

Fitness Assessment Report For:

NAME DISCLOSED



Provided By:
Brad Pamp
Balance Health Programs

608/155 King, St
Sydney, NSW 2000

Phone: 0412 487 034

bp40plus.com.au



LUNG FUNCTION Test

Page: 1
Date: 14/10/2021

Client Name: NAME DISCLOSED

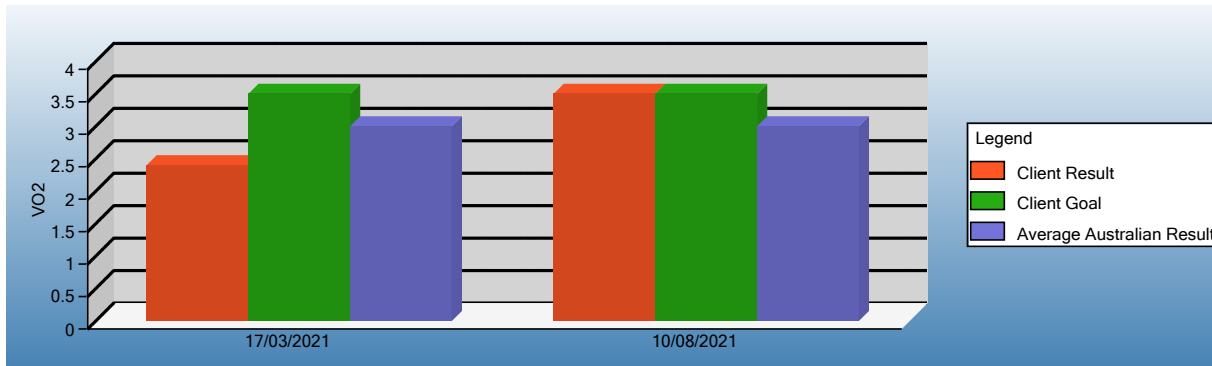
Client Id: 323

Description: The introductory forced lung function test can indicate lung efficiency. Healthy lungs are usually both strong and flexible. Typically, the larger the capacity (relative to body size & shape, age, and sex), measured in litres, the better. Regular appropriate exercise can develop and maintain good lung health. See further details in the post-assessment link provided.

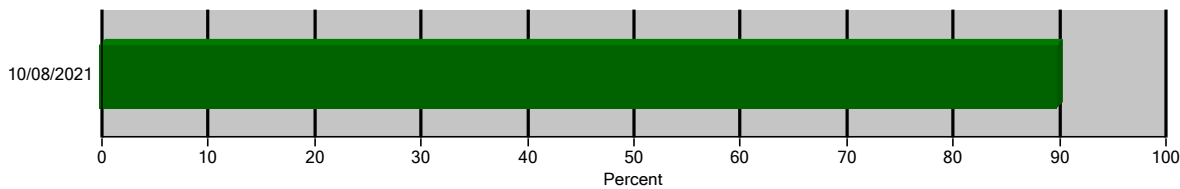
17/03/2021 10/08/2021

Test Result:	2.4	3.5	VO2
Test Goal:	3.5	3.5	VO2
Test Norm:	3	3	VO2

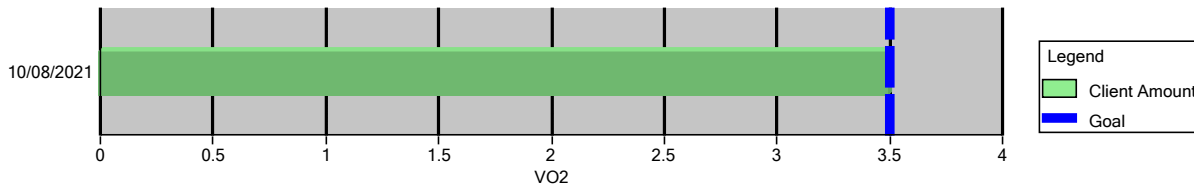
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Higher is better)



Result:

Strong

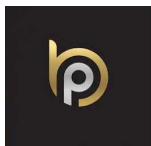
Summary:

Your result suggests a likely healthy respiratory system.

Provided By: Brad Pamp

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RESTING HEART RATE Test

Page: 2
Date: 14/10/2021

Client Name: NAME DISCLOSED

Client Id: 323

Description: Your Resting Heart Rate (RHR) represented in beats per minute, via either the Garmin Heart Rate Monitor or a Blood Pressure Unit, can refer to your cardiovascular and collective good health. Despite many lifestyle factors influencing your tested RHR, e.g., time of day, temperature, and emotional stressors, a collaborative system under stress is commonly represented by a 'higher' than average HR. Generally, the lower your RHR, the better. See further detail in the post-assessment link provided.

