

# **Fitness Assessment Report For: ROB HIRST**



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

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Sydney, NSW 2000

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



# Lung Capacity Test

**Client Name:** ROB HIRST

**Client Id:** 116

**Description:** This is an introductory forced volume lung function test. It is an indication of your lung health status. 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.

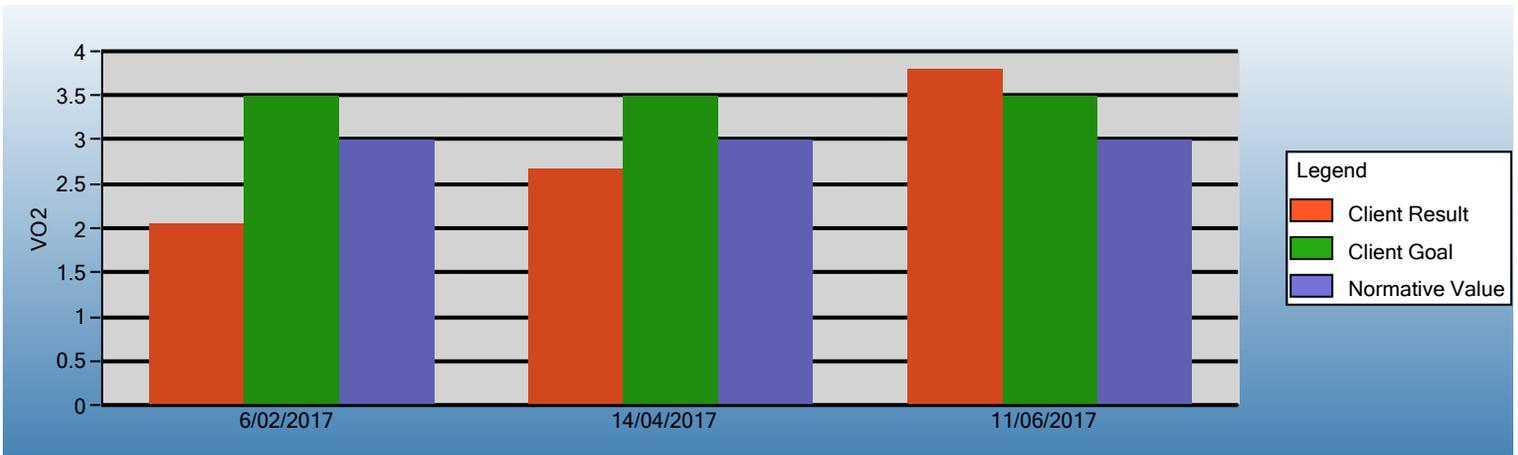
Body size and shape can influence results.

HEALTHY MALE LUNG CAPACITY -> 3.3 - 5+ litres

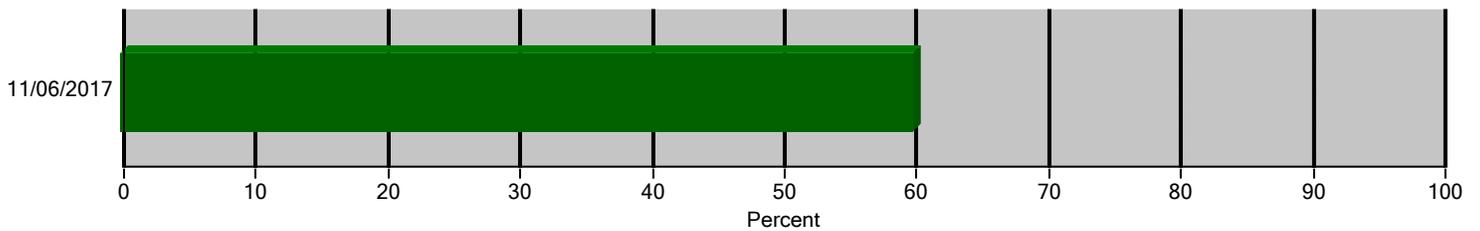
HEALTHY FEMALE LUNG CAPACITY -> 1.5 - 2.5+ litres

|                     | 6/02/2017 | 14/04/2017 | 11/06/2017 |     |
|---------------------|-----------|------------|------------|-----|
| <b>Test Result:</b> | 2.05      | 2.67       | 3.8        | VO2 |
| <b>Test Goal:</b>   | 3.5       | 3.5        | 3.5        | VO2 |
| <b>Test Norm:</b>   | 3         | 3          | 3          | VO2 |

