

Fitness Assessment Report For:

Mary Brentnall



Provided By:
Brad Pamp
Balance Health Programs

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Sydney, NSW 2000

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Lung Capacity Test

Client Name: Mary Brentnall

Client Id: 63

Description: This is an introductory forced volume lung function test. It is 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, should be further assessed by your Physician. Generally, the larger the capacity (relative to shape, age, and sex), 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.

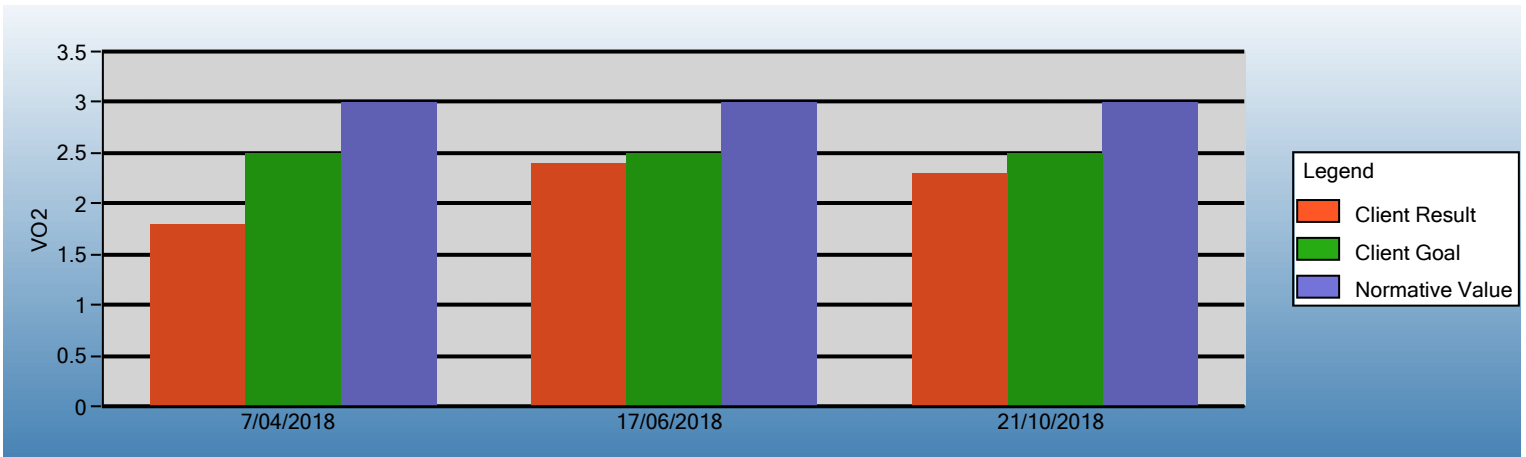
Body size and shape can influence results.

HEALTHY MALE LUNG CAPACITY -> 3.3 - 5+ litres

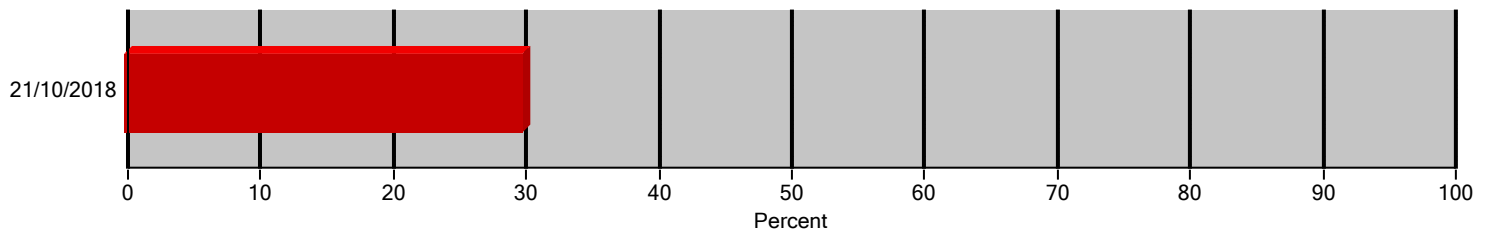
HEALTHY FEMALE LUNG CAPACITY -> 1.5 - 2.5+ litres

