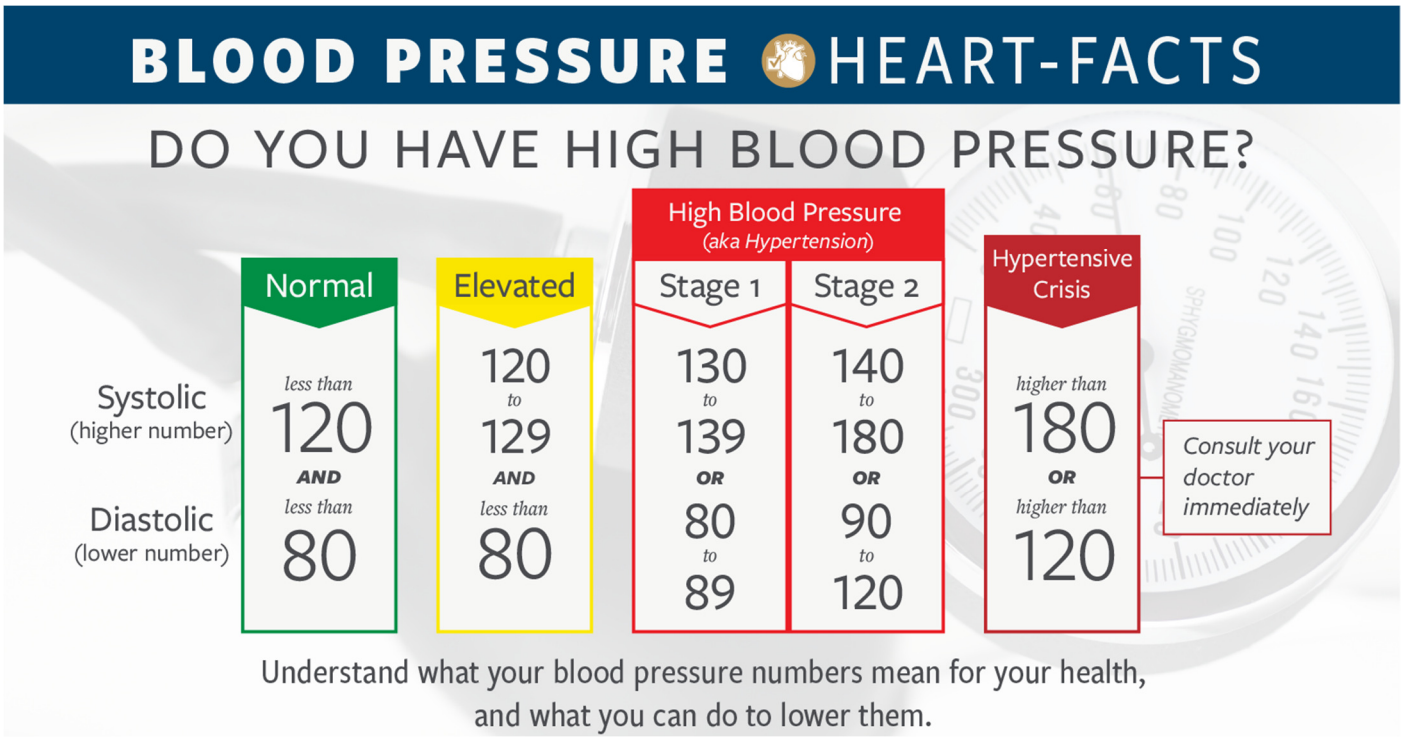
SNAPSHOT 8 *info*

Note – I understand sifting through words on paper can be unappealing. However, based on one's current health statistics, 'some' people, may need further motivation for making necessary lifestyle changes.

Blood Pressure



When your heart beats, it pumps blood around your body to give it the energy and oxygen it needs. As the blood moves, it pushes against the sides of the blood vessels. The strength of this pushing is your blood pressure. If your blood pressure is too high, it puts extra strain on your arteries (and your heart), and this may lead to heart attacks and strokes.

What do the numbers mean?

Every blood pressure reading consists of two numbers or levels. They are shown as one number on top of the other.