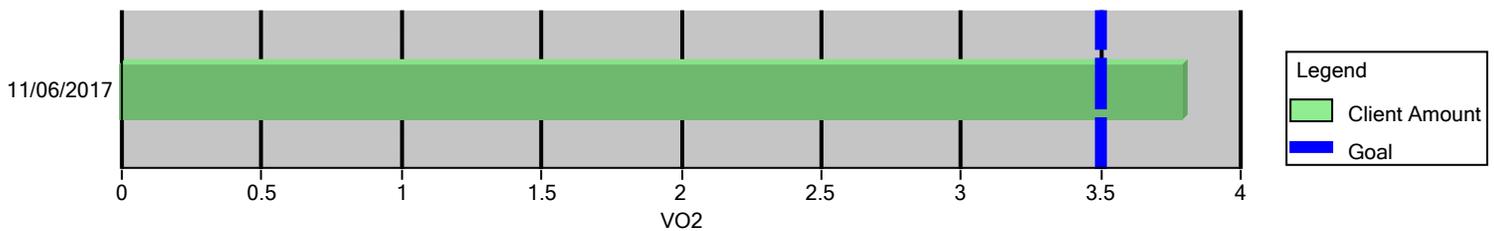
## Test Information



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

**Client Name:** ROB HIRST

**Client Id:** 116

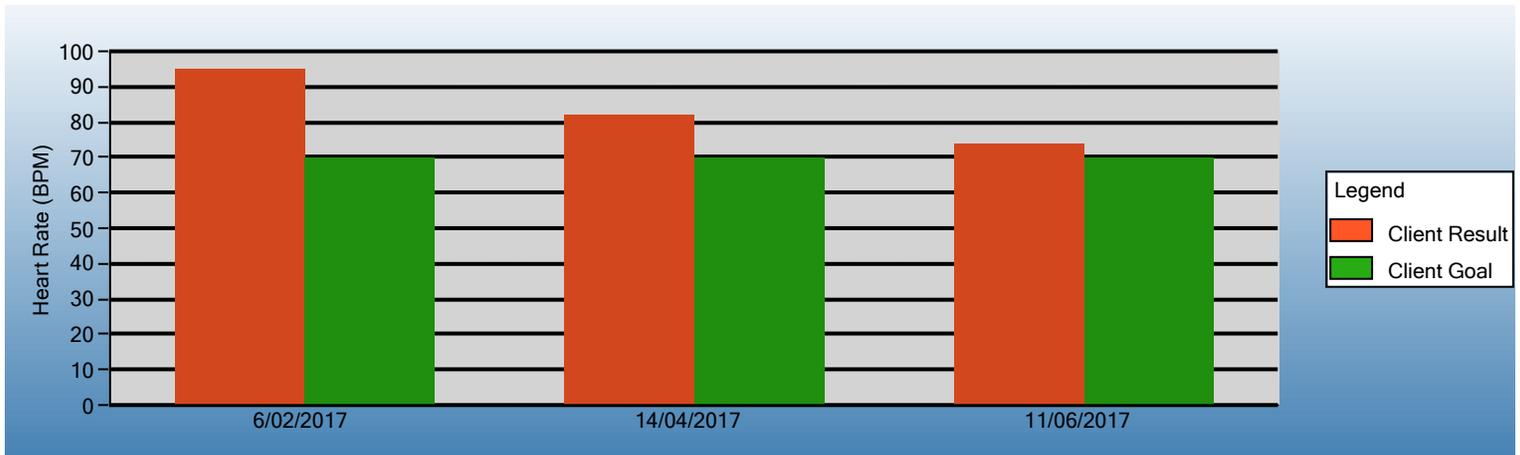
**Description:** Your Resting Heart Rate represented in beats per minute, via, both; a Garmin Heart Rate Monitor and Blood Pressure Unit can offer another reference relative to your cardiovascular and collective good health. Despite many lifestyle factors influencing your immediate RHR, e.g., time of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

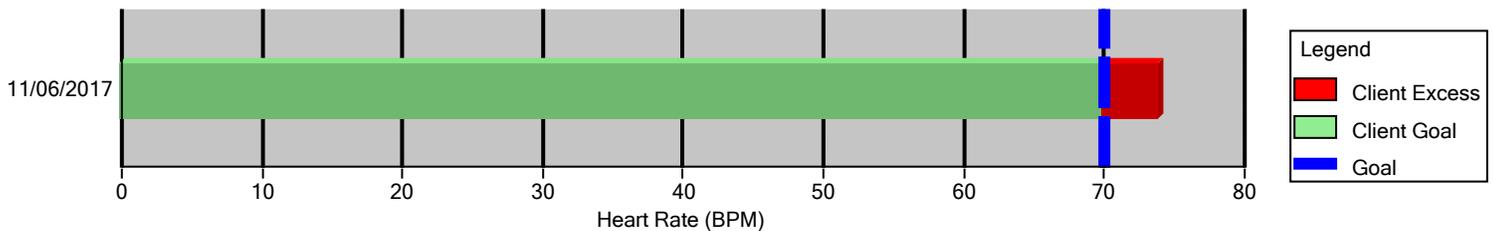
- <50 – Excellent, Athletic
- 51 -70 – Very Healthy
- 71- 85 – Good, Normal
- 85 – 95 – Higher, than normal
- 95+ - Considered high and worth addressing

|                     | 6/02/2017 | 14/04/2017 | 11/06/2017 |            |
|---------------------|-----------|------------|------------|------------|
| <b>Test Result:</b> | 95        | 82         | 74         | Heart Rate |
| <b>Test Goal:</b>   | 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

