

**Fitness Assessment  
Report For:  
NAME DISCLOSED 2**



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

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Sydney, NSW 2000

Phone: 0412 487 034

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



# BODY WEIGHT Test

**Client Name:** NAME DISCLOSED 2

**Client Id:** 324

**Description:** Calibrated scales measure your 'collective' weight. Your body composition, e.g. muscle: fat ratio, and hydration status, are 'not' considered in this test.

Total weight offers a broad gauge relative to your ideal health.

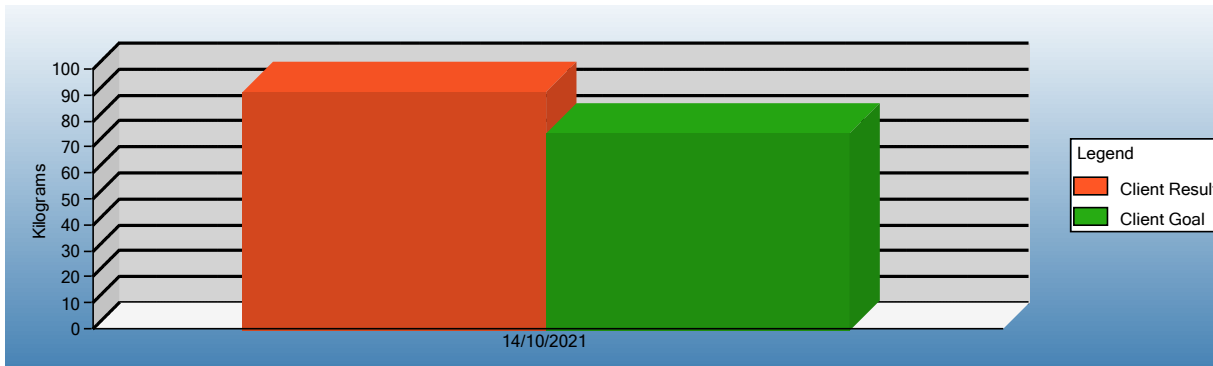
Your listed 'ideal' weight uses an algorithm and the HAMWI Method, and NOT the universally employed BMI method.

See further detail in the post-assessment link provided.

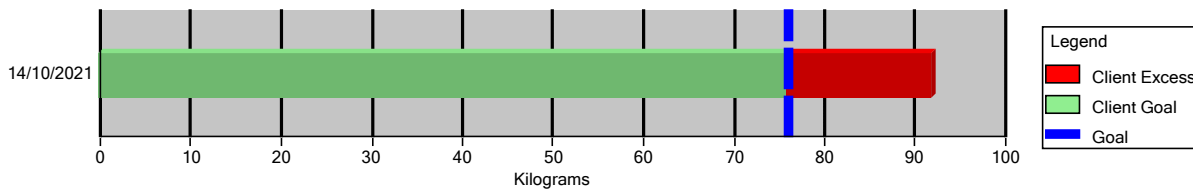
**14/10/2021**

<b>Test Result:</b>	92	Kilograms
<b>Test Goal:</b>	76	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 trainer. Do this and you will reach your ideal sustainable weight and shape.

**Provided By:** Brad Pamp

Consult a qualified health professional before starting any exercise and/or nutrition program.  
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# BLOOD GLUCOSE/ SUGAR Test