*The first (or top) number is your **systolic** blood pressure. It is the highest level your blood pressure reaches when your heartbeats.*

The second (or bottom) number is your ***diastolic*** *blood pressure. It is the lowest level your blood pressure reaches as your heart relaxes between beats.*

What is high blood pressure?

You probably have high blood pressure (hypertension) if your blood pressure readings are consistently 140 over 90, or higher, over several weeks.

You may also have high blood pressure if just one of the numbers is higher than it should be over several weeks.

If you have high blood pressure, this higher pressure puts extra strain on your heart and blood vessels. Over time, this extra strain increases your risk of a heart attack or stroke.

What causes high blood pressure?

For most people, there may be no single cause for their high blood pressure. We do not know exactly what causes high blood pressure. We do know that your lifestyle can affect your risk of developing it. You are at a higher risk if:

- *You're largely inactive,*
- *You are active; you're intensity to too high too soon,*
- *You consume excessive processed food, namely; products containing refined sugar and processed using vegetable fats and or transfat.*
- *You consume excessive alcohol, particularly when in combination with inactivity, poor food choices, and lifestyle 'emotional & mental stress.*
- *You smoke.*

What lowers blood pressure?

- *Moving consistently at your appropriate intensity,*
- *Choosing the right food for you, mostly,*
- *De-stress approaches,*
- *Prioritising quality sleep.*

Hemoglobin A1c Blood Glucose

The hemoglobin A1c test tells you your average level of blood sugar over the past 2 to 3 months.

What Is Hemoglobin?

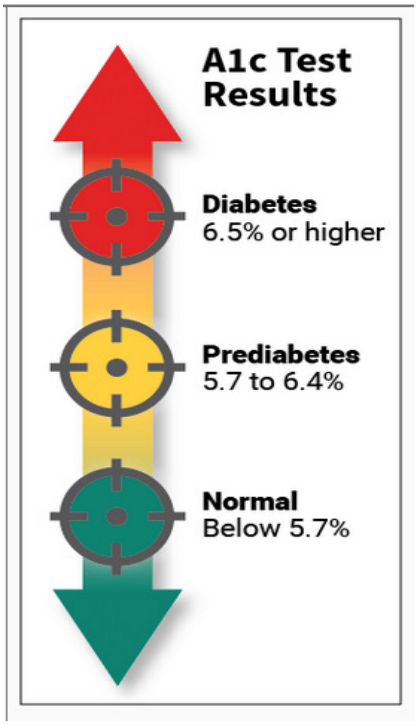
Hemoglobin is a protein found in red blood cells. It gives blood its red colour, and its job is to carry oxygen throughout your body.

How the Test Works

The sugar in your blood is called glucose. When glucose builds up in your blood, it binds to the hemoglobin in your red blood cells. The A1c test measures how much glucose is bound.

Red blood cells live for about three months, so the test shows the average level of glucose in your blood for the past three months.

If your glucose levels have been high over recent weeks, a result of increased refined sugar consumption, inactivity, and or diabetes, your hemoglobin A1c test will be higher.



What's a Normal Hemoglobin A1c Test?

For people without diabetes, the normal range for the hemoglobin A1c level is between 4% and 5.6%. Hemoglobin A1c levels between 5.7% and 6.4% mean you have a higher chance of getting diabetes. Levels of 6.5% or higher mean you have diabetes.