	7/04/2018	17/06/2018	21/10/2018	
Test Result:	1.8	2.4	2.3	VO2
Test Goal:	2.5	2.5	2.5	VO2
Test Norm:	3	3	3	VO2

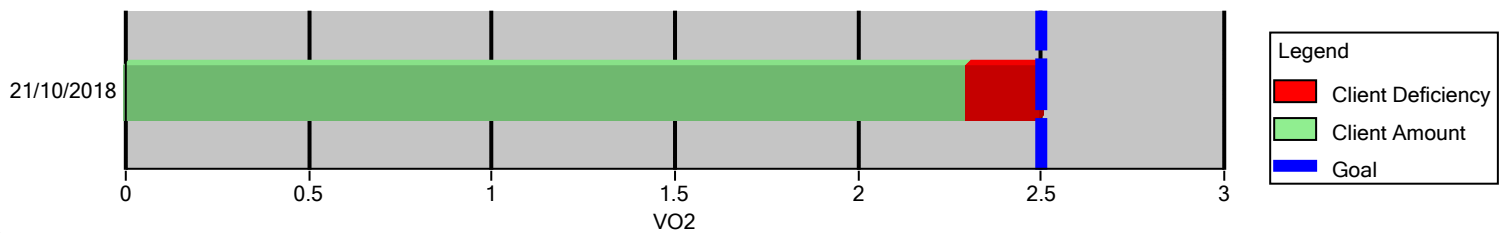
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Higher is better)



Summary:

Your result indicates you are below general averages.
It could be in your interest to consider comfortable and guided exercise.
Should you have any respiratory concerns, I strongly recommend you visit your Doctor immediately.

Provided By: Brad Pamp

Consult a qualified health professional before starting any exercise and/or nutrition program.
Balance Health Programs



Resting Heart Rate Test

Client Name: Mary Brentnall

Client Id: 63

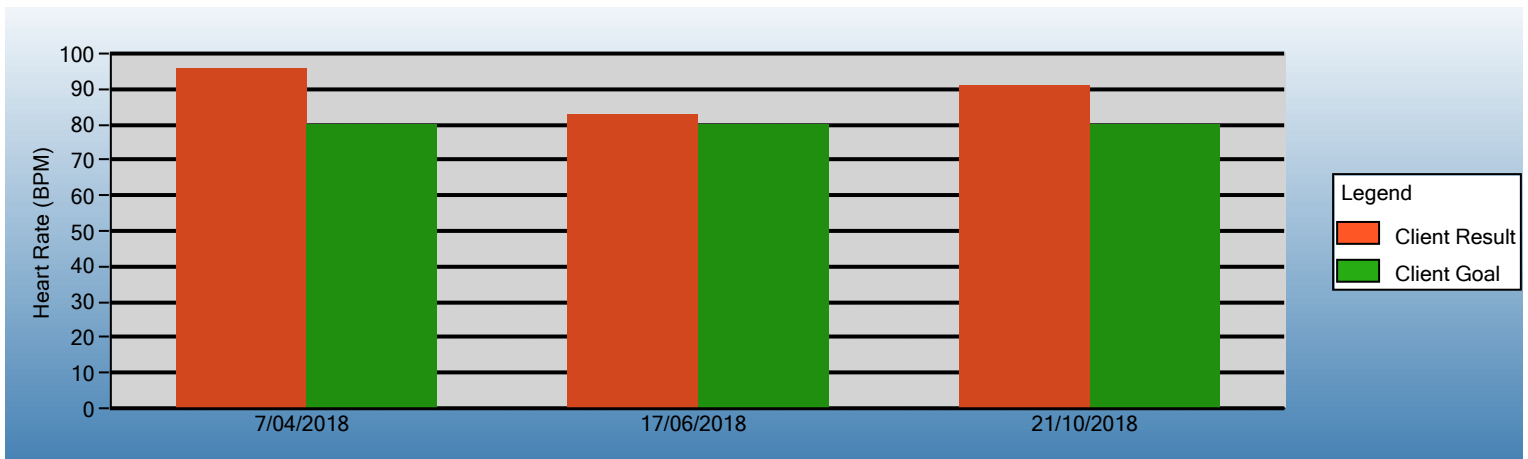
Description: Your Resting Heart Rate represented in beats per minute, via, both; a Garmin Heart Rate Monitor and Blood Pressure Unit can offer another reference relative to your cardiovascular and collective good health. Despite many lifestyle factors influencing your immediate RHR, e.g., time of day, 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