**Client Name:** NAME DISCLOSED 2

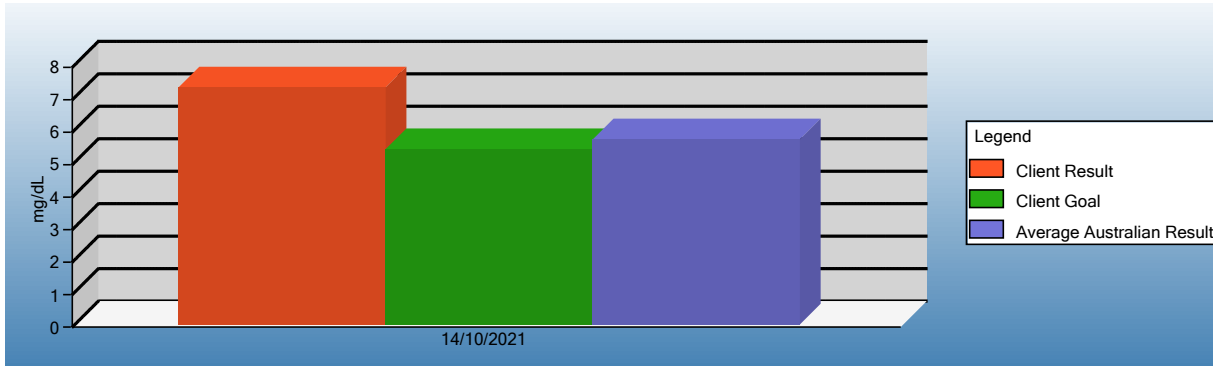
**Client Id:** 324

**Description:** Your blood glucose reading is your current blood sugar balance. Your recent 'carbohydrate' dietary choices and energy 'out' reflects your blood glucose. Ideally, for most, when motivated with weight (fat) loss, lower dietary carbohydrates (primarily simple sugars) and the consequent lower blood glucose reading is desired. See further detailed information in the post-assessment link provided.

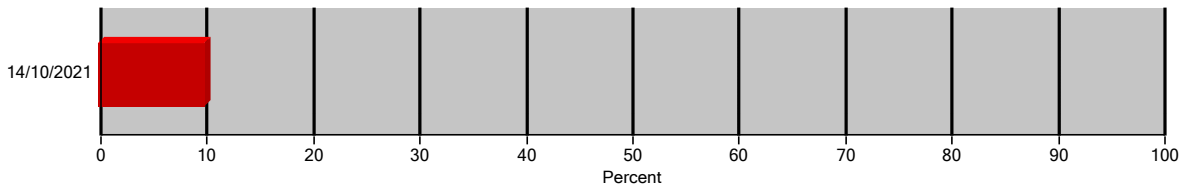
**14/10/2021**

**Test Result:** 7.3 mg/dL  
**Test Goal:** 5.4 mg/dL  
**Test Norm:** 5.7 mg/dL

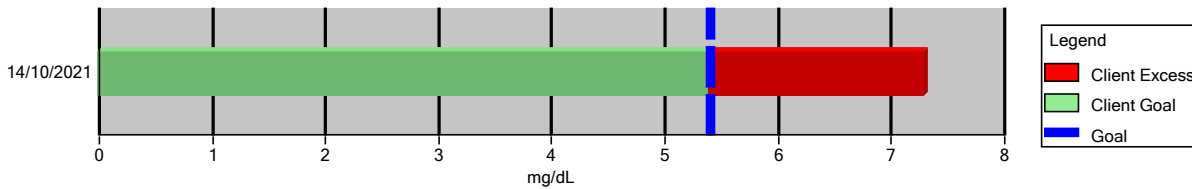
Test Information



Results Relative to the General Population (Higher is better)



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

**Client Name:** NAME DISCLOSED 2

**Client Id:** 324

**Description:** Triglycerides circulate in the bloodstream to be used as energy by the cells. Any leftovers are stored as body fat to fuel the body between meals.