**Client Name:** ROB HIRST

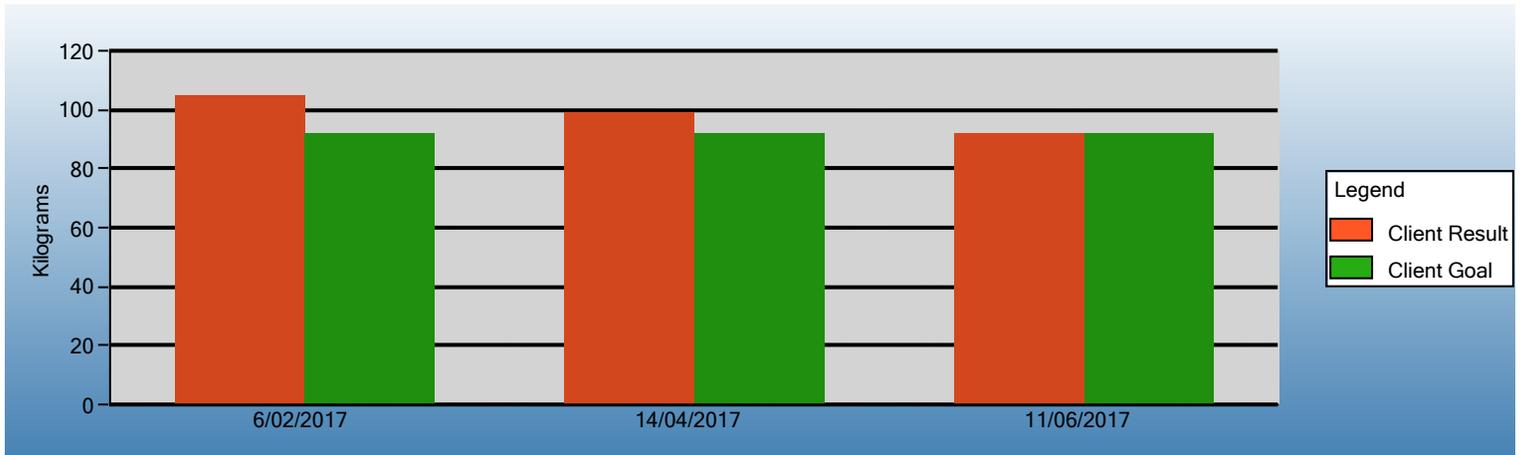
**Client Id:** 116

**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.

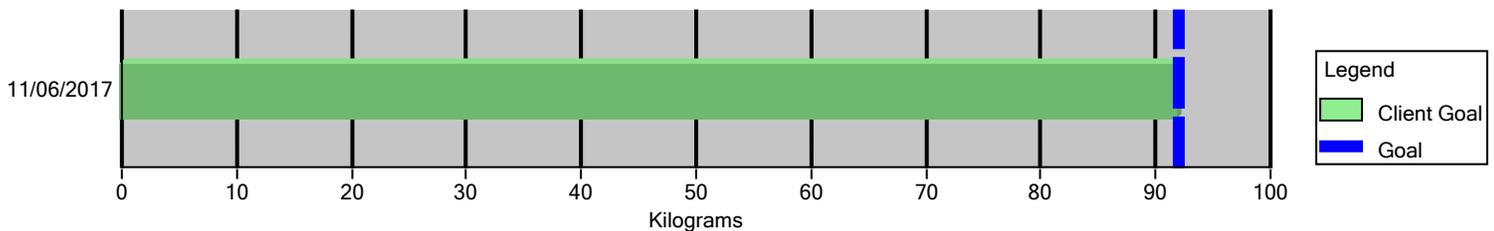
YOUR TOTAL WEIGHT IS RELATIVE TO YOU, AND YOU ONLY.

|                     | 6/02/2017 | 14/04/2017 | 11/06/2017 |           |
|---------------------|-----------|------------|------------|-----------|
| <b>Test Result:</b> | 105       | 99         | 92         | Kilograms |
| <b>Test Goal:</b>   | 92        | 92         | 92         | Kilograms |
| <b>Test Norm:</b>   | -         | -          | -          | Kilograms |

### Test Information



Result Relative to Goal (Lower is better)



### Summary:

Good news, your weight is ideal for you.