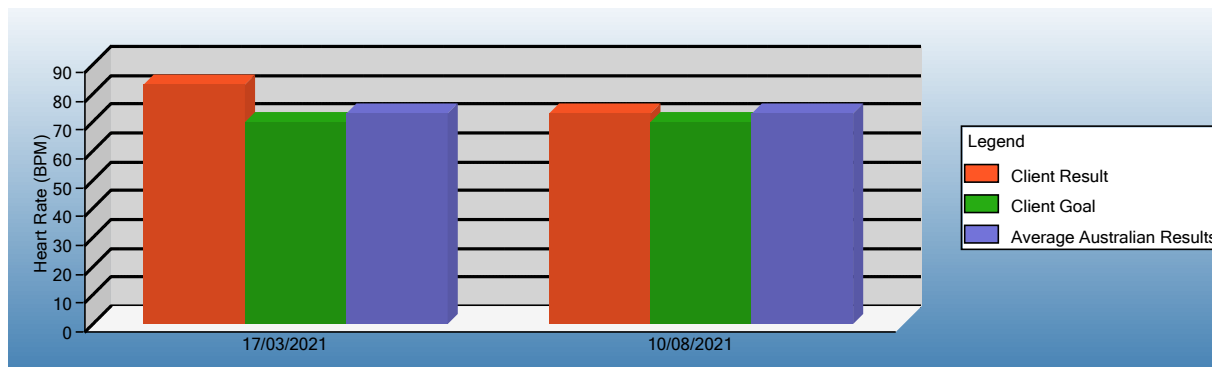
17/03/2021 10/08/2021

Test Result: 83 73 Heart Rate

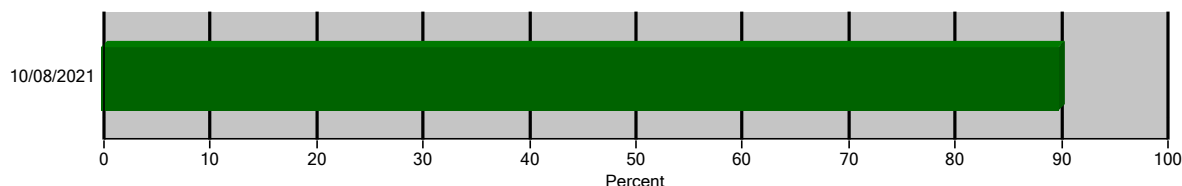
Test Goal: 70 70 Heart Rate

Test Norm: 73 73 Heart Rate

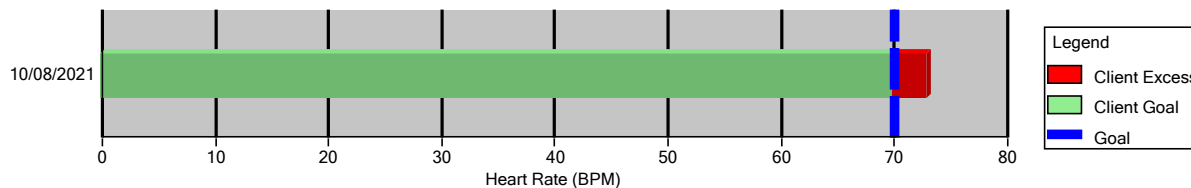
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Lower is better)



Summary:

Great, a result and representative of good health.

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BODY WEIGHT Test

Page: 3
Date: 14/10/2021

Client Name: NAME DISCLOSED

Client Id: 323

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.