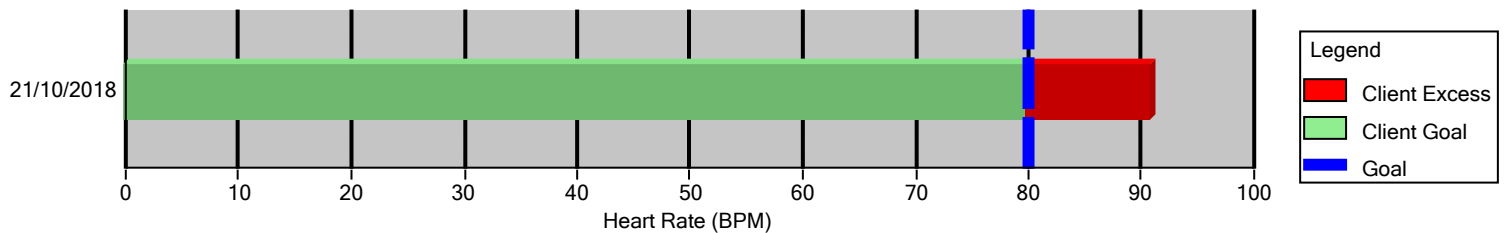
- <50 – Excellent, Athletic
- 51 -70 – Very Healthy
- 71- 85 – Good, Normal
- 85 – 95 – Higher, than normal
- 95+ - Considered high and worth addressing

	7/04/2018	17/06/2018	21/10/2018	
Test Result:	96	83	91	Heart Rate
Test Goal:	80	80	80	Heart Rate
Test Norm:	-	-	-	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.

Provided By: Brad Pamp

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A1C Blood Glucose Test

Client Name: Mary Brentnall

Client Id: 63

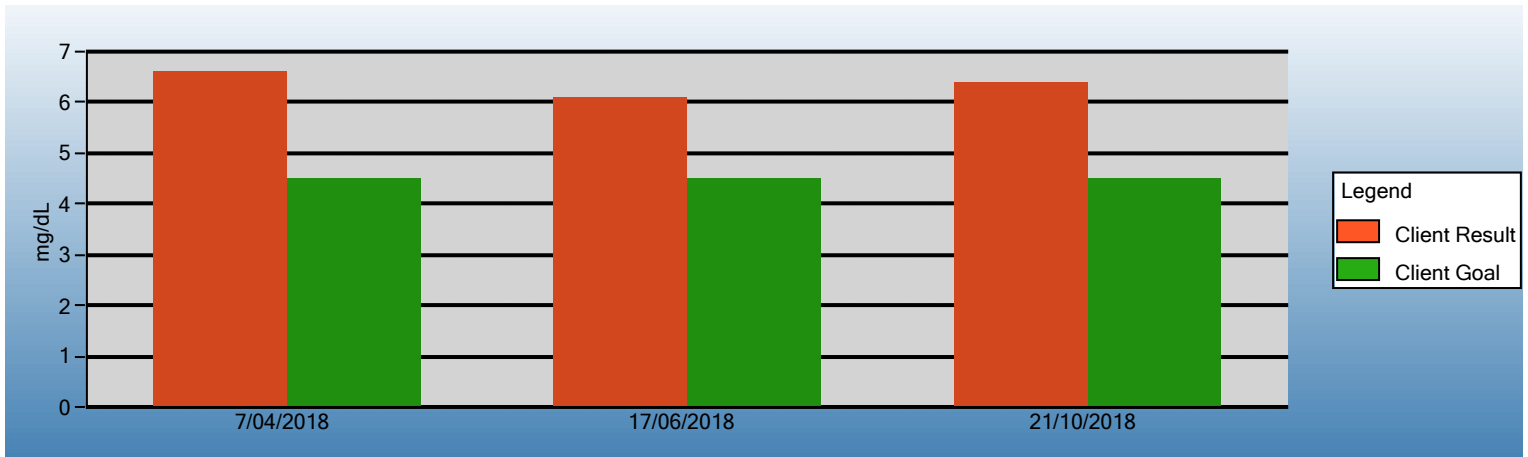
Description: The A1C test result reflects your average blood sugar level for the past two to three months. Specifically, the A1C test measures what percentage of your hemoglobin — a protein in red blood cells that carries oxygen — is coated with sugar (glycated).