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# Ketone Monitoring Test

**Client Name:** ROB HIRST

**Client Id:** 116

**Description:** Australian health statistics indicate 'most' people could well improve their blood sugar/ insulin balance. Lifestyle choices, including consuming excessive carbohydrates, both simple & complex, along with a sedentary existence drive higher unhealthy blood sugar balance.

Ketone blood monitoring tests the volume of fats in the blood. This fat is available for energy. These blood fats are a good sign, particularly if one is exercising aerobically and consistently.

Ideally, when one is favouring stored fat as an everyday fuel source, ketones register between a healthy range of 0.5-1.5.

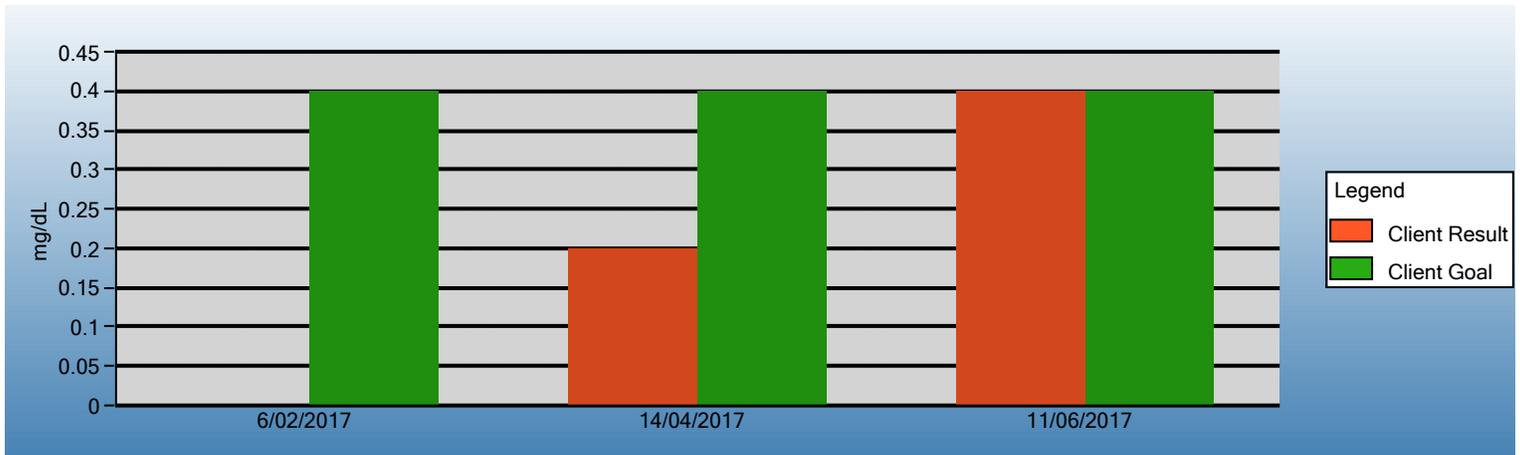
Low Ketone state: 0.0-0.4

Ideal Ketosis state: 0.5 -2.0

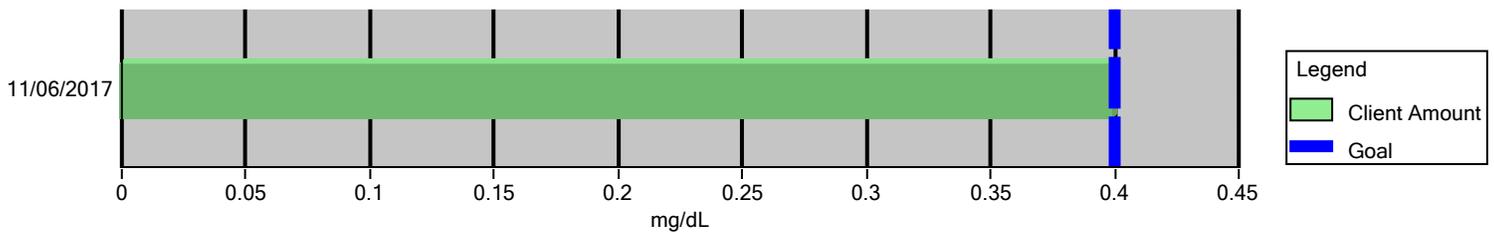
High unhealthy ketoacidosis: 3.5+

|                     | 6/02/2017 | 14/04/2017 | 11/06/2017 |       |
|---------------------|-----------|------------|------------|-------|
| <b>Test Result:</b> | 0         | 0.2        | 0.4        | mg/dL |
| <b>Test Goal:</b>   | 0.4       | 0.4        | 0.4        | mg/dL |
| <b>Test Norm:</b>   | -         | -          | -          | mg/dL |

## Test Information



## Result Relative to Goal (Higher is better)



## Summary:

Well done! Results indicate you are currently living in a healthy ketosis state. Ideally, readings between 0.5 - 2.0 is healthy ketosis. Continue lowering unnecessary carbohydrates, both simple & complex, replacing carb calories with healthy good fats. Allow your innate hunger naturally dictate your meal volume.