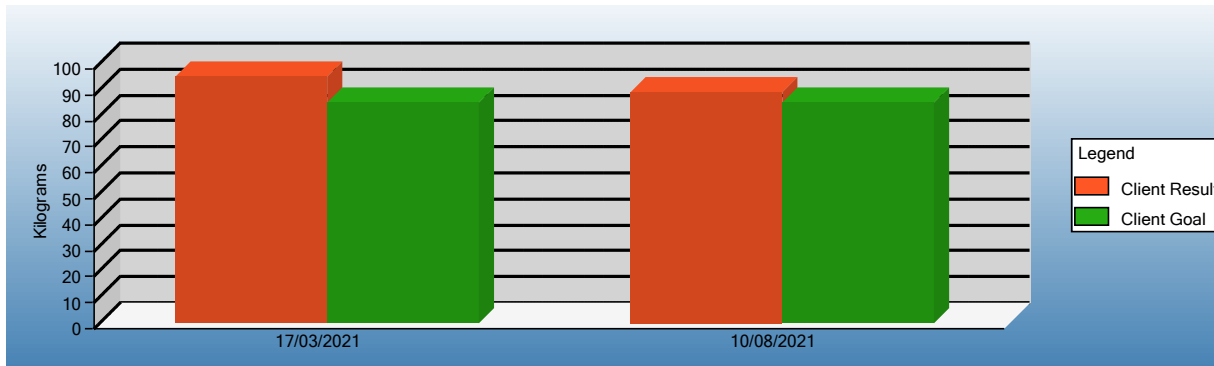
17/03/2021 10/08/2021

Test Result: 95 89 Kilograms

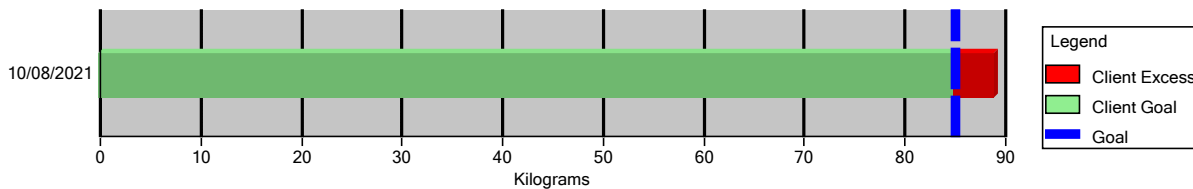
Test Goal: 85 85 Kilograms

Test Norm: - - Kilograms

Test Information



Result Relative to Goal (Lower is better)



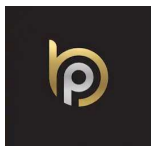
Summary:

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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BLOOD GLUCOSE/ SUGAR Test

Page: 4

Date: 14/10/2021

Client Name: NAME DISCLOSED

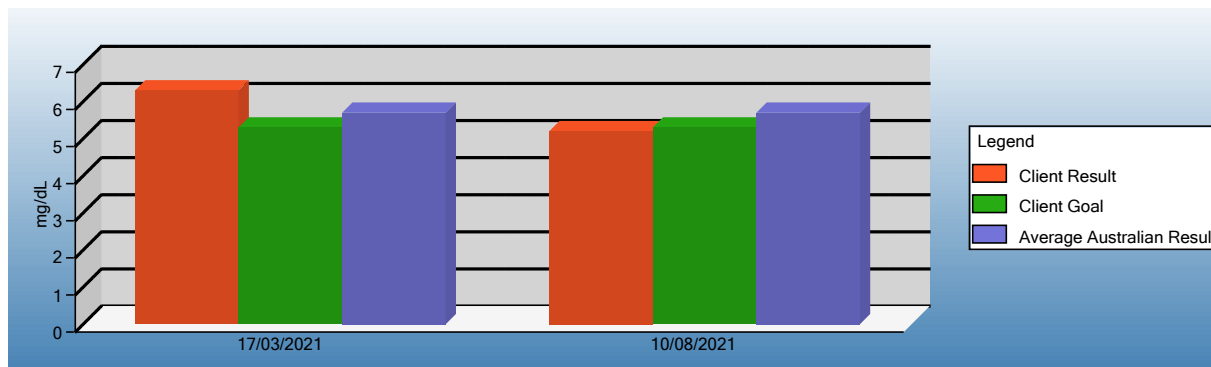
Client Id: 323

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.

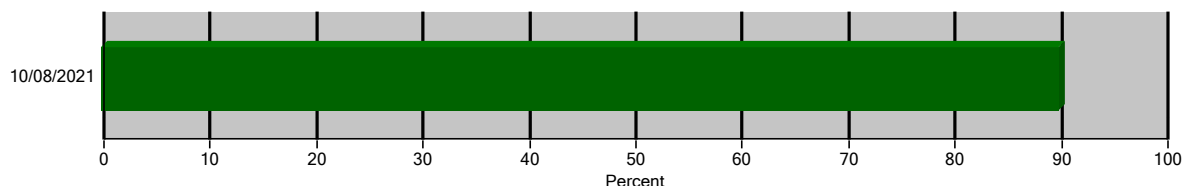
17/03/2021 10/08/2021

Test Result:	6.3	5.2	mg/dL
Test Goal:	5.3	5.3	mg/dL
Test Norm:	5.7	5.7	mg/dL

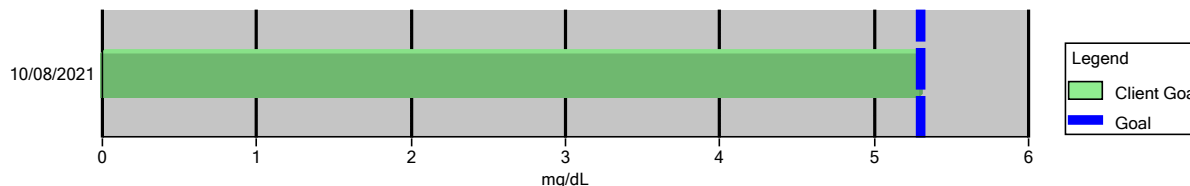
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Lower is better)