While the A1C test is linked with diabetics, it also indicates the volume of unnecessary carbohydrates in one's diet, and, more so how little it used for daily activity. Higher A1C results make it hard to burn and favour stored fat as a fuel source.

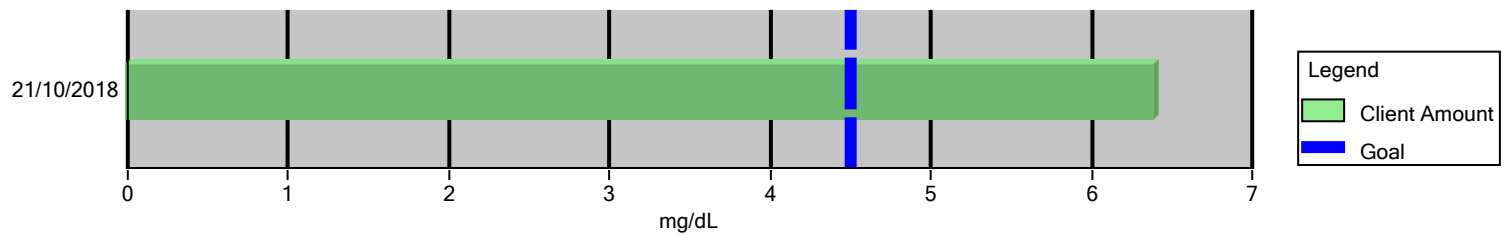
- 4.0 – 5.0 Ideal
- 5.1 – 6.0 Worth monitoring
- 6.0 – 7+ Worth consulting your Doctor

	7/04/2018	17/06/2018	21/10/2018	
Test Result:	6.6	6.1	6.4	mg/dL
Test Goal:	4.5	4.5	4.5	mg/dL
Test Norm:	-	-	-	mg/dL

Test Information



Result Relative to Goal (Higher is better)



Summary:

Your A1C reading is considered healthy, and, it is most likely you're giving yourself the opportunity of burning stored fat as your preferred fuel source.