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# A1C Blood Glucose Test

**Client Name:** ROB HIRST

**Client Id:** 116

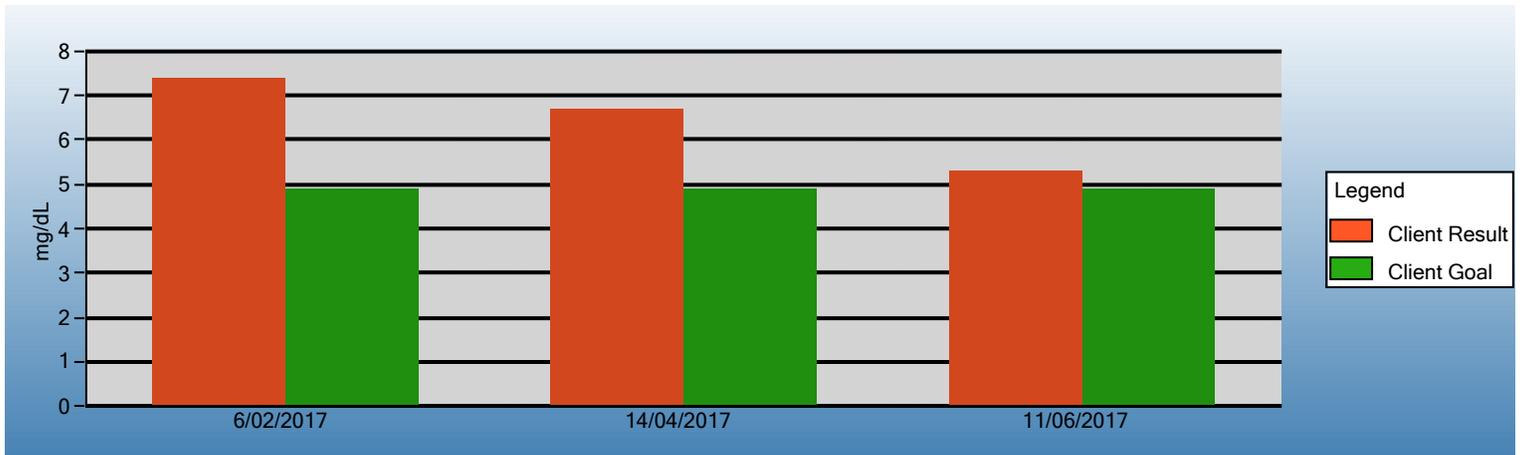
**Description:** The A1C test result reflects your average blood sugar level for the past two to three months. Specifically, the A1C test measures what percentage of your hemoglobin — a protein in red blood cells that carries oxygen — is coated with sugar (glycated).

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.

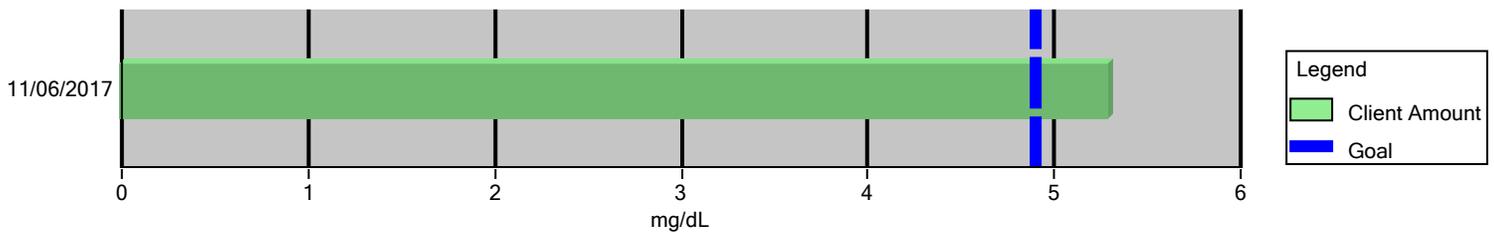
- 4.0 – 5.0 Ideal
- 5.1 – 6.0 Worth monitoring
- 6.0 – 7+ Worth consulting your Doctor

|                     | 6/02/2017 | 14/04/2017 | 11/06/2017 |       |
|---------------------|-----------|------------|------------|-------|
| <b>Test Result:</b> | 7.4       | 6.7        | 5.3        | mg/dL |
| <b>Test Goal:</b>   | 4.9       | 4.9        | 4.9        | mg/dL |
| <b>Test Norm:</b>   | -         | -          | -          | 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.