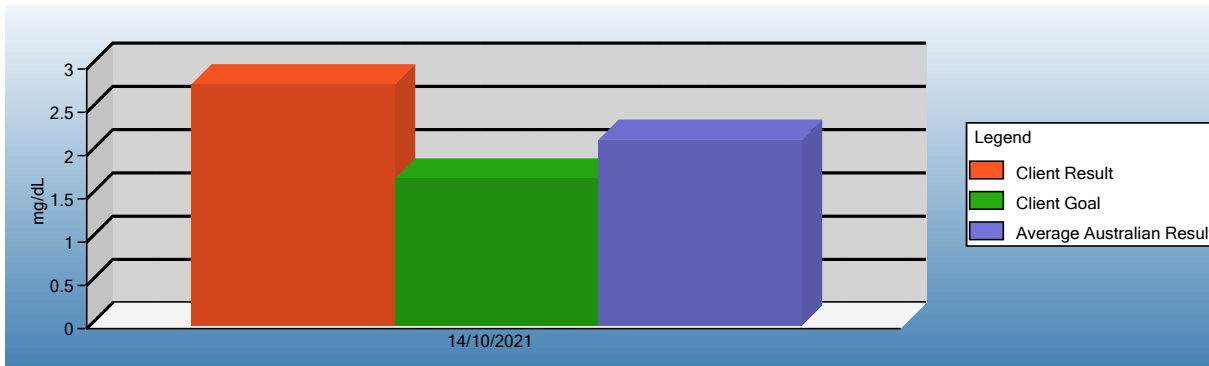
Ideally, triglycerides should not sit too low, e.g. <1.50 mmol/L, or too high, e.g.>2.29 mmol/L. While n=1, the considered normal range is 1.50 - 1.75 mmol/L.

Triglycerides differ from cholesterol. TG's are used for energy, while CHL builds cells & hormones. See further detail in the post-assessment link provided.

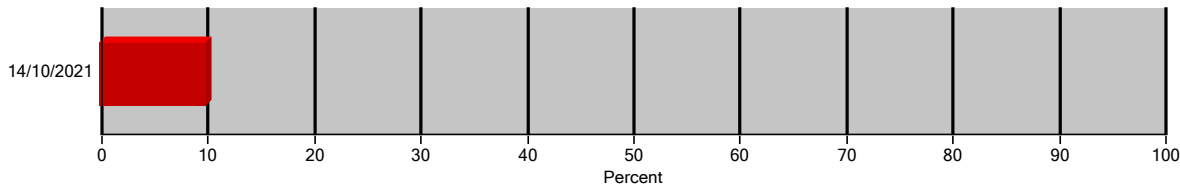
**14/10/2021**

<b>Test Result:</b>	2.79	mg/dL
<b>Test Goal:</b>	1.7	mg/dL
<b>Test Norm:</b>	2.15	mg/dL

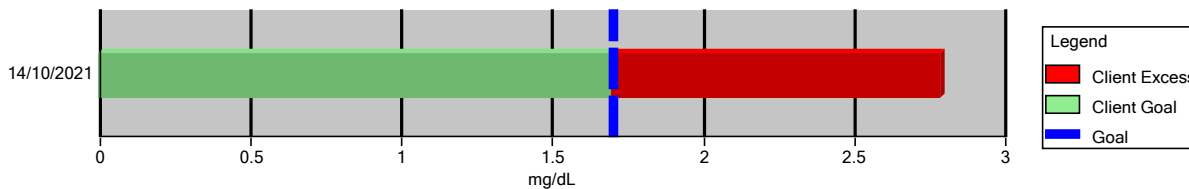
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Lower is better)



**Summary:**

Your triglycerides are above 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. This is a good idea.

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# BLOOD KETONES Test

**Client Name:** NAME DISCLOSED 2

**Client Id:** 324

**Description:** Ketones or ketone bodies are byproducts of fat metabolism – the breakdown and utilisation of stored fat as an energy source.

This test measures the number of ketones in the blood.