Provided By: Brad Pamp

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Pulse Oximetry Test

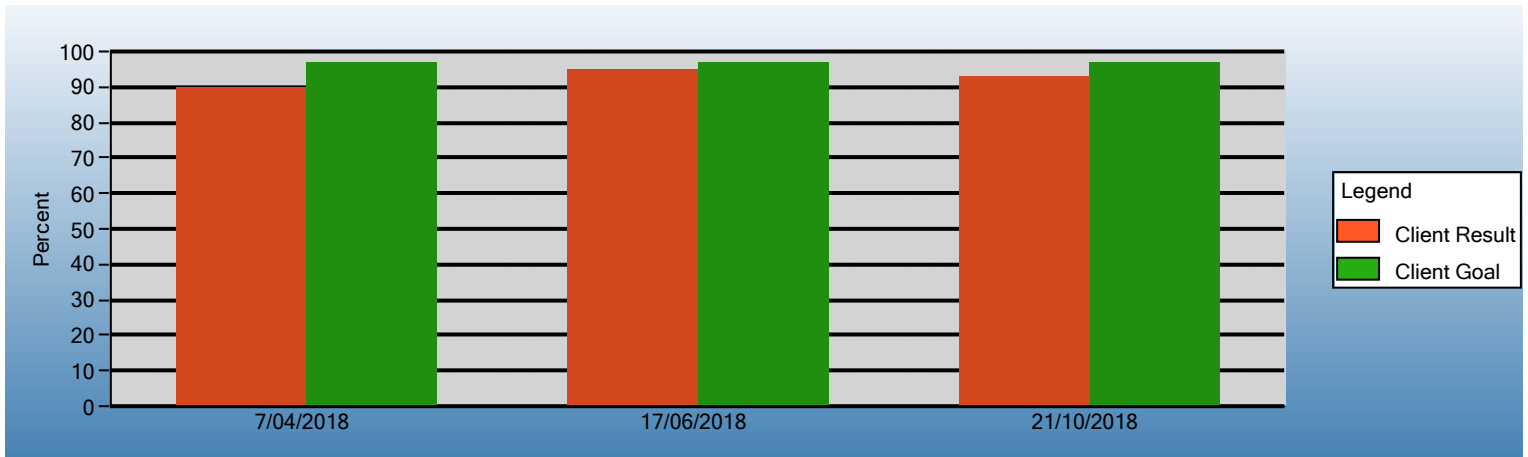
Client Name: Mary Brentnall

Client Id: 63

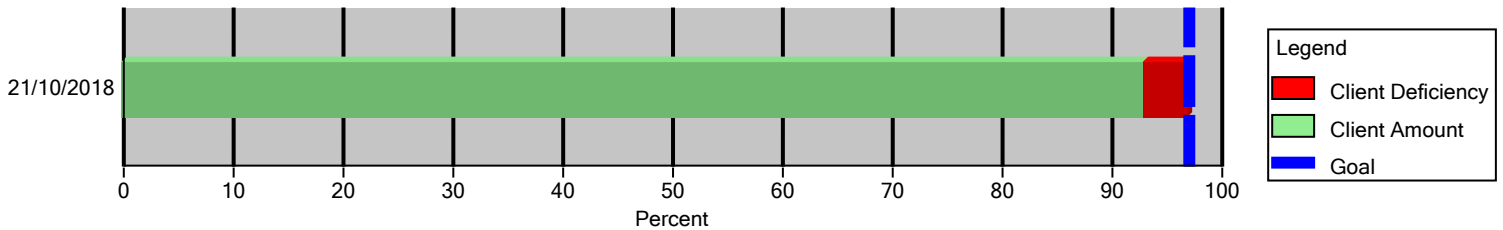
Description: Pulse oximetry is a noninvasive and painless test that measures your oxygen saturation level, or the oxygen levels in your blood. It can rapidly detect even small changes in how efficiently oxygen is being carried to the extremities furthest from the heart, including the legs and the arms.

	7/04/2018	17/06/2018	21/10/2018	
Test Result:	90	95	93	Percent
Test Goal:	97	97	97	Percent
Test Norm:	-	-	-	Percent

Test Information



Result Relative to Goal (Higher is better)



Summary:

It could be well worth increasing exercise.