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# Girth measurement Test

**Client Name:** ROB HIRST

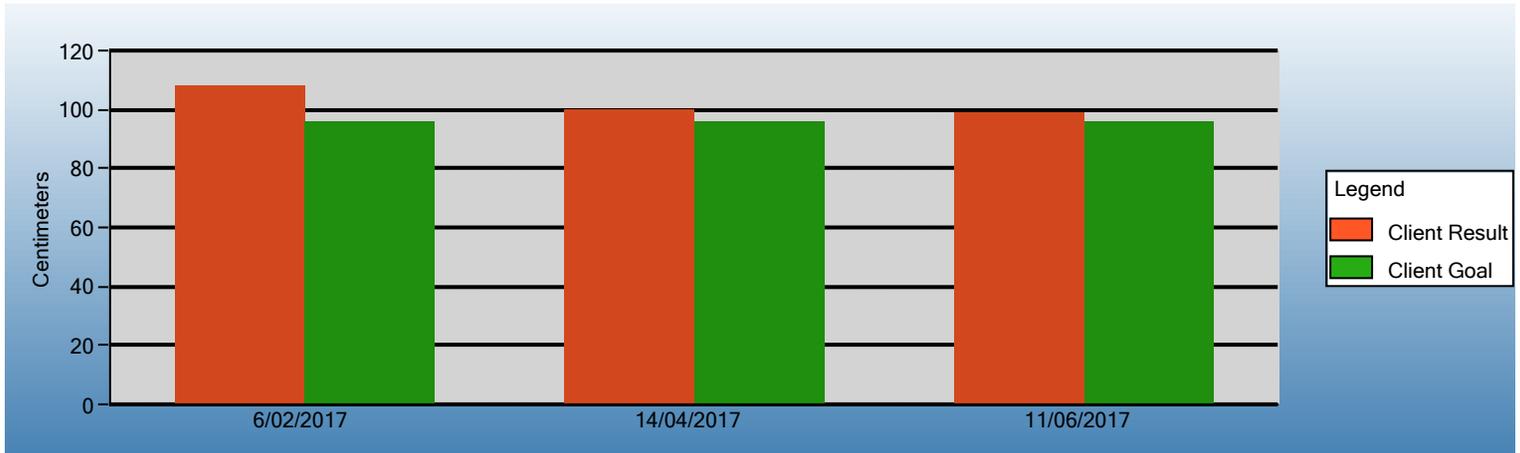
**Client Id:** 116

**Description:** In keeping this assessment simple and repeatable, I have chosen to measure around ones widest point. This will differ from person to person and certainly male to female.

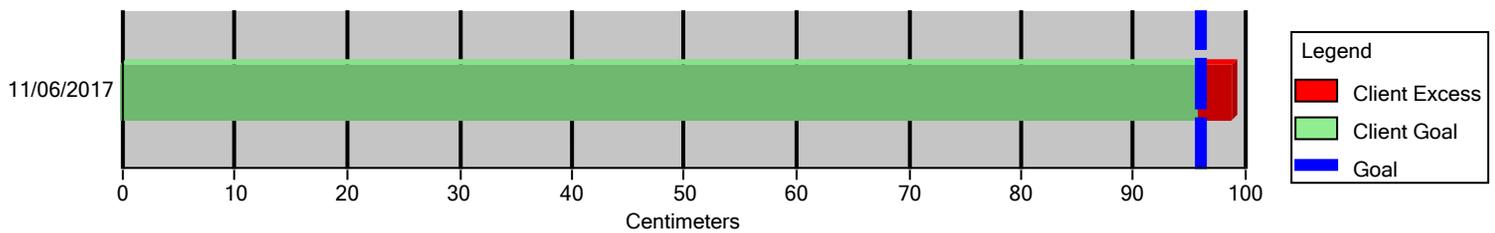
Today's result is only relative to you.

|                     | 6/02/2017 | 14/04/2017 | 11/06/2017 |             |
|---------------------|-----------|------------|------------|-------------|
| <b>Test Result:</b> | 108       | 100        | 99         | Centimeters |
| <b>Test Goal:</b>   | 96        | 96         | 96         | Centimeters |
| <b>Test Norm:</b>   | -         | -          | -          | Centimeters |

## Test Information



Result Relative to Goal (Lower is better)



### Summary:

At this point we are still moving towards our goal. Please continue choosing the right food choices for you, and by following your individualised exercise program.