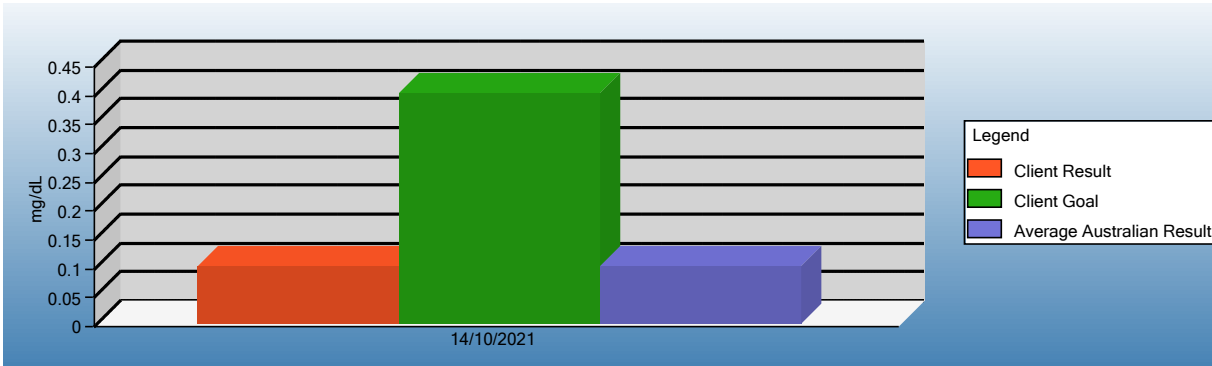
Ketones typically increase in the absence of blood sugar – which – is usually a good sign when weight loss is desired.

See further information in the post-assessment link provided.

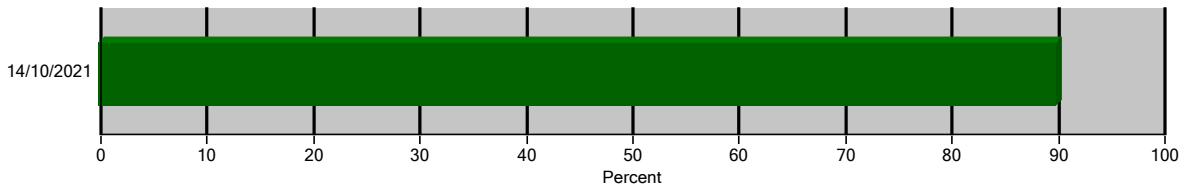
**14/10/2021**

<b>Test Result:</b>	0.1	mg/dL
<b>Test Goal:</b>	0.4	mg/dL
<b>Test Norm:</b>	0.1	mg/dL

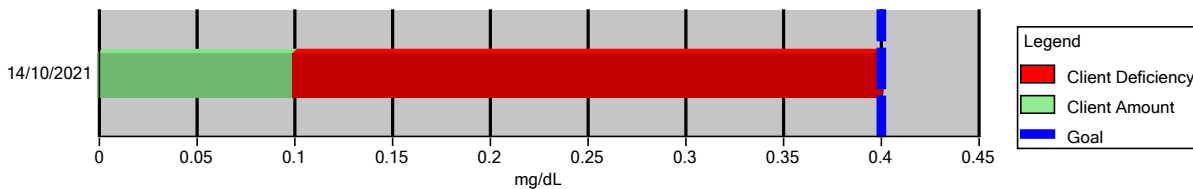
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Higher is better)



**Summary:**

Ideally healthy ketosis sits between 0.2 – 0.7.

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# HbA1c BLOOD HAEM/ SUGAR% Test