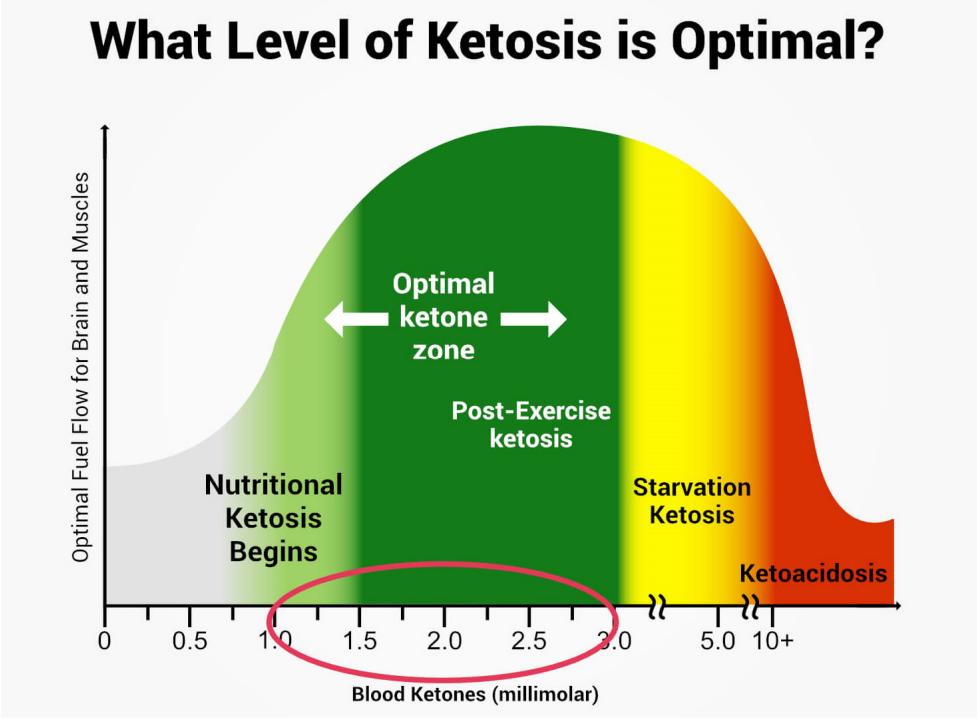
'Other' practical uses for the Heme A1c Test!

Most people will find it losing weight difficult when the A1c result is over 6%.

Equally, should an A1c result drop below 5%, a result of better food choices; namely, increasing good nutritious fat and lowering refined carbohydrates, along with appropriate activity, weight loss, in the form of body fat, will metabolise.

Blood Ketones

Ketones or ketone bodies are byproducts of fat metabolism. This test measures the number of ketones in the blood. Ketones are produced when glucose is not available to the body's cells as an energy source and or when the body cannot use glucose as a fuel source because there is no insulin or not enough insulin.



The sweet spot for weight loss is 1.5 to 3.0 mmol/l. This level of nutritional ketosis is recommended by researchers Stephen Phinney and Jeff Volek. Ketone levels of 0.5 to 1.5 mmol/l, light nutritional ketosis, is also beneficial, although not to the degree of full nutritional ketosis.

Lung Capacity

Pulmonary function tests (PFTs) are noninvasive tests that show how well the lungs are working. The tests measure lung volume and capacity. This information can help diagnose lung disorders, but more so in the SnapShot 8 test, results are relative to activity. More of the right activity, usually, the greater the total lung capacity. This is good.

Generally, the greater the total forced lung capacity, the better.

Factors contributing to a low result, include;

- *A largely sedentary lifestyle,*
- *Poor posture, particularly when sitting,*
- *Smoking,*
- *Inefficient 'mouth' breathing.*

Factors contributing to increasing forced lung capacity results;

- *The right activity,*
- *Practising correct, efficient breathing through the nose,*
- *Meditation.*

Lung Capacity Norms	
Average Frame Male	
Poor	<2.3 ltr
Average	2.4 – 3.5 ltr
Good	3.6 – 4.3 ltr
Excellent	4.4 – 5.3 ltr
Elite	5.4+ ltr
Average Frame Female	
Poor	<1.1 ltr
Average	1.2 – 1.8 ltr
Good	1.9 – 2.3 ltr
Excellent	2.4 – 3.6 ltr
Elite	3.7+ ltr