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# HRV Heart Rate Variability Test

**Client Name:** ROB HIRST

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**Description:** Heart Rate Variability (HRV) is an accurate, non-invasive measure of your Autonomic Nervous System (ANS).

Your ANS drives everything from; how you move, how you recover (adequately or poorly), your food choices, your sleep quality and very much your perception and balance of lifestyle (mental & emotional) stress.

Unlike assessing your heart rate in total beats per minute (e.g., via a heart rate monitor), HRV looks much closer at the exact changes in time between successive heartbeats. This is also called inter-beat intervals, or RR intervals.

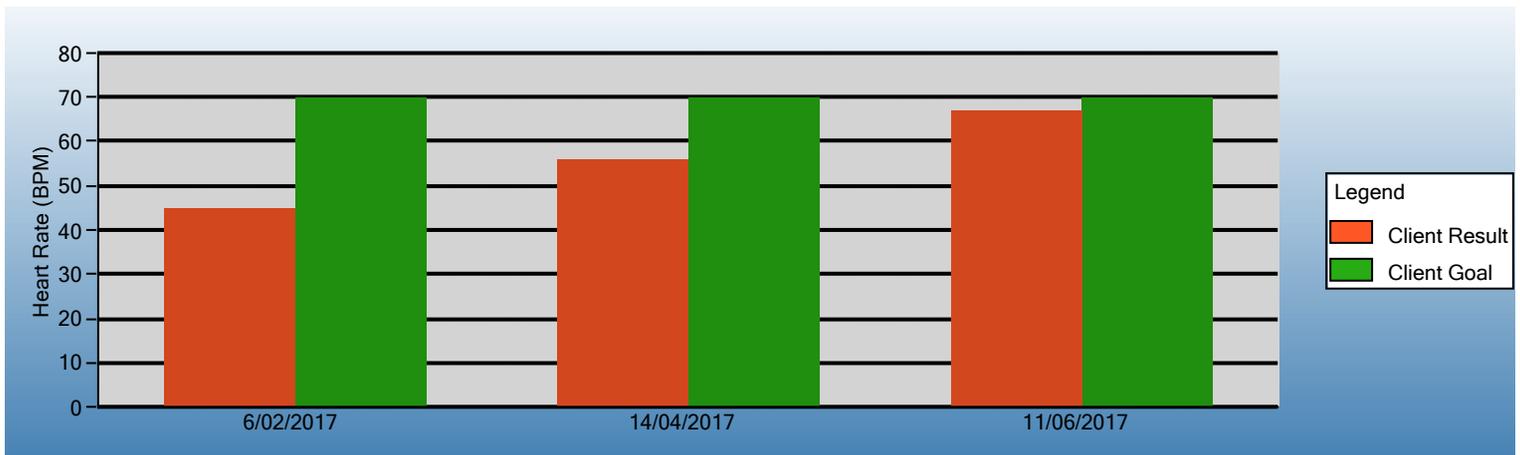
HRV provides an (algorithm) score (.../100) based on the calculation of average variance time between beats over a minute.

Ultimately, HRV assesses and scores your collective balance of 'lifestyle' stress.

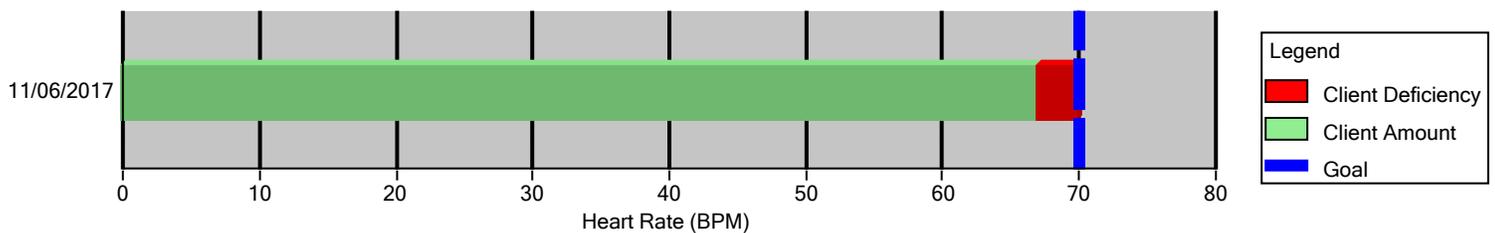
The higher the score, the better your balance of lifestyle stress (Mentally, Emotionally, Physically and Nutritionally)!  
More info: <http://www.bp40plus.com.au/hrv-2/>

|                     | 6/02/2017 | 14/04/2017 | 11/06/2017 |            |
|---------------------|-----------|------------|------------|------------|
| <b>Test Result:</b> | 45        | 56         | 67         | Heart Rate |
| <b>Test Goal:</b>   | 70        | 70         | 70         | Heart Rate |
| <b>Test Norm:</b>   | -         | -          | -          | Heart Rate |

### Test Information



Result Relative to Goal (Higher is better)



### Summary:

Your score indicates you could be beneficial addressing your lifestyle health & well-bing balance.