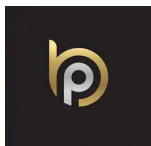
Summary:

Your blood sugar, on this day, at this time, is well balanced, for you.

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HRV - HEART RATE VARIABILITY Test

Page: 5

Date: 14/10/2021

Client Name: NAME DISCLOSED

Client Id: 323

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.

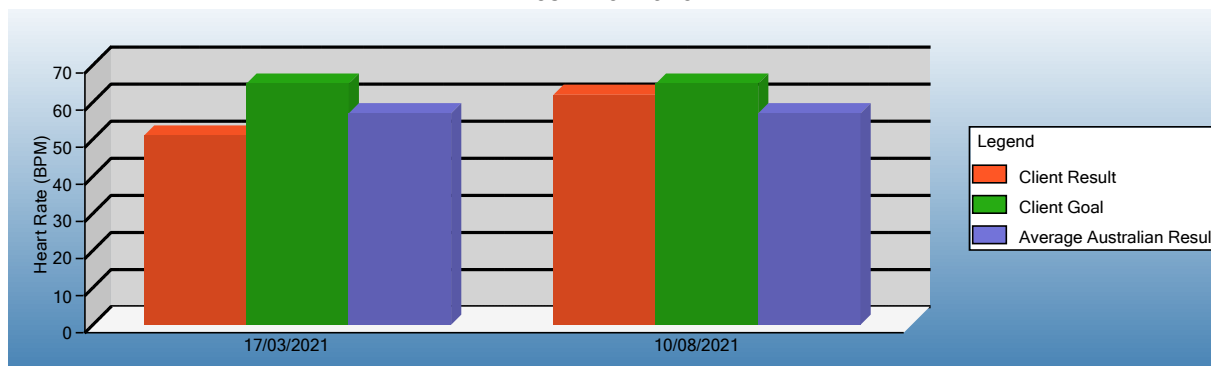
17/03/2021 10/08/2021

Test Result: 51 62 Heart Rate

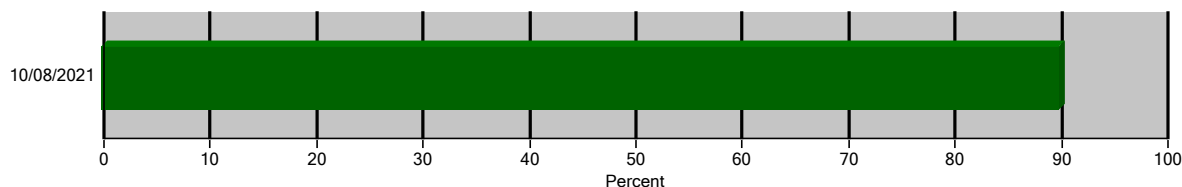
Test Goal: 65 65 Heart Rate

Test Norm: 57 57 Heart Rate

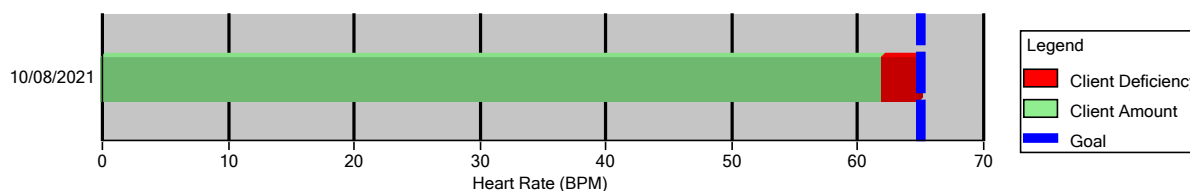
Test Information



Results Relative to the General Population (Higher is better)



