

Fitness Assessment Report For:

STEVE MARTINEZ



Provided By:
Brad Pamp
Balance Health Programs

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bp40plus.com.au



Weight (Total) Test

Client Name: STEVE MARTINEZ

Client Id: 242

Description: Calibrated scales measure your 'collective' weight. As your body composition; e.g. muscle: fat ratio, and hydration status are 'not' considered, total weight offers a broad gauge relative to your ideal health.

Your listed 'ideal' weight used the HAMWI Method (Red) – NOT the universal BMI method.

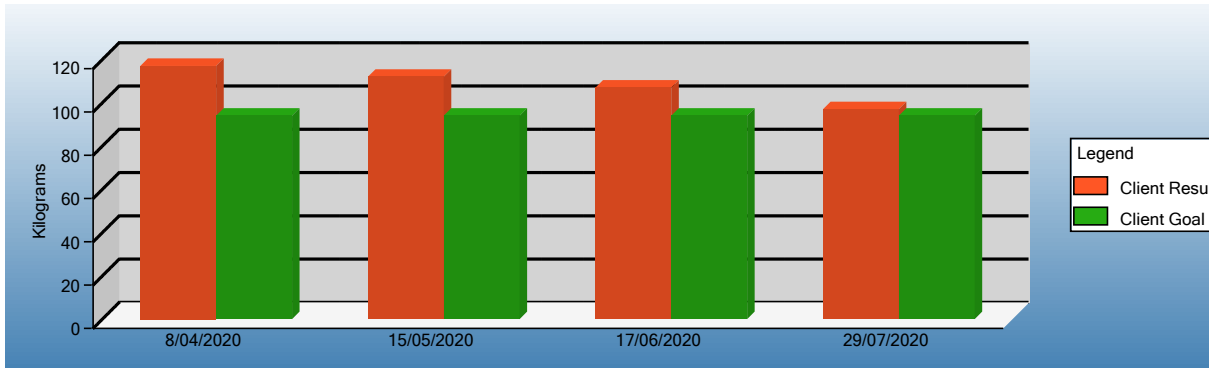
HAMWI method: M = 48 kg for the first 152.4 cm + 1.1 kg for each additional cm, F = 45 kg for the first 152.4 cm + 0.9 kg for each additional cm.

While other factors determine your ideal health, scale weight can offer a quick appraisal, offering most relevance for those pursuing substantial and necessary weight loss.

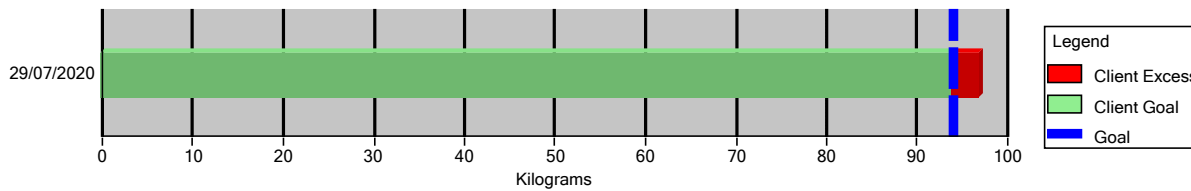
8/04/2020 15/05/2020 17/06/2020 29/07/2020

Test Result:	117	112	107	97	Kilograms
Test Goal:	94	94	94	94	Kilograms
Test Norm:	-	-	-	-	Kilograms

Test Information



Result Relative to Goal (Lower is better)



Summary:

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

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Triglycerides Test

Client Name: STEVE MARTINEZ

Client Id: 242

Description: This is an introductory test. Triglycerides are a common type of fat that accounts for about 95 per cent of all dietary fats. Both animal and vegetable fats contain triglycerides. Once digested, triglycerides circulate in the bloodstream to be used as energy by the cells. Any leftovers are stored in body fat to fuel the body between meals. Ideally, triglycerides should not sit too low, eg <1.69 mmol/L, this, indicating a possible poor metabolism of stored fat as a fuel source. We also dont wont TGs measuring too high, eg >2.29 mmol/L which could lead to cardiovascular risk. The prime goal being, around 1.75 mmol/L. This indicates efficient (stored) fat metabolism yet free from possible CV risk.