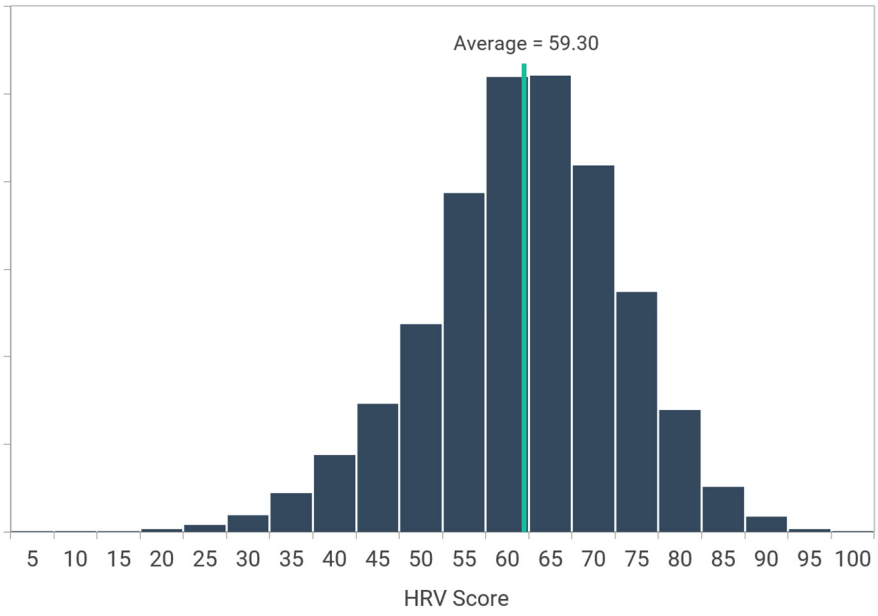
HRV - Heart Rate Variability

Please OPEN THE LINK in the SnapShot 8 webpage.

It is worth your interest knowing more about HRV.

Scoring your emotional & mental stress offers you significant value.

Weblink - http://www.bp40plus.com.au/hrv-2/



Resting Heart Rate

Your resting heart rate (RHR) is a simple, easy-to-measure indicator of your cardiovascular health. A healthy heart that is in good shape doesn't have to beat as often to pump blood to the body.

A lower heart rate allows the heart to maintain a healthful rhythm and respond to routine stressors efficiently. These may include exercise, illness, and day-to-day activities. Having a relatively low heart rate is a significant contribution to overall health.

HR recovery following exercise is also another good indicator of good health and superior athleticism. The faster one's HR returns to basal beats per minute, the better – a sign of, namely; good heart, lung and blood vessel efficiency.

Resting Heart Rate Chart

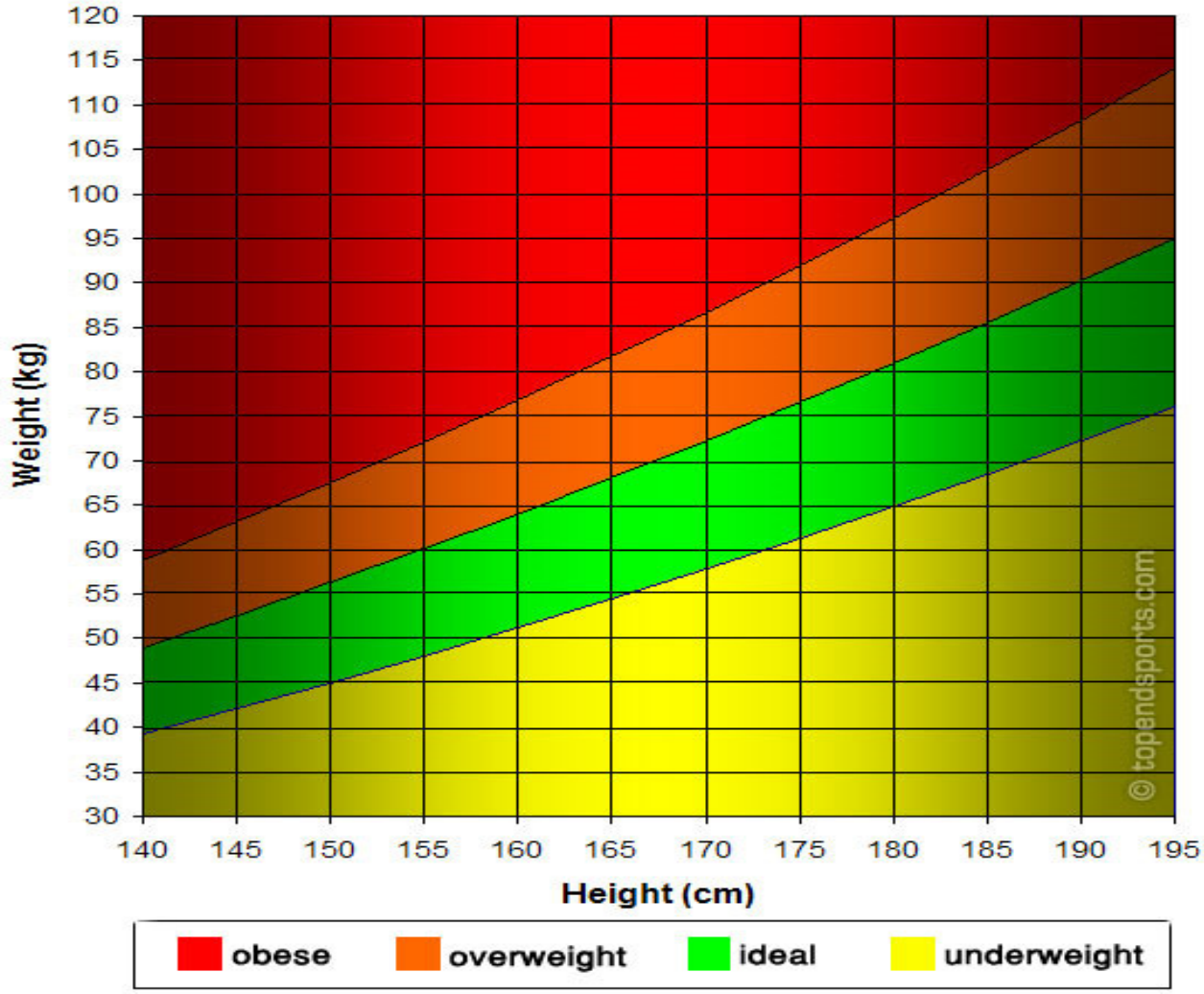
Men (beats per minute)