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

Page: 6
Date: 14/10/2021

Client Name: NAME DISCLOSED

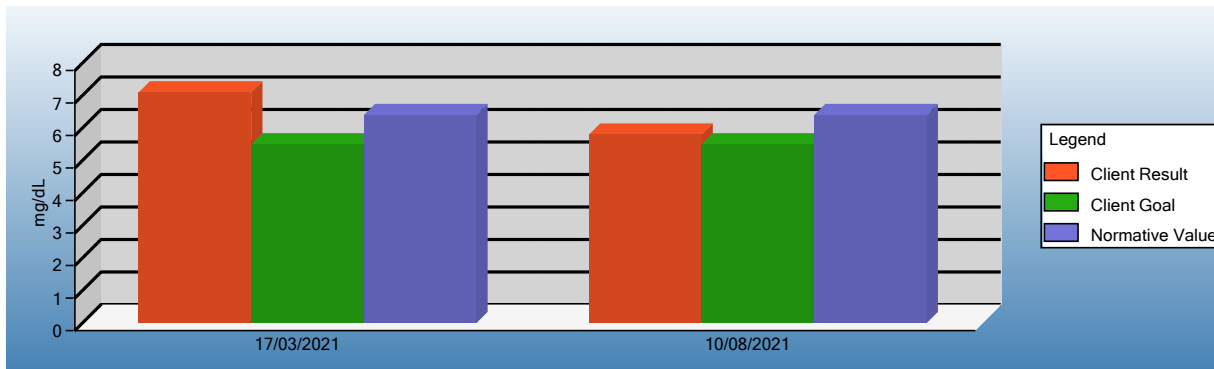
Client Id: 323

Description: Your body is constantly producing waste products. One waste product is uric acid. It's formed when your body breaks down purines, 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 uric acid levels, it can be a sign of disease such as gout. Gout: This is a form of arthritis where crystals from the 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. See further detail in the post-assessment link provided.

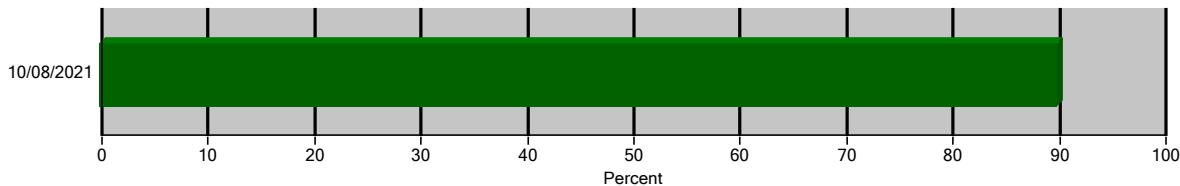
17/03/2021 10/08/2021

Test Result:	7.1	5.8	mg/dL
Test Goal:	5.5	5.5	mg/dL
Test Norm:	6.4	6.4	mg/dL

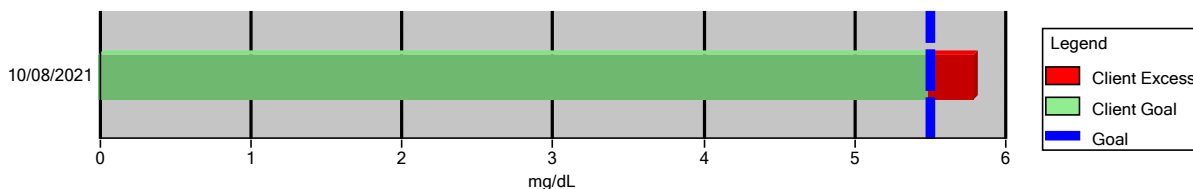
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Lower is better)



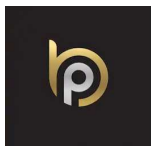
Summary:

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

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HEMATOCRIT Test

Page: 7

Date: 14/10/2021

Client Name: NAME DISCLOSED

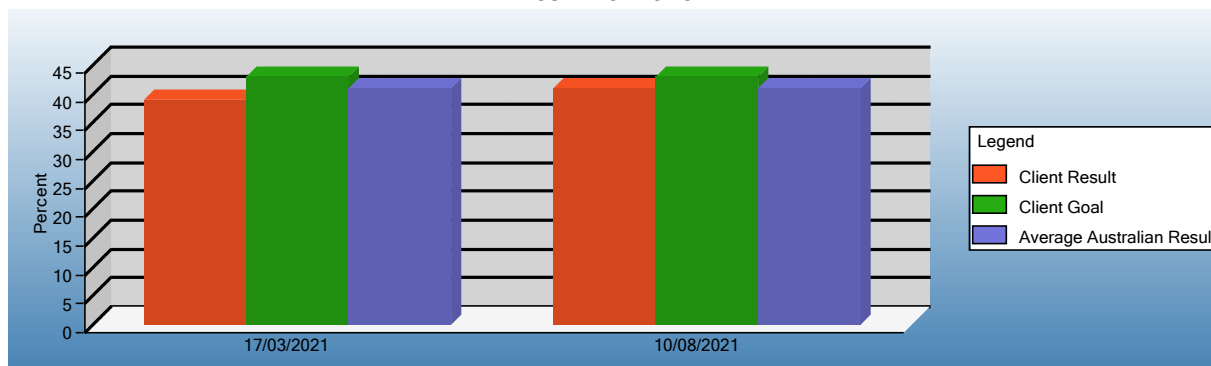
Client Id: 323

Description: The Hematocrit test measures the proportion of red blood cells in your blood. Red blood cells carry oxygen throughout your body. Typically, the higher the hematocrit, the better. The healthy lifestyle practice of regular weight-bearing exercise and a balanced diet featuring rich green leaf, beans, and some red protein, will typically promote the ideal Hb composition. Furthermore, greater enduring exercise will boost the hematocrit, and hence, increasing enduring athletic potential. See further detail in the post-assessment link provided.

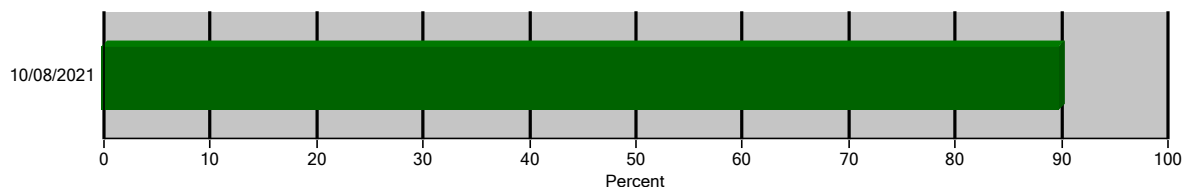
17/03/2021 10/08/2021

Test Result:	39	41	Percent
Test Goal:	43	43	Percent
Test Norm:	41	41	Percent

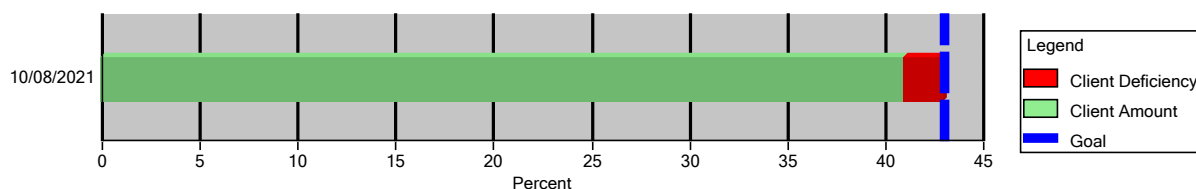
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Higher is better)



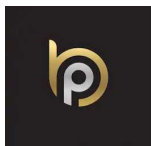
Summary:

Your Hematocrit appears healthy.

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BREATH KETONES Test

Page: 8

Date: 14/10/2021

Client Name: NAME DISCLOSED

Client Id: 323

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.