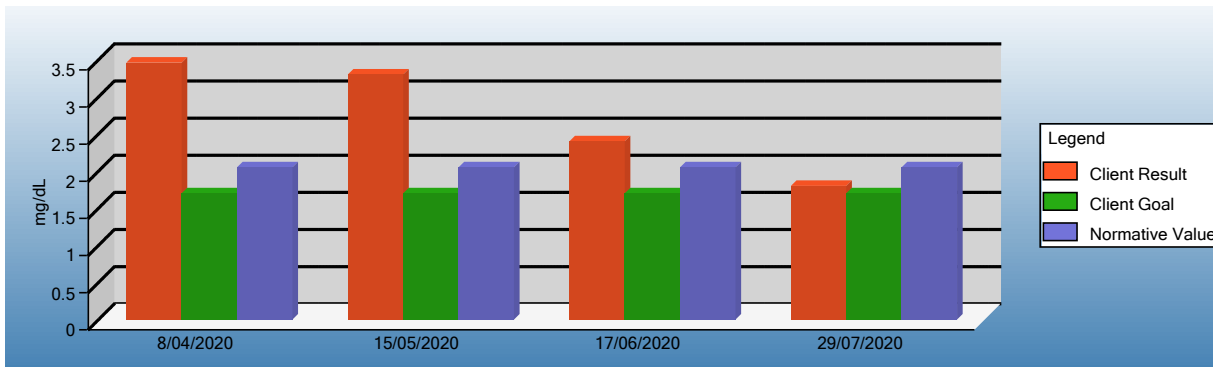
Triglycerides differ from cholesterol. TG's are used for energy, while CHL builds cells & hormones. Basically, unused TG's, a result of excessive calories, mainly from 'bad' fats, and refined sugar, are stored in your fat cells. Later, hormones release TG's for energy between meals. However, if your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

TRIGLYCERIDE RANGE - results listed in mmol/L, NOT mg/dL.

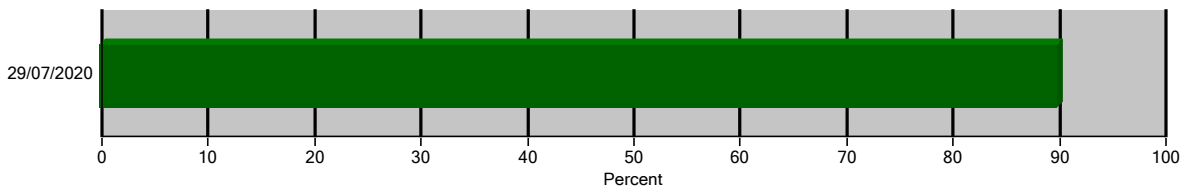
- * Normal — Less than 1.7 mmol/L.
- * Borderline high — 1.8 to 2.2 mmol/L.
- * High — 2.3 to 5.6 mmol/L.
- * Very high — 5.7> mmol/L.

	8/04/2020	15/05/2020	17/06/2020	29/07/2020	
Test Result:	3.46	3.3	2.4	1.8	mg/dL
Test Goal:	1.7	1.7	1.7	1.7	mg/dL
Test Norm:	2.05	2.05	2.05	2.05	mg/dL

Test Information



Results Relative to the General Population (Higher is better)



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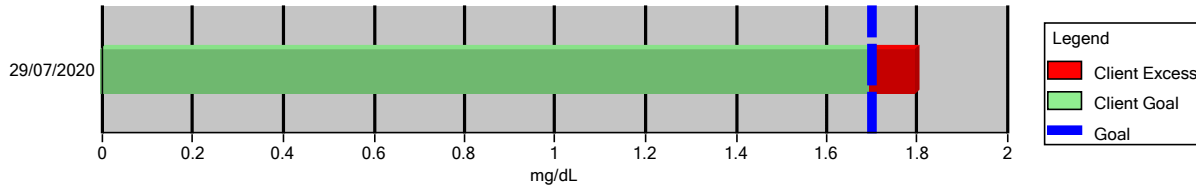


Triglycerides Test

Client Name: STEVE MARTINEZ

Client Id: 242

Result Relative to Goal (Lower is better)



Summary:

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

A full blood screen through your Doctor will confirm absolute results.

