

# **Fitness Assessment Report For:**

## **Warwick Stevenson**



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

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



# LUNG FUNCTION Test

**Client Name:** Warwick Stevenson

**Client Id:** 334

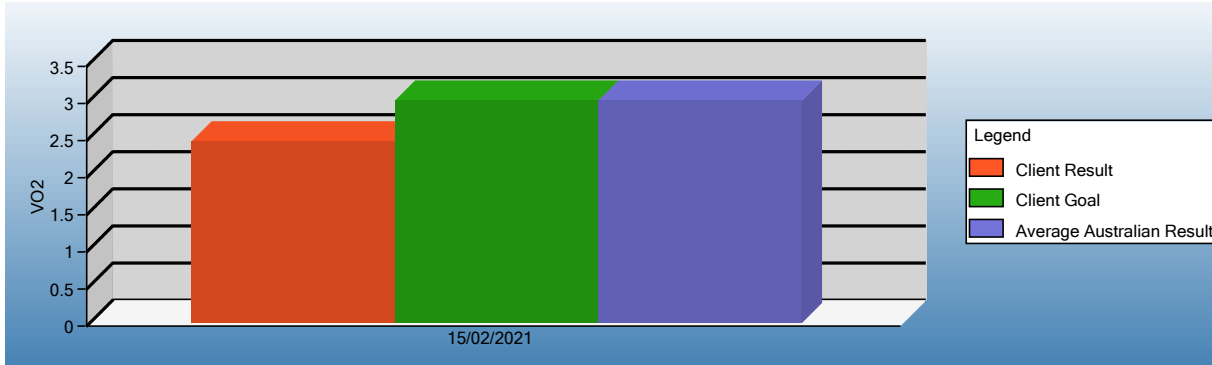
**Description:** The introductory forced lung function test can indicate lung efficiency. Healthy lungs are usually both strong and flexible.

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.

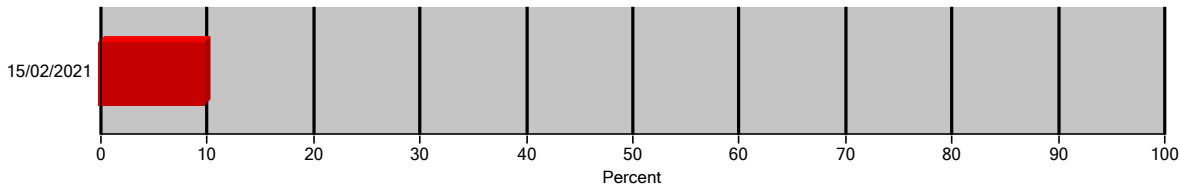
**15/02/2021**

<b>Test Result:</b>	2.45	VO2
<b>Test Goal:</b>	3	VO2
<b>Test Norm:</b>	3	VO2

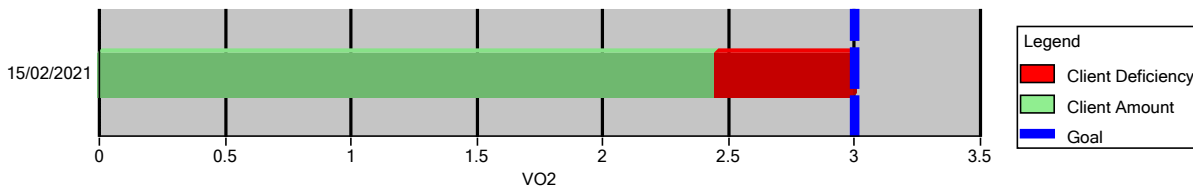
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Higher is better)



**Result:**

Average

**Summary:**

Your result indicates you are below general averages.

It could be in your interest to consider comfortable and guided exercise.

Should you have any respiratory concerns, I strongly recommend you visit your Doctor immediately.