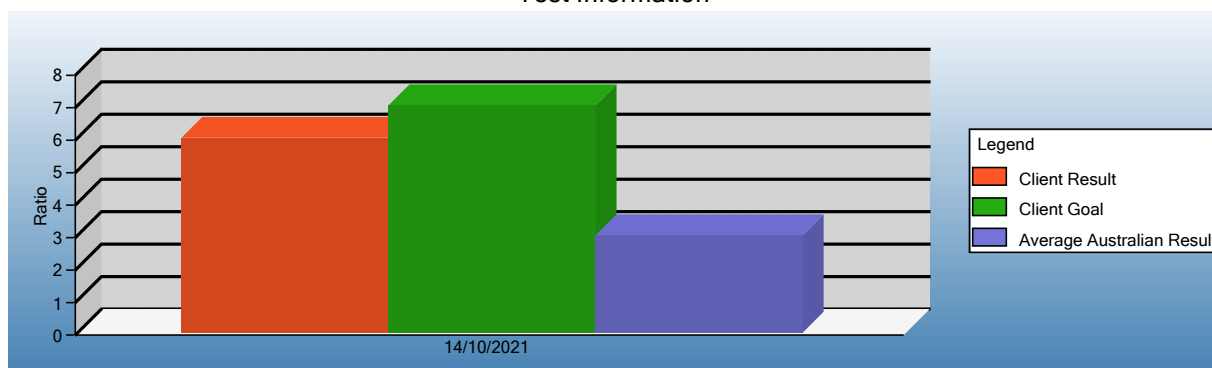
14/10/2021

Test Result: 6 Ratio

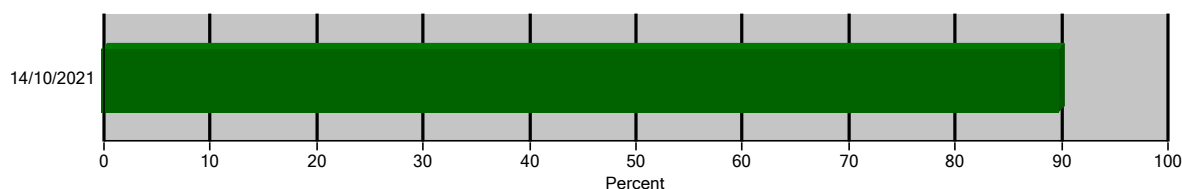
Test Goal: 7 Ratio

Test Norm: 3 Ratio

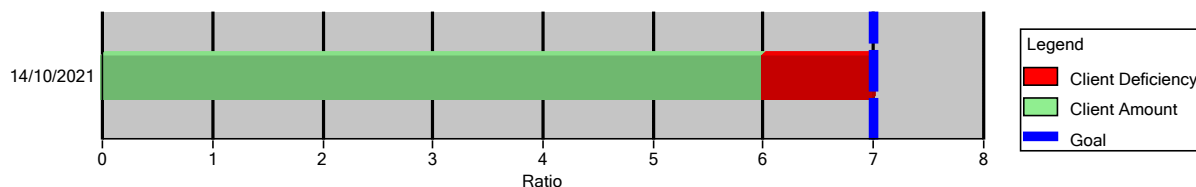
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Higher is better)



Summary:

It appears you are in healthy fat-metabolism.

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CHOLESTEROL Test

Page: 9
Date: 14/10/2021

Client Name: NAME DISCLOSED

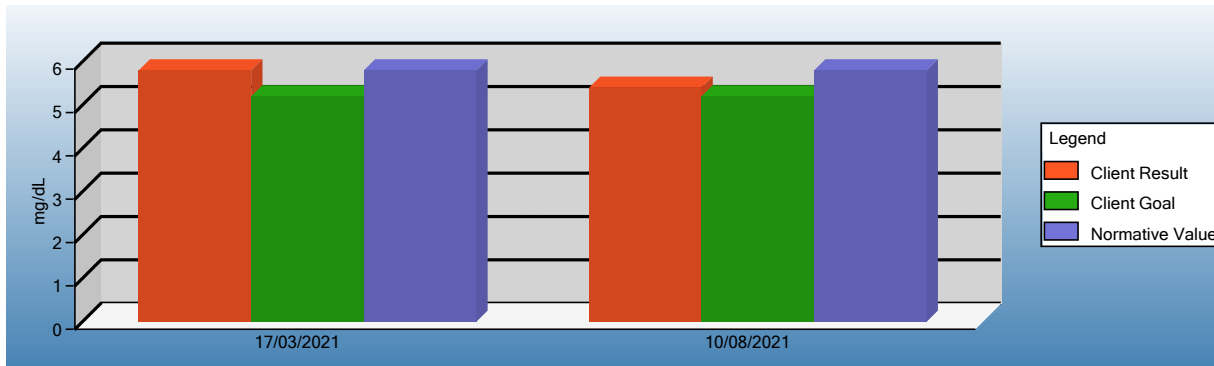
Client Id: 323

Description: Your body produces cholesterol, and it is drawn from food. Cholesterol is needed for good health. However, a diet too high in 'bad' cholesterol can increase your risk of heart disease. 'High' (good) DL-cholesterol builds cell walls and produces vital hormones. 'Low' (bad) DL-cholesterol can build up in the walls of the arteries, forming plaques, leaving the heart & arteries vulnerable. Australian Health Data shows an increase in (LDL) cholesterol since 1975. See further detailed information in the post-assessment link provided.