Please check out: <http://www.bp40plus.com.au/hrv-2/>

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# HRV Heart Rate Variability Test

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# Blood Pressure Test

**Client Name:** ROB HIRST

**Description:**

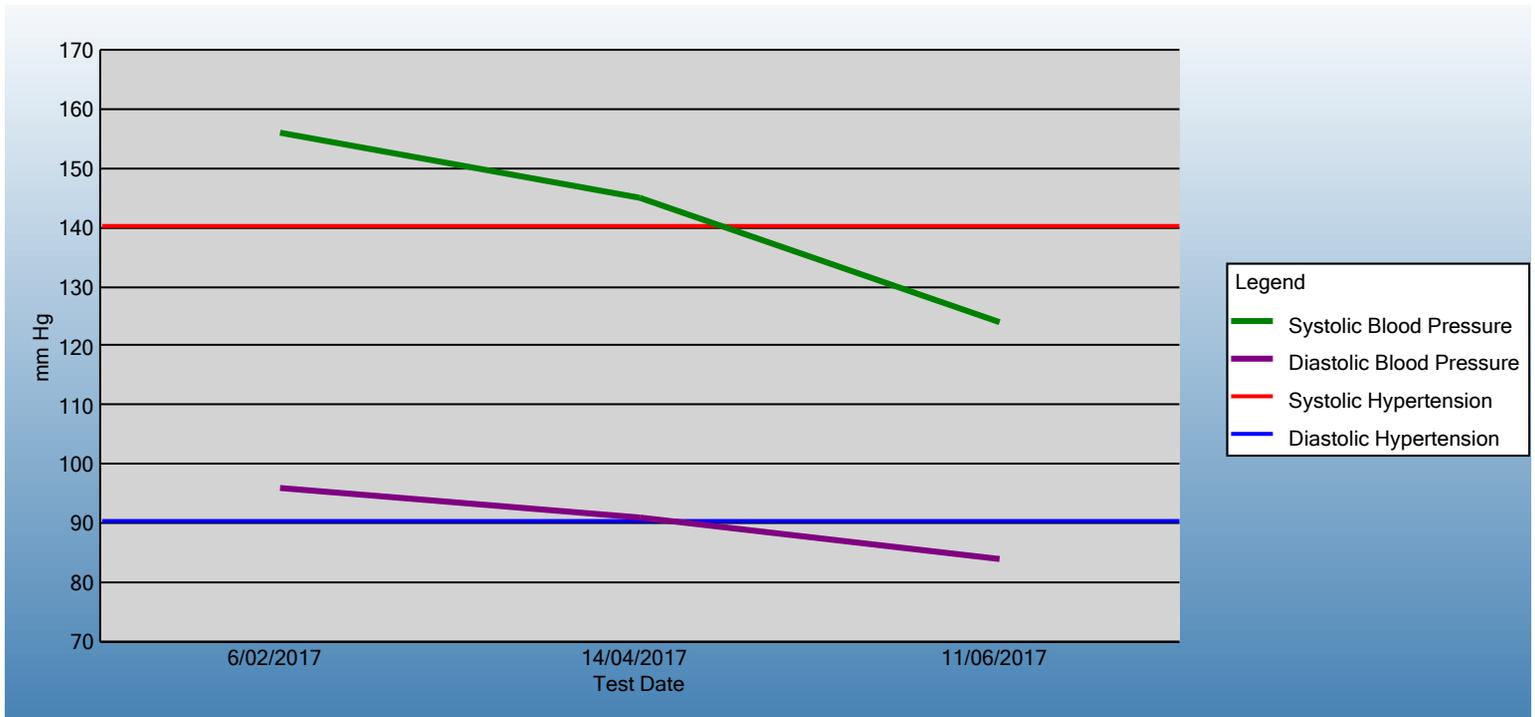
Blood Pressure measures the integrity of both the heart itself and, also, blood vessels, namely; arteries. We are testing the pressure on both your heart and arteries when your heart contracts and relaxes. While many factors influence day to day blood pressure, repeated higher than 'normal' BP could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

|                     | 6/02/2017 | 14/04/2017 | 11/06/2017 |       |
|---------------------|-----------|------------|------------|-------|
| <b>Test Result:</b> | 156/96    | 145/91     | 124/84     | mm Hg |
| <b>Test Goal:</b>   | 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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