Provided By: Brad Pamp

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Blood Pressure Test

Client Name: Mary Brentnall

Description:

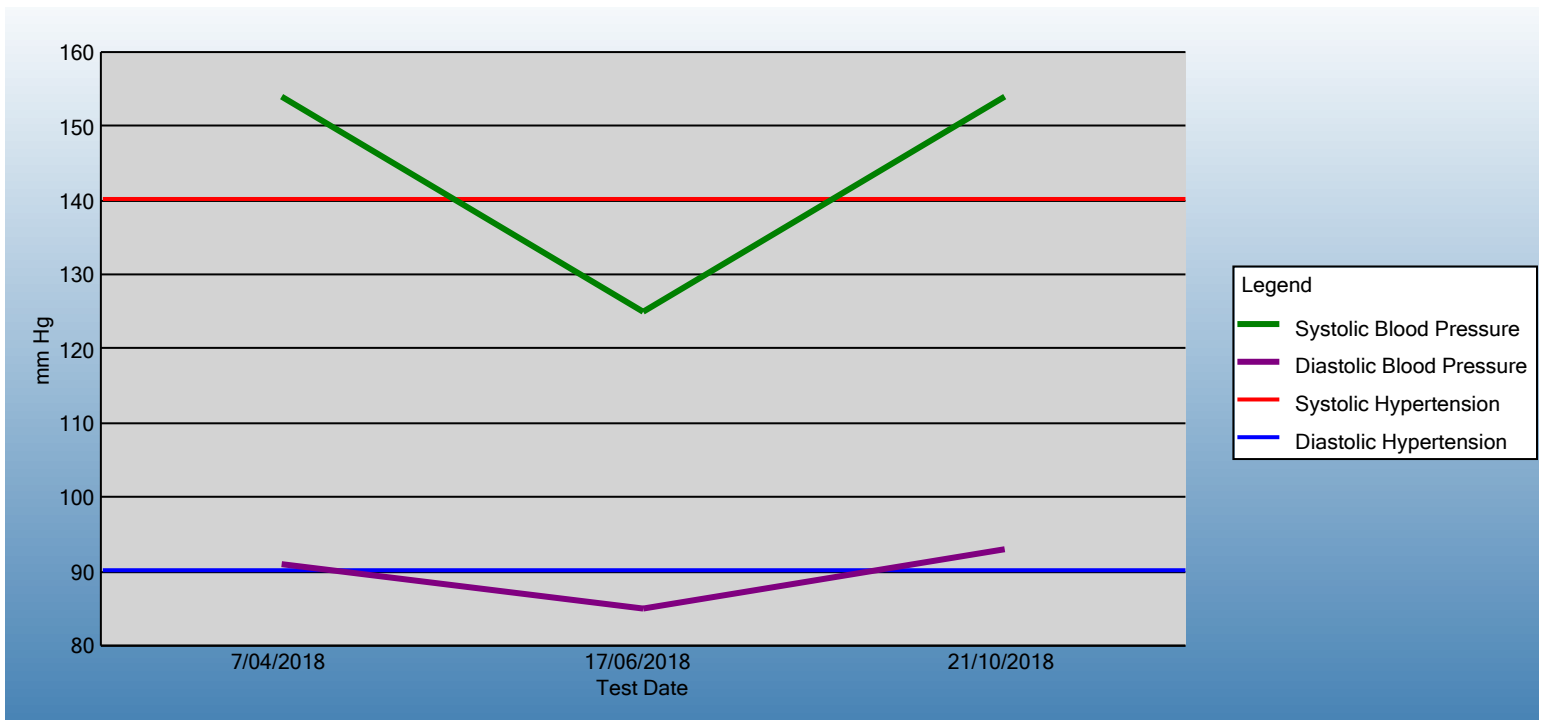
Blood Pressure measures the integrity of both the heart itself and, also, blood vessels, namely; arteries. We are testing the pressure on both your heart and arteries when your heart contracts and relaxes. While many factors influence day to day blood pressure, repeated higher than 'normal' BP could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

	7/04/2018	17/06/2018	21/10/2018	
Test Result:	154/91	125/85	154/93	mm Hg
Test Goal:	120/80	120/80	120/80	mm Hg

Blood Pressure Information



Summary:

Your test results today indicate you could be increasing your risk of future ill-health. Consult your Physician to discuss further options to help you achieve a healthier outcome.

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