**Provided By:** Brad Pamp

Consult a qualified health professional before starting any exercise and/or nutrition program.  
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# RESTING HEART RATE Test

**Client Name:** Warwick Stevenson

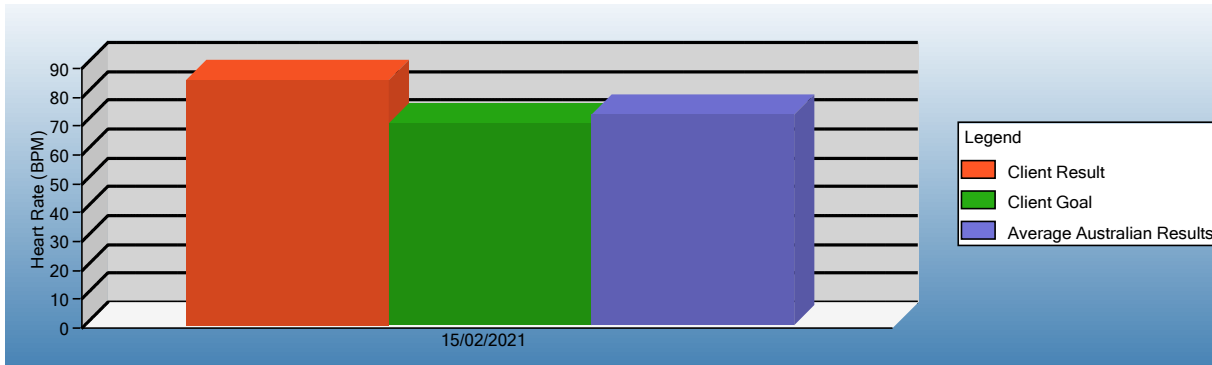
**Client Id:** 334

**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.

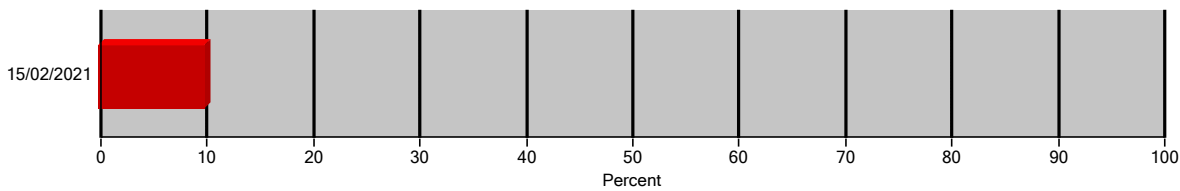
**15/02/2021**

<b>Test Result:</b>	85	Heart Rate
<b>Test Goal:</b>	70	Heart Rate
<b>Test Norm:</b>	73	Heart Rate

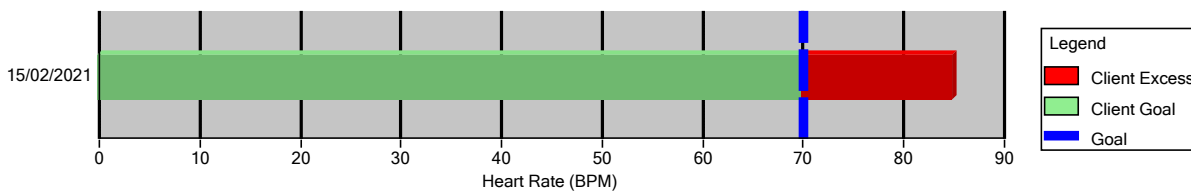
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Lower is better)



## Summary:

Your higher than the average result is worth monitoring. 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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# BODY WEIGHT Test

**Client Name:** Warwick Stevenson

**Client Id:** 334

**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.

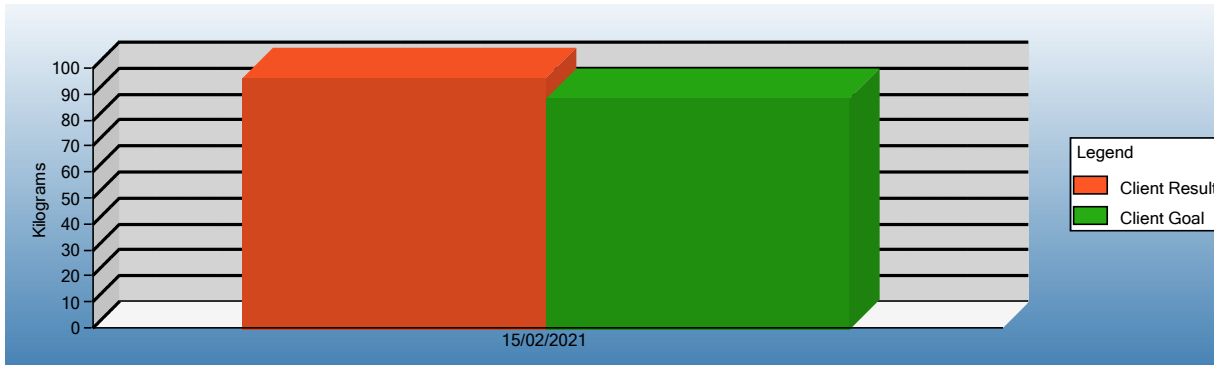
Your listed 'ideal' weight uses an algorithm and the HAMWI Method, and NOT the universally employed BMI method.