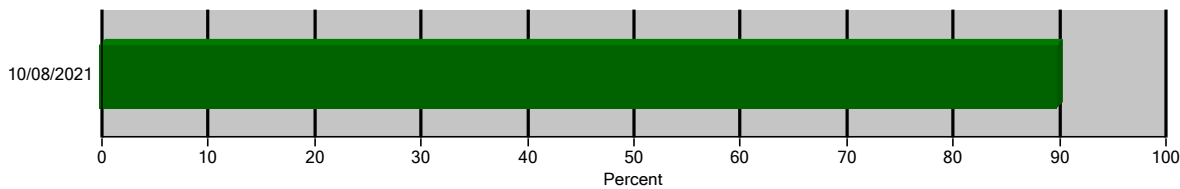
17/03/2021 10/08/2021

Test Result:	5.8	5.4	mg/dL
Test Goal:	5.2	5.2	mg/dL
Test Norm:	5.8	5.8	mg/dL

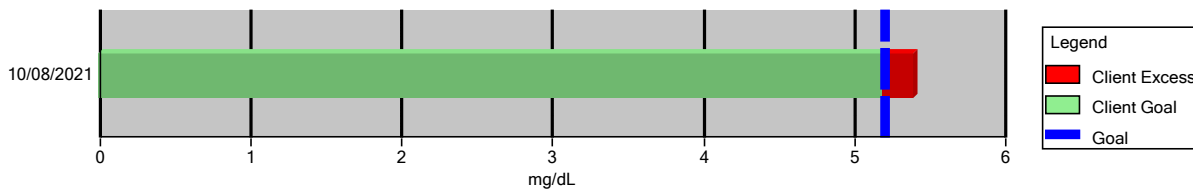
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Lower is better)



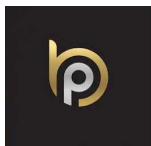
Summary:

Your test results indicate a healthy (total) cholesterol level. A full blood screen will present a more accurate value.

Provided By: Brad Pamp

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Blood Pressure Test

Page: 10
Date: 14/10/2021

Client Name: NAME DISCLOSED

Description:

Blood Pressure measures the relative 'pressure' on both your heart (muscle) and arteries (walls) when your heart contracts and relaxes.

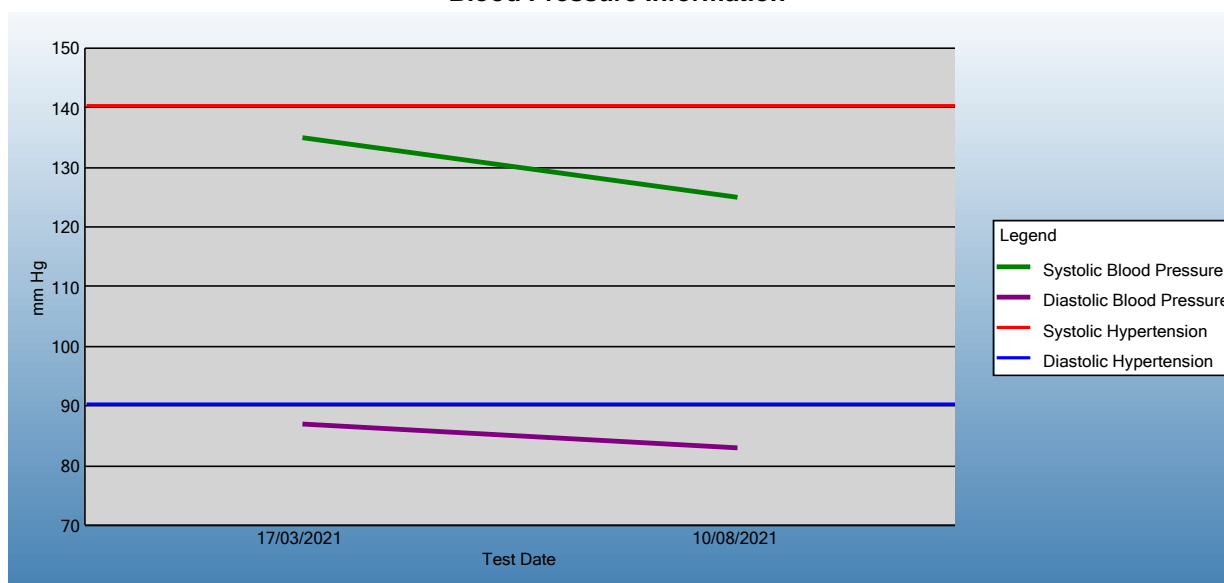
While many factors influence your day to day blood pressure, repeated higher than 'healthy' Blood Pressure could contribute towards illness and should be assessed and monitored further by your Physician.

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.

	17/03/2021	10/08/2021	
Test Result:	135/87	125/83	mm Hg
Test Goal:	120/80	120/80	mm Hg

Blood Pressure Information



Summary:

Your test results indicate a healthy blood pressure reading.

Provided By: Brad Pamp

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