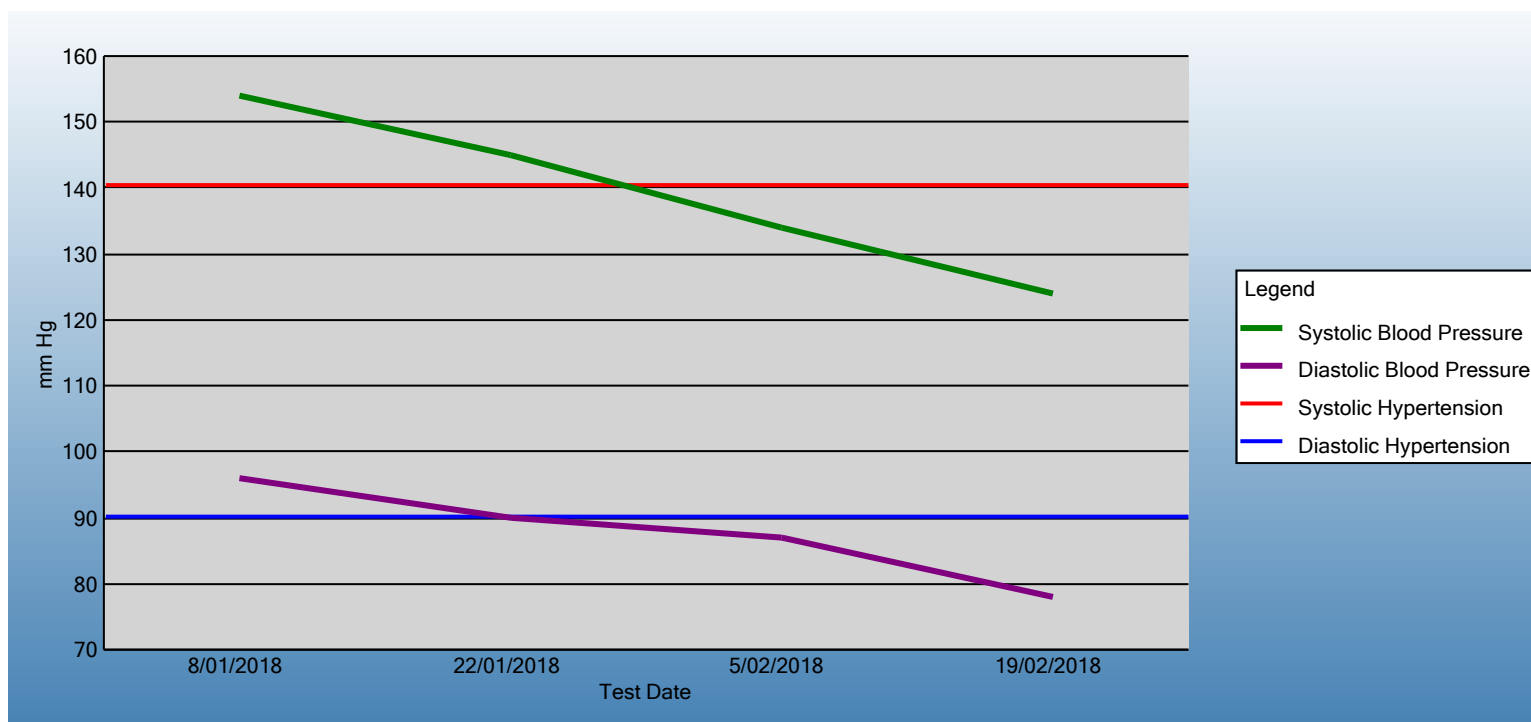
Blood Pressure, measures, mainly, the integrity of both the heart itself and, also, blood vessels, namely; arteries. We are testing the pressure on both your heart and arteries when your heart contracts and relaxes. While many factors influence day to day blood pressure, repeated higher than 'normal' BP could lead to serious illness and should be assessed further by a Physician.

**BLOOD PRESSURE RANGES**

- 120/80 is considered normal for healthy adults.
- 121-139/ 81-90 is considered pre-hypertension.
- 150+/ over 100+ is considered hypertension and should be assessed by your Physician.

	8/01/2018	22/01/2018	5/02/2018	19/02/2018	
<b>Test Result:</b>	154/96	145/90	134/87	124/78	mm Hg
<b>Test Goal:</b>	120/80	120/80	120/80	120/80	mm Hg

## Blood Pressure Information



**Summary:**

Your test results indicate a healthy blood pressure reading.

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