See further detail in the post-assessment link provided.

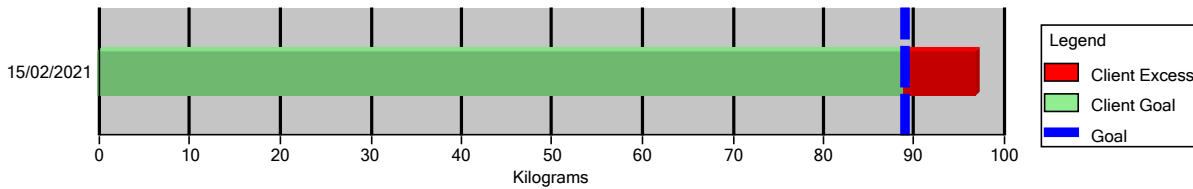
**15/02/2021**

<b>Test Result:</b>	97	Kilograms
<b>Test Goal:</b>	89	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.

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# TRIGLYCERIDES Test

**Client Name:** Warwick Stevenson

**Client Id:** 334

**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.

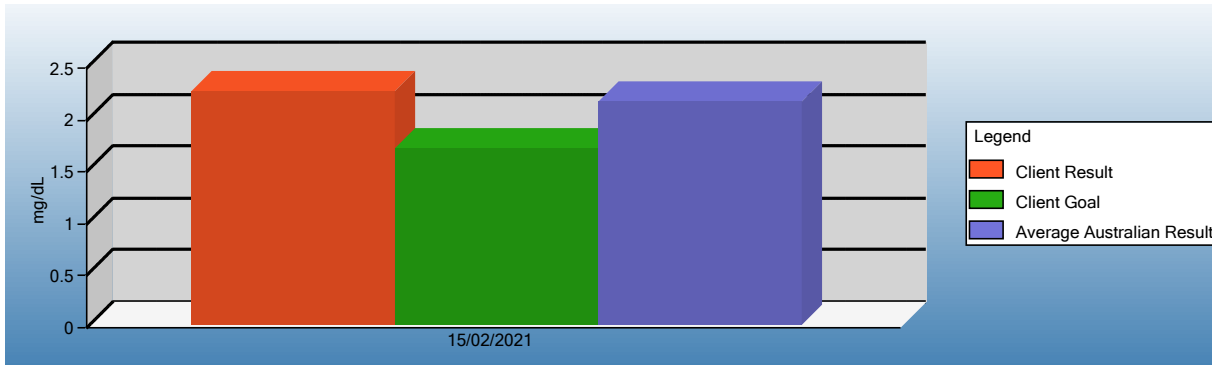
**15/02/2021**

**Test Result:** 2.25 mg/dL

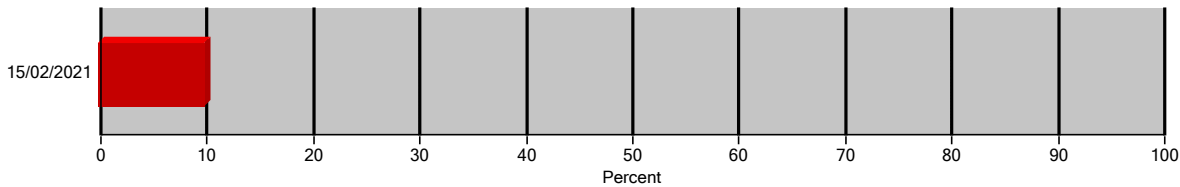
**Test Goal:** 1.7 mg/dL

**Test Norm:** 2.15 mg/dL

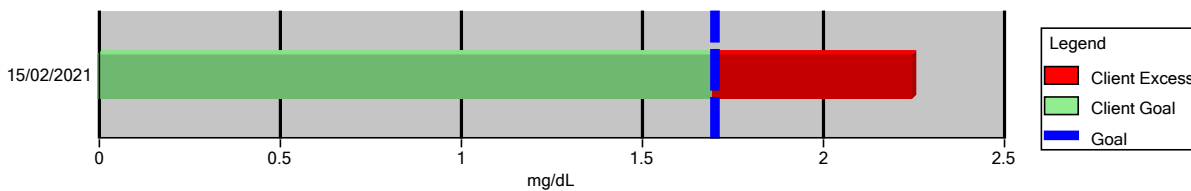