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A1c Blood Glucose Test

Client Name: STEVE MARTINEZ

Client Id: 242

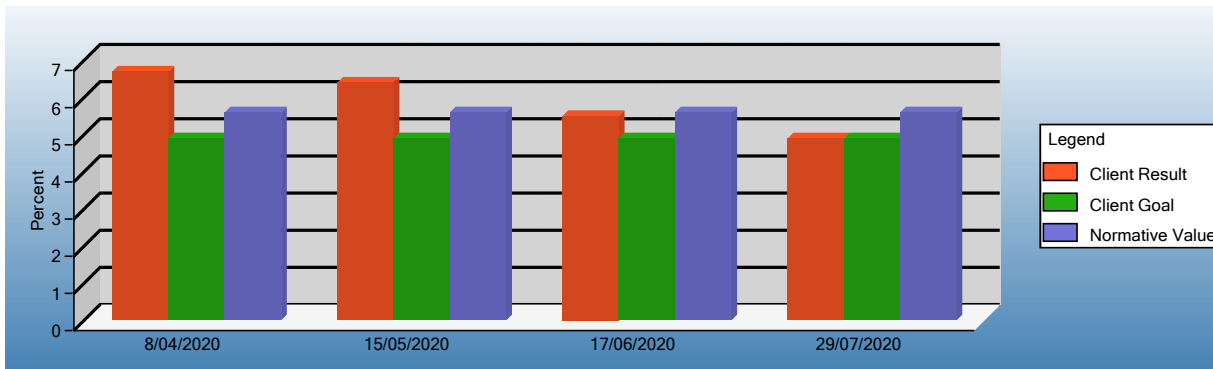
Description: The A1C test result reflects your average blood sugar level for the past 12 weeks. Specifically, the A1C test measures what percentage of your hemoglobin — a protein in red blood cells that carries oxygen — is coated with sugar (glycated).

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 is used for daily activity. Higher A1C results make it hard to burn and favour stored fat as a fuel source. A higher refined carbohydrate diet usually elevates HbA1c results and thus, limits the burning of stored fat as a preferred fuel source.

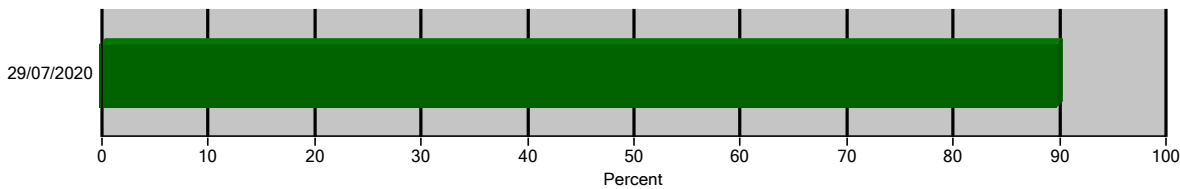
- 4.0 – 5.0 mmol/L Ideal
- 5.1 – 6.0 mmol/L Healthy
- 6.0 – 7.0 mmol/L Worth reviewing
- 7+ mmol/L I recommend a Physician consultation

	8/04/2020	15/05/2020	17/06/2020	29/07/2020	
Test Result:	6.7	6.4	5.5	4.9	Percent
Test Goal:	4.9	4.9	4.9	4.9	Percent
Test Norm:	5.6	5.6	5.6	5.6	Percent