**Client Name:** NAME DISCLOSED 2

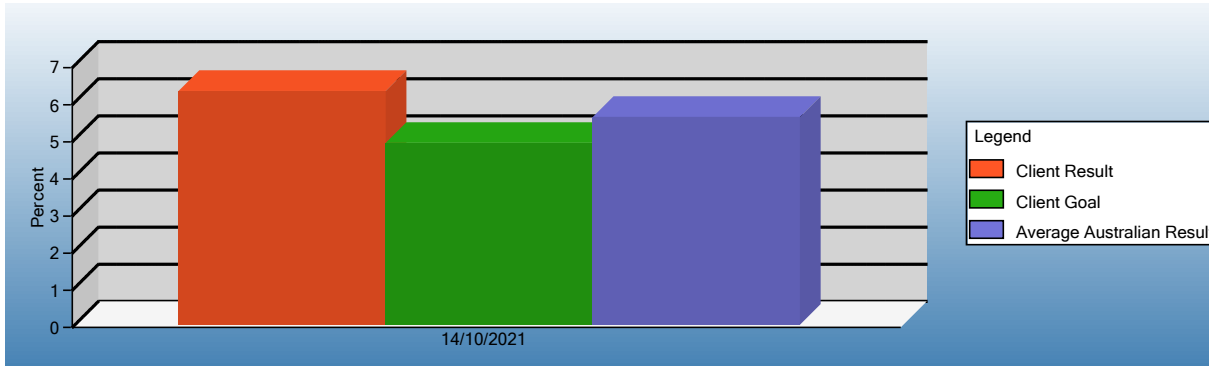
**Client Id:** 324

**Description:** The HbA1c test measures what percentage of your hemoglobin, a protein in red blood cells that carries oxygen, coated with sugar (glycated). While the HbA1c test is primarily a test linked with diabetes, it also monitors dietary carbohydrate consumption and metabolism efficiency over 12 weeks. Higher repeated HbA1c results increase the risk of diabetes and, data shows, poor fat metabolism. Ideal stored fat burning is associated with lower HbA1c results. Please see the post-assessment link for further detailed information.

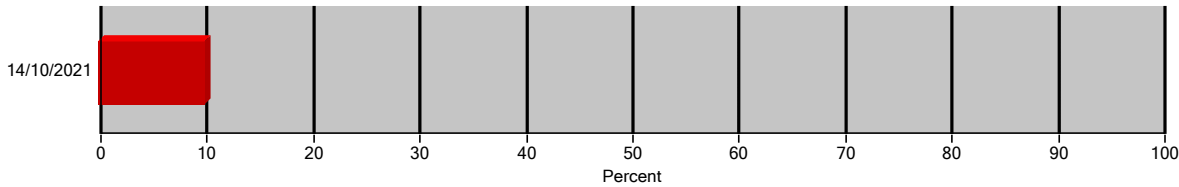
14/10/2021

<b>Test Result:</b>	6.3	Percent
<b>Test Goal:</b>	4.9	Percent
<b>Test Norm:</b>	5.6	Percent

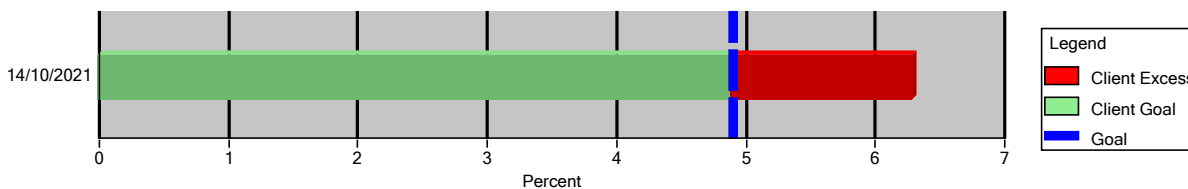
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Lower is better)



### Summary:

Your result today mean we focus more on stabilising your blood sugar. This would require consideration of your diet, namely; carbohydrate consumption, and incorporating the right lifestyle exercise.