Age	18 - 25	26 - 35	36 - 45	46 - 55	56 - 65	65 +
Athlete	49 - 55	49 - 54	50 - 56	50 - 57	51 - 56	50 - 55
Excellent	56 - 61	55 - 61	57 - 62	58 - 63	57 - 61	56 - 61
Great	62 - 65	62 - 65	63 - 66	64 - 67	62 - 67	62 - 65
Good	66 - 69	66 - 70	67 - 70	68 - 71	68 - 71	66 - 69
Average	70 - 73	71 - 74	71 - 75	72 - 76	72 - 75	70 - 73
Below Average	74 - 81	75 - 81	76 - 82	77 - 83	76 - 81	74 - 79
Poor	82 +	82 +	83 +	84 +	82 +	80 +

Women (beats per minute)

Age	18 - 25	26 - 35	36 - 45	46 - 55	56 - 65	65 +
Athlete	54 - 60	54 - 59	54 - 59	54 - 60	54 - 59	54 - 59
Excellent	61 - 65	60 - 64	60 - 64	61 - 65	60 - 64	60 - 64
Great	66 - 69	65 - 68	65 - 69	66 - 69	65 - 68	65 - 68
Good	70 - 73	69 - 72	70 - 73	70 - 73	69 - 73	69 - 72
Average	74 - 78	73 - 76	74 - 78	74 - 77	74 - 77	73 - 76
Below Average	79 - 84	77 - 82	79 - 84	78 - 83	78 - 83	77 - 84
Poor	85 +	83 +	85 +	84 +	84 +	85 +

Total Body Weight



In recent years, researchers argue that assessing total body weight it's not the most ***accurate*** *way to* ***measure health****. For years, scientists have said that BMI can't distinguish between fat and muscle, which tends to be heavier and can tip more toned individuals into overweight status, even if their fat levels are low.*

I still, however, find the simplicity of weighing still offers a valuable reference point.

Yes, an individual in heavy training, particularly, males, can add weight in the form of lean muscle. This physiological dynamic is relevant in 1% of males.

Be sure to weigh yourself at the same time of day and be cognitive of the changing weather temperatures, your bowel health, and hydration status.

Girth Measurements

Girth measurements are a great method of showing a change in a clients body dimensions (or size) over time. ... The most common girth measurements are taken around the midsection (waist and hip) and used to determine fat gain/loss and/or predict the risk for developing heart disease.

Generally, I'll measure the area of the body the individual would most like to change. This vary's from person to person and most certainly between males & females.

The best areas are usually;

Men – Belly Button

Females – Hips