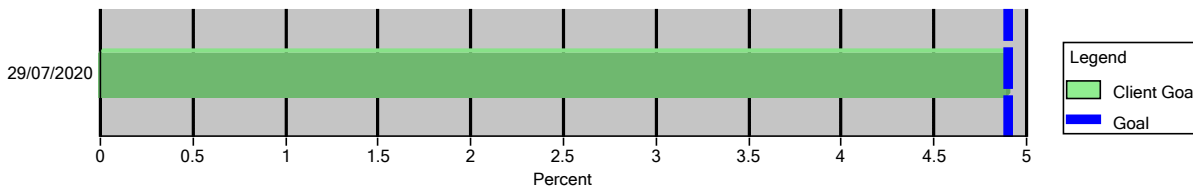
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Lower is better)



Summary:

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A1c Blood Glucose Test

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Date: 20/10/2020

Client Name: STEVE MARTINEZ

Client Id: 242

Your A1C reading is considered healthy, and you're likely metabolising stored stored fat as your preferred fuel source. This is good.

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HRV Heart Rate Variability Test

Client Name: STEVE MARTINEZ

Client Id: 242

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.

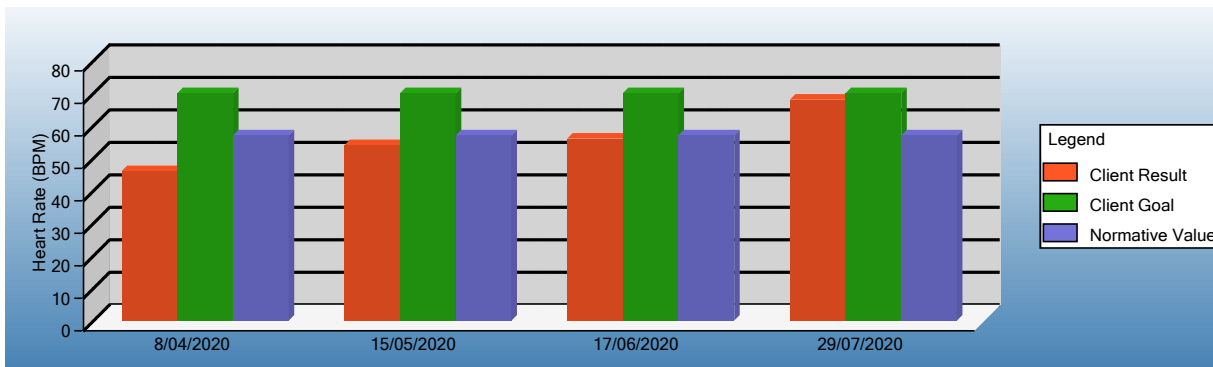
HRV provides an (algorithm) score (.../100) based on the calculation of average variance time between beats over a minute.

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

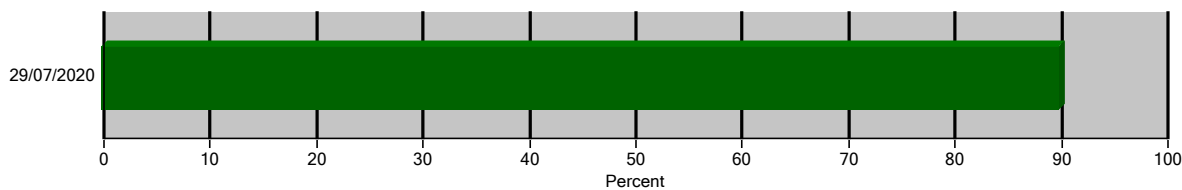
The higher the score, the better your balance of lifestyle stress (Mentally, Emotionally, Physically and Nutritionally)!
For more info: <http://www.bp40plus.com.au/hrv-2/>

	8/04/2020	15/05/2020	17/06/2020	29/07/2020	
Test Result:	46	54	56	68	Heart Rate
Test Goal:	70	70	70	70	Heart Rate
Test Norm:	57	57	57	57	Heart Rate

Test Information



Results Relative to the General Population (Higher is better)



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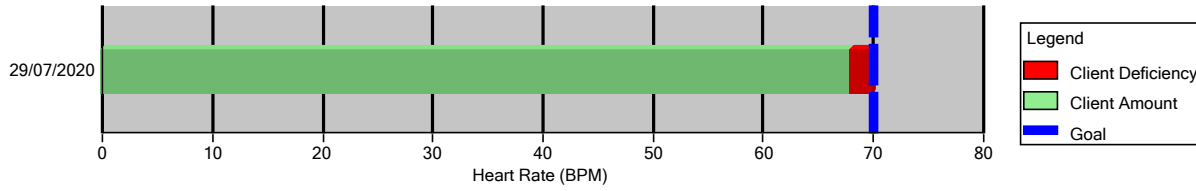


HRV Heart Rate Variability Test

Client Name: STEVE MARTINEZ

Client Id: 242

Result Relative to Goal (Higher is better)



Summary:

Your score indicate good lifestyle balance.

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

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Uric Acid Test

Client Name: STEVE MARTINEZ

Client Id: 242

Description: Your body is constantly producing waste products. One waste product is uric acid. It's formed when your body breaks down purines, which are found in some foods; commonly, alcohol, in the form of beer, and animal protein. Most of the uric acid leaves your body in waste. If you have high levels of uric acid, it can be a sign of disease such as gout.

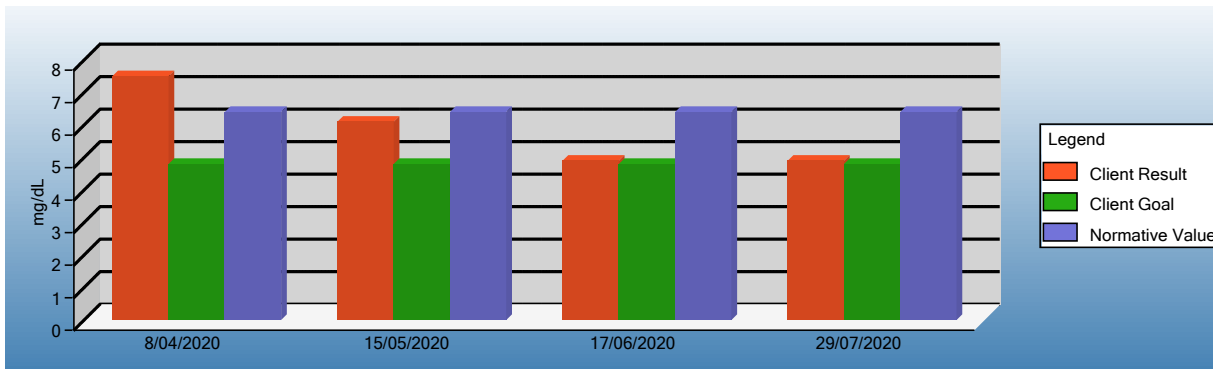
Gout: This is a form of arthritis where crystals from uric acid form in your joints and cause intense pain. You often feel it in your big toe, but can get it in your ankles, feet, hands, knees, and wrists, as well. It can also cause swelling, redness, and discomfort in those joints, and may limit your range of motion.

Normal levels of uric acid: 3.5-6.4 mmol/L.

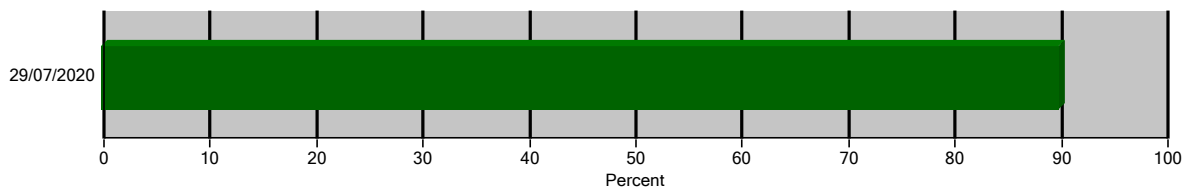
Results listed as mmol/L, NOT mg/dL.

	8/04/2020	15/05/2020	17/06/2020	29/07/2020	
Test Result:	7.5	6.1	4.9	4.9	mg/dL
Test Goal:	4.8	4.8	4.8	4.8	mg/dL
Test Norm:	6.4	6.4	6.4	6.4	mg/dL

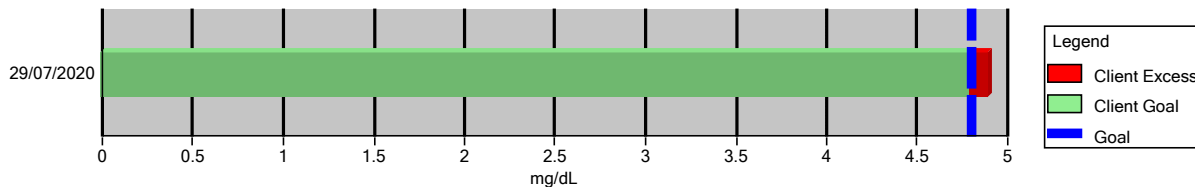
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Lower is better)



Summary:

Results suggest your uric acid levels sit within a healthy range.

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Uric Acid Test

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Date: 20/10/2020

Client Name: STEVE MARTINEZ

Client Id: 242

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Blood Pressure Test

Client Name: STEVE MARTINEZ

Description:

Your Blood Pressure provides one test towards evaluating your cardiovascular health. Blood Pressure measures the relative 'pressure' on both your heart (muscle) and arteries (walls) when your heart contracts and relaxes. While many factors influence your day to day blood pressure, repeated higher than 'healthy' Blood Pressure could contribute towards severe illness and should be assessed and monitored further by your Physician.

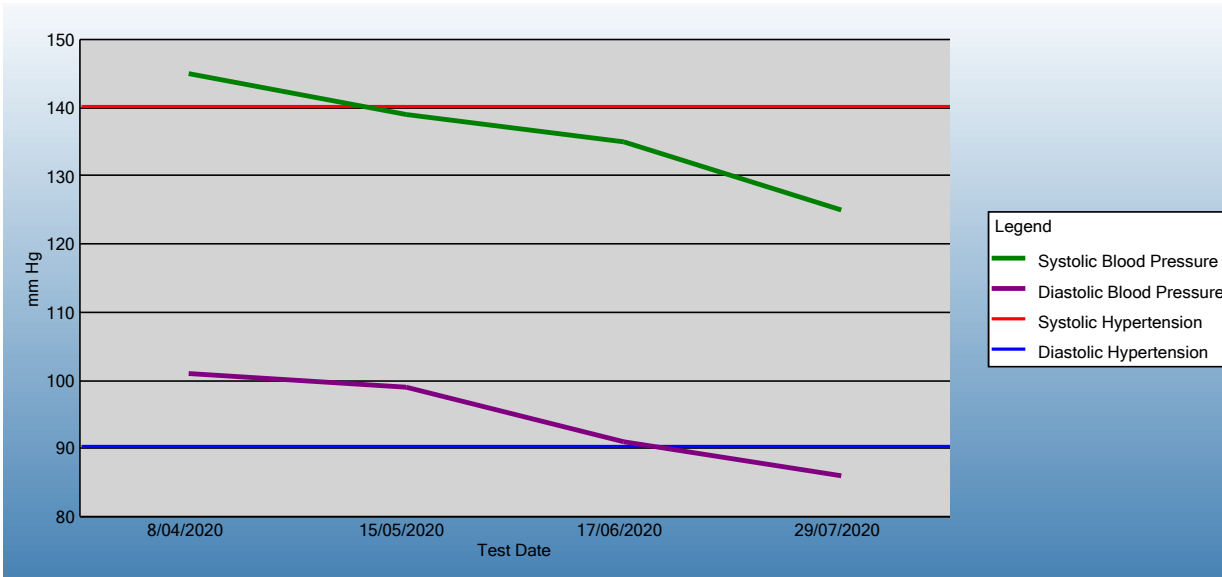
A diet high in 'bad' fat, refined sugar and alcohol, inactivity, unrelenting emotional stress, and heredity commonly elevate Blood Pressure.

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.

	8/04/2020	15/05/2020	17/06/2020	29/07/2020	
Test Result:	145/101	139/99	135/91	125/86	mm Hg
Test Goal:	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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