## Test Information



## 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:** Warwick Stevenson

**Client Id:** 334

**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.

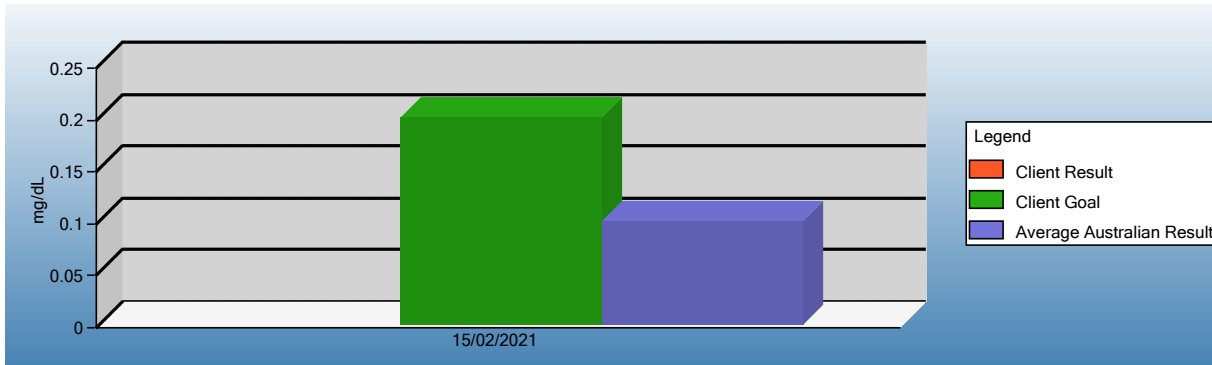
**15/02/2021**

**Test Result:** 0 mg/dL

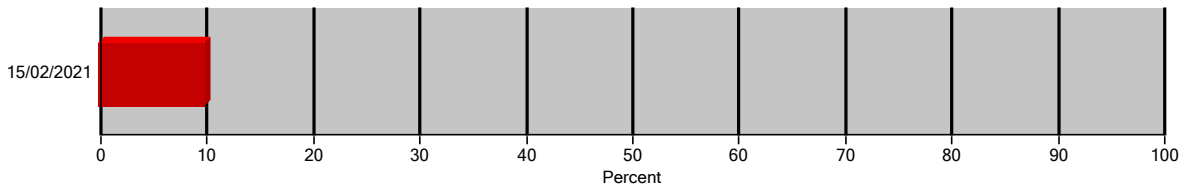
**Test Goal:** 0.2 mg/dL

**Test Norm:** 0.1 mg/dL

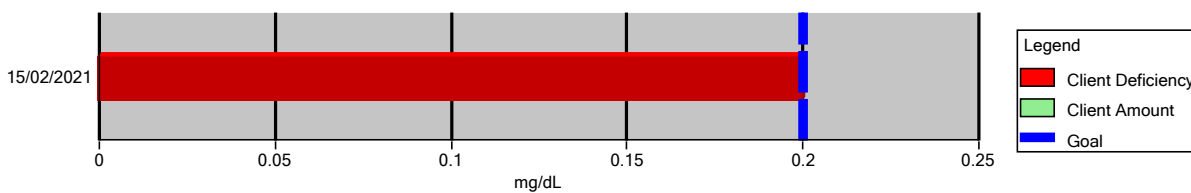
## Test Information



## Results Relative to the General Population (Higher is better)



## Result Relative to Goal (Higher is better)



## Summary:

Please consider replacing unnecessary & excessive carbohydrates with good healthy fats. Allow your naturally innate hunger dictate meal volume. Seek Medical assessment before making dietary changes.

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# BODY FAT % (Bio-Electrical Impedance) Test

**Client Name:** Warwick Stevenson

**Client Id:** 334

**Description:** Bioelectrical impedance scales work by measuring the resistance of electrical currents passing through your body. The higher your sub-cutaneous body fat (the fat under your skin), the greater the resistance. While body fat is absolutely necessary for continued good health, excessive body fat can lead to illness. The result of this test has been compared to normative population values.

**MALE – HEALTHY FAT % RANGES**

20-39 yrs 8 – 18%

40 – 59 yrs 11 – 21%

60 yrs > 13 – 23%

**FEMALE – HEALTHY FAT % RANGES**

20-39 yrs 15 – 23%

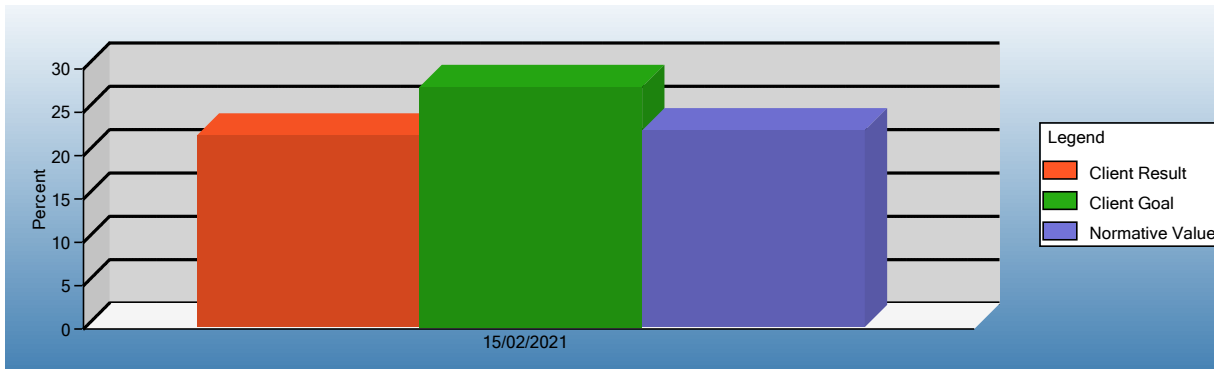
40 – 59 yrs 18 – 28%

60 yrs > 21 – 31%

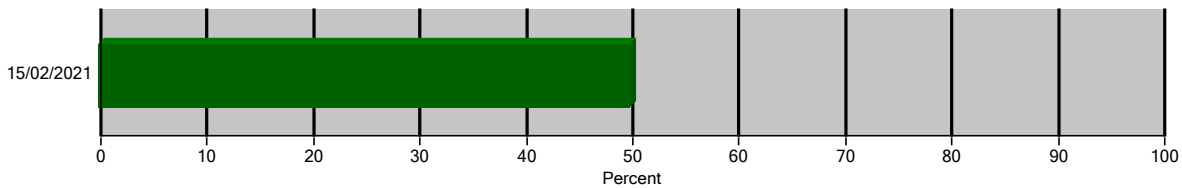
**15/02/2021**

<b>Test Result:</b>	22.1	Percent
<b>Test Goal:</b>	27.7	Percent
<b>Test Norm:</b>	22.7	Percent

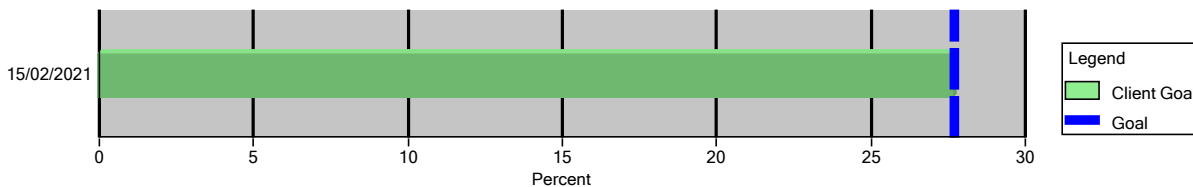
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Lower is better)



**Summary:**

Your test result indicates a healthy fat percentage. Regular appropriate exercise, good whole food choices, and prioritising your sleep, should maintain your healthy range.

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# HbA1c BLOOD HAEM/ SUGAR% Test

**Client Name:** Warwick Stevenson

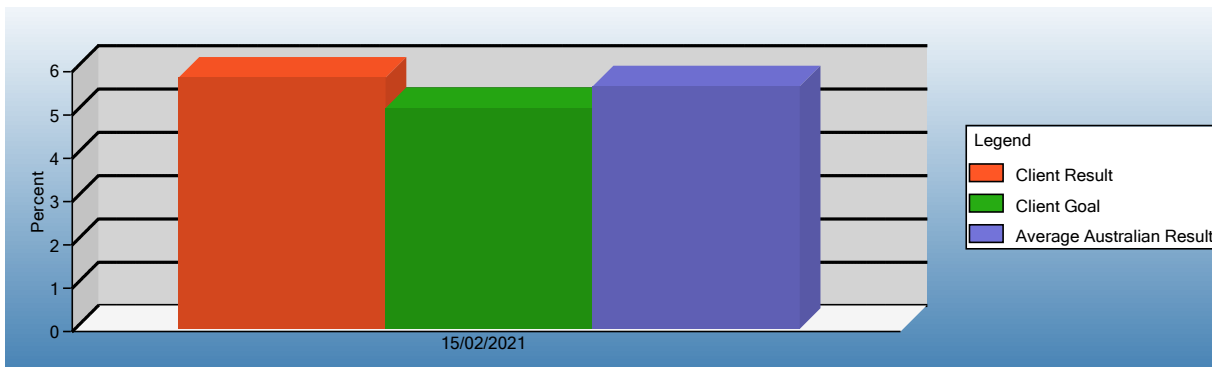
**Client Id:** 334

**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.

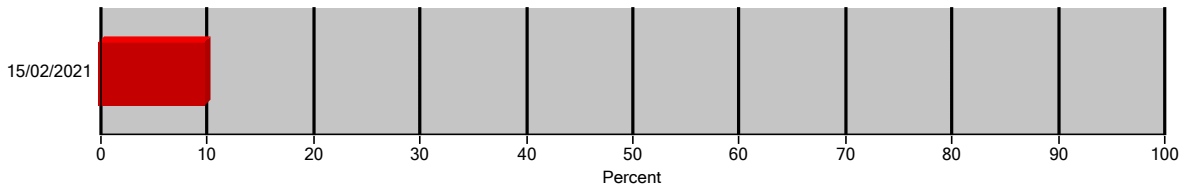
**15/02/2021**

<b>Test Result:</b>	5.8	Percent
<b>Test Goal:</b>	5.1	Percent
<b>Test Norm:</b>	5.6	Percent

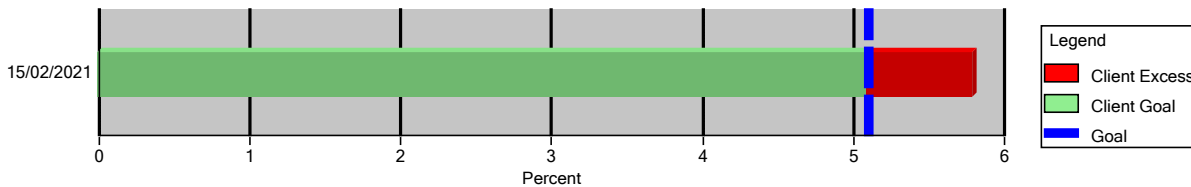
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Lower is better)



## Summary:

Your result today could 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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# HRV - HEART RATE VARIABILITY Test

**Client Name:** Warwick Stevenson

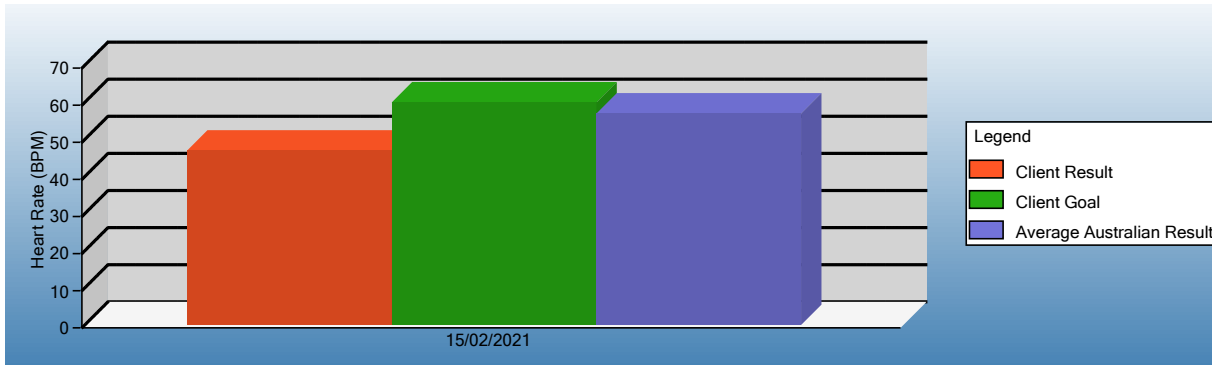
**Client Id:** 334

**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.

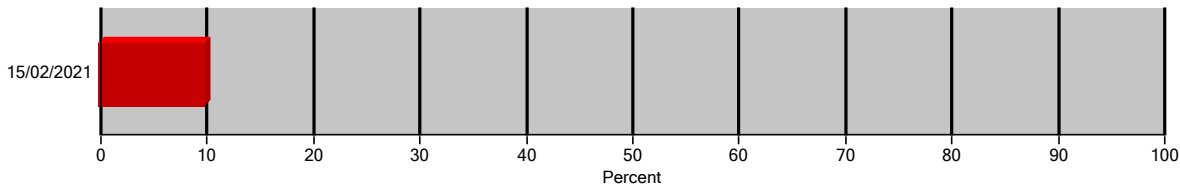
**15/02/2021**

**Test Result:** 47 Heart Rate  
**Test Goal:** 60 Heart Rate  
**Test Norm:** 57 Heart Rate

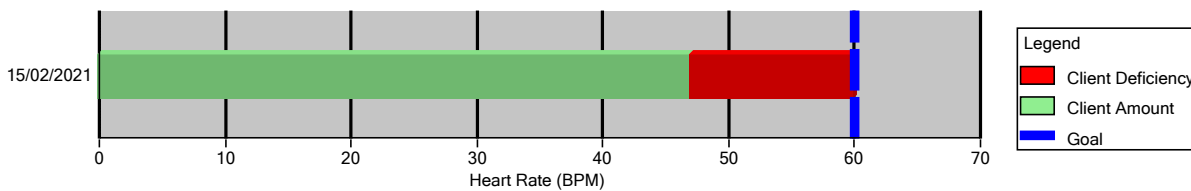
### Test Information



### 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-being balance.

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

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# URIC ACID Test

**Client Name:** Warwick Stevenson

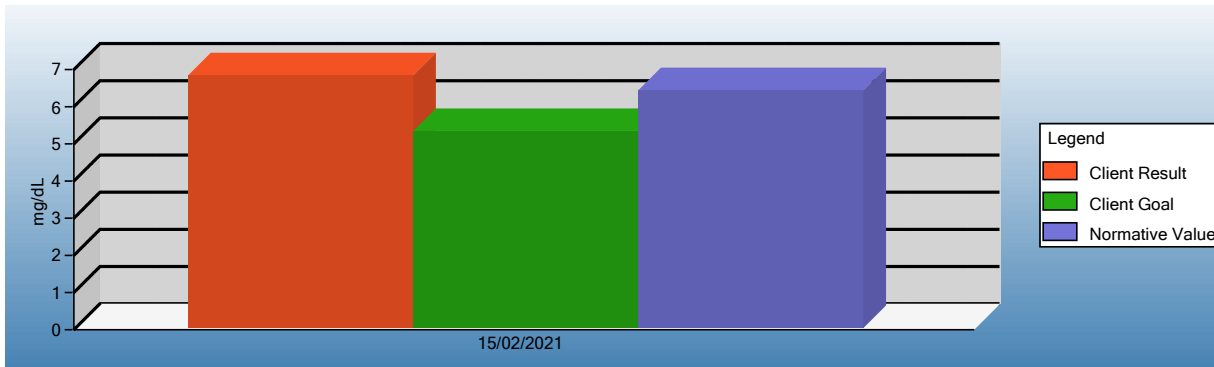
**Client Id:** 334

**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.

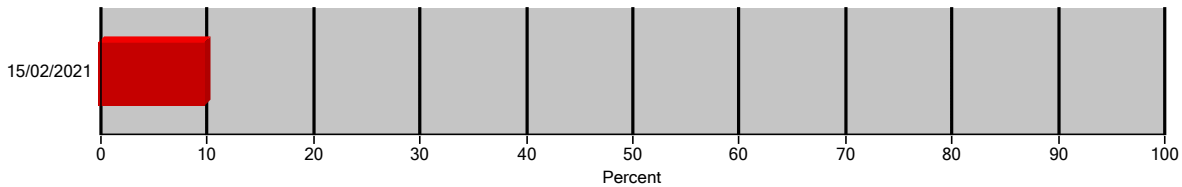
**15/02/2021**

**Test Result:** 6.8 mg/dL  
**Test Goal:** 5.3 mg/dL  
**Test Norm:** 6.4 mg/dL

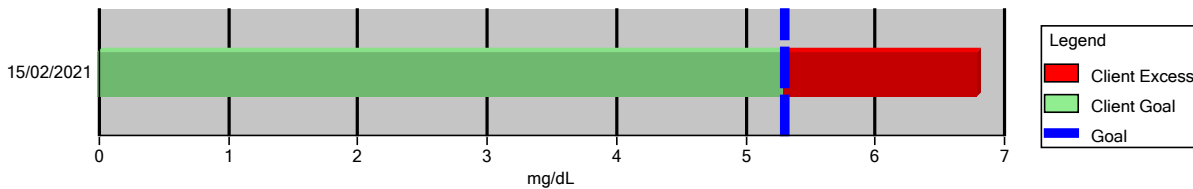
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Lower is better)



**Summary:**

Results indicate; 1) further testing by your Physician could be considered, and 2) consuming more whole sugar-less food, combined with eliminating alcohol, particularly, beer, should be considered, immediately.

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# HEMATOCRIT Test

**Client Name:** Warwick Stevenson

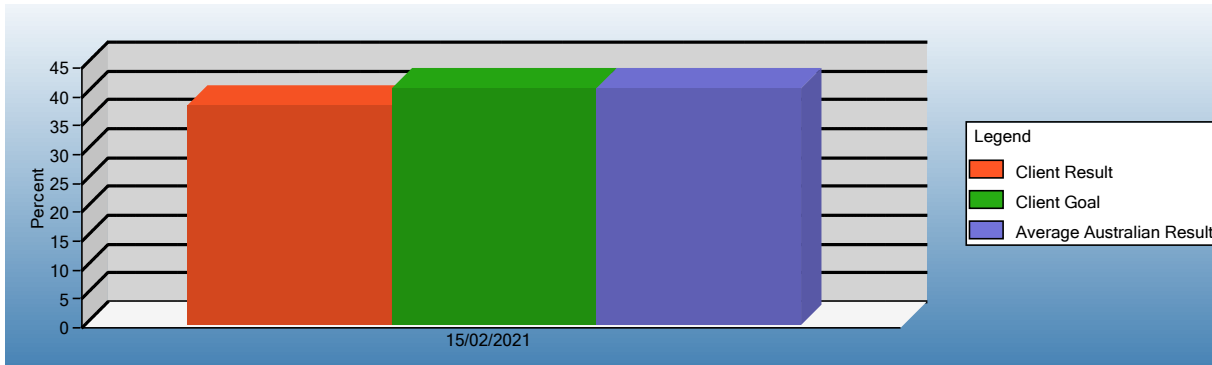
**Client Id:** 334

**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.