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# GIRTH MEASUREMENT Test

**Client Name:** NAME DISCLOSED 2

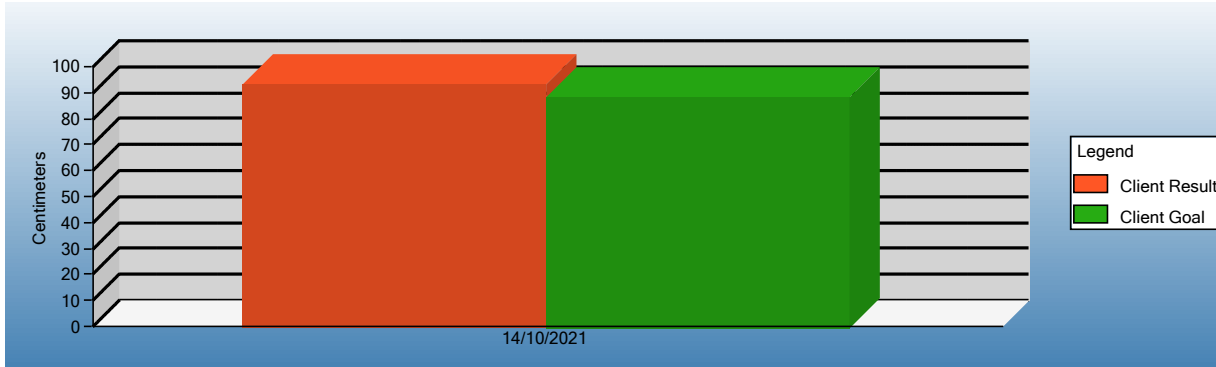
**Client Id:** 324

**Description:** Measuring your girth is simple and repeatable.  
This test measures an area you feel changes most relative to weight & metabolic changes.  
This will differ from person to person and certainly between males to females.  
Today's result is only relative to you.

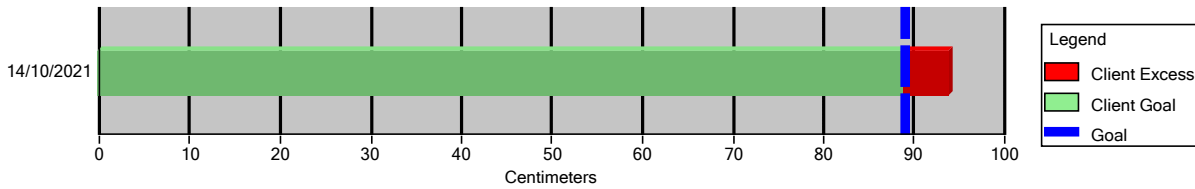
**14/10/2021**

**Test Result:** 94 Centimeters  
**Test Goal:** 89 Centimeters  
**Test Norm:** - 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:** NAME DISCLOSED 2

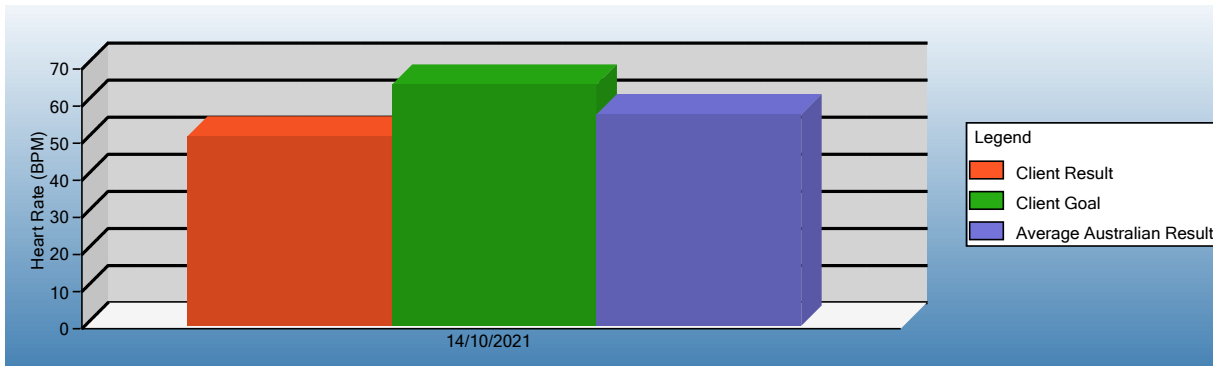
**Client Id:** 324

**Description:** Heart Rate Variability (HRV) is an accurate, non-invasive measurement 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. See more detailed info in the post-assessment link.

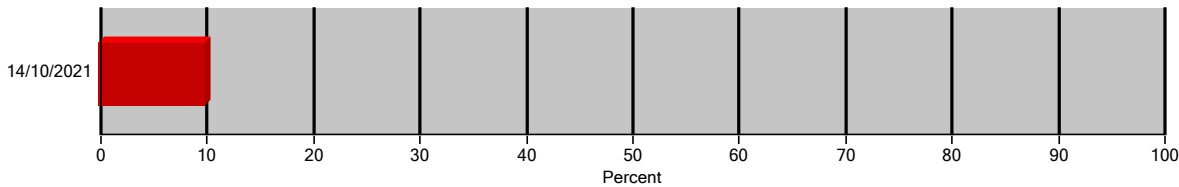
**14/10/2021**

**Test Result:** 51 Heart Rate  
**Test Goal:** 65 Heart Rate  
**Test Norm:** 57 Heart Rate

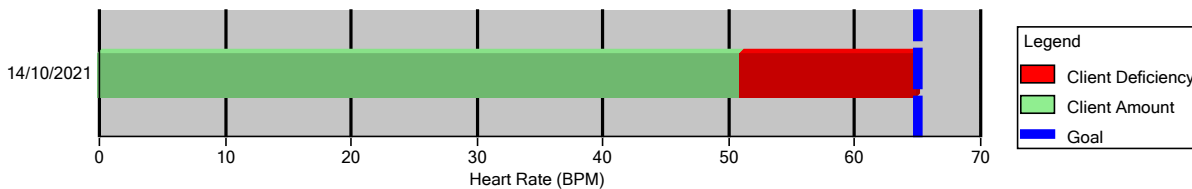
Test Information



Results Relative to the General Population (Higher is better)



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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# BREATH KETONES Test

**Client Name:** NAME DISCLOSED 2

**Client Id:** 324

**Description:** The more fat is metabolised into energy, the higher the levels of breath ketones are measured. Using a PPM (Part Per Million) measurement, we accurately measured your breath acetone concentration at 100 resolutions (0.0-99).

The ideal breath ketone metre reading is Level 10, the optimum ketosis level at 10ppm of breath acetone concentration, particularly when weight (fat) loss is desired.

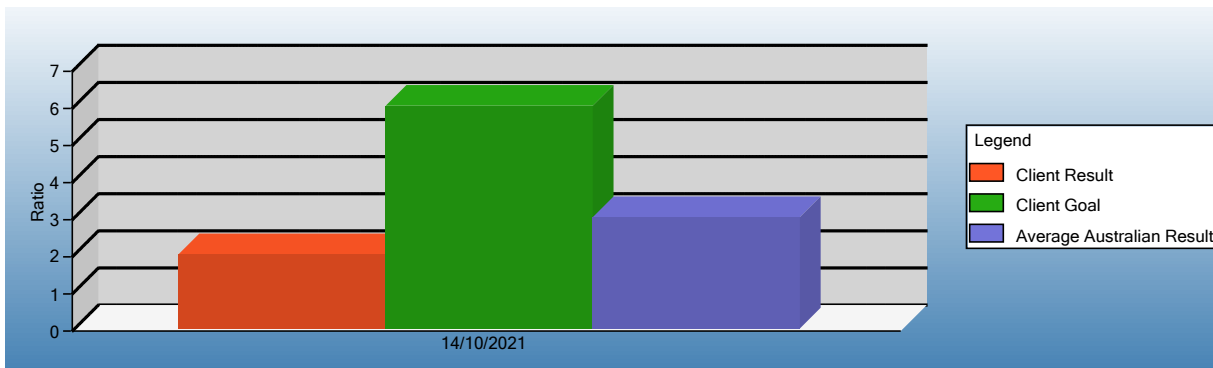
Along with Blood Ketone assessing and other testing protocols, we are assessing your stored fat burning efficiency.

See further information in the post-assessment link provided.

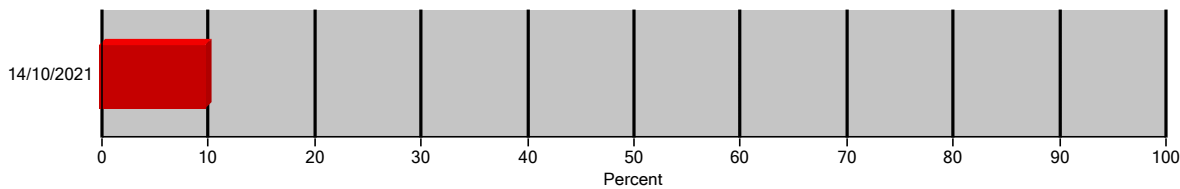
**14/10/2021**

<b>Test Result:</b>	2	Ratio
<b>Test Goal:</b>	6	Ratio
<b>Test Norm:</b>	3	Ratio

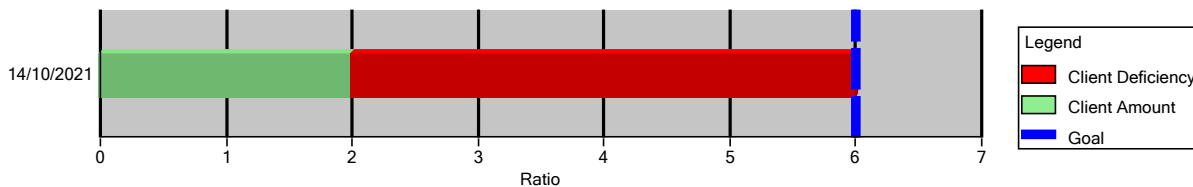
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Higher is better)



**Summary:**

Currently, it appears you are outside the ideal range.

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# Blood Pressure Test

**Client Name:** NAME DISCLOSED 2

**Description:**

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 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.

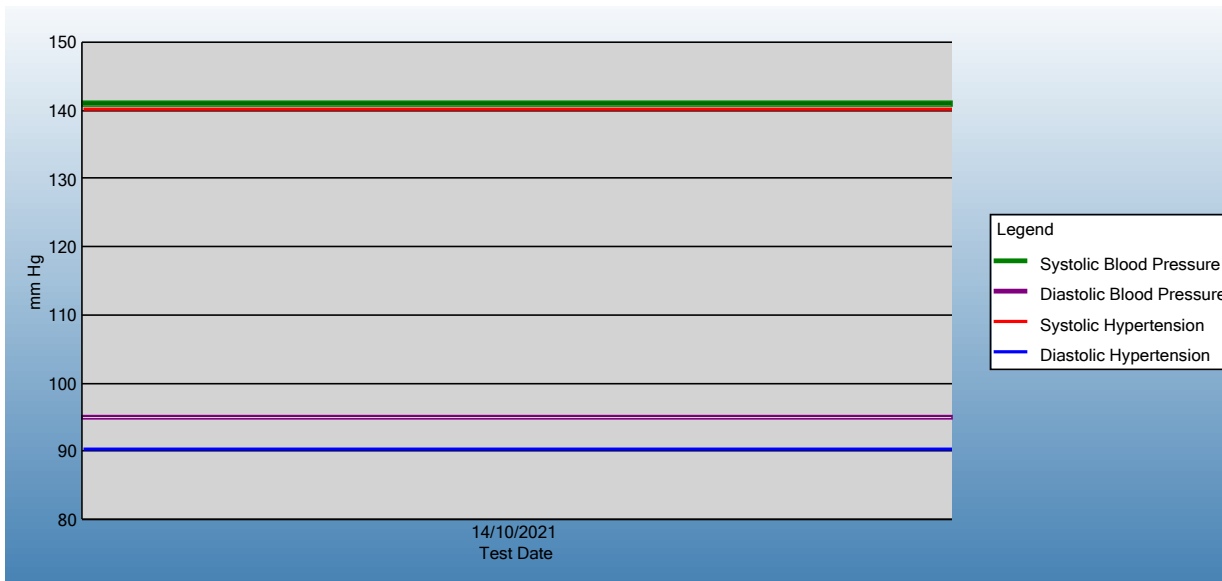
See further detail in the post-assessment link provided.

**14/10/2021**

**Test Result:** 141/95 mm Hg

**Test Goal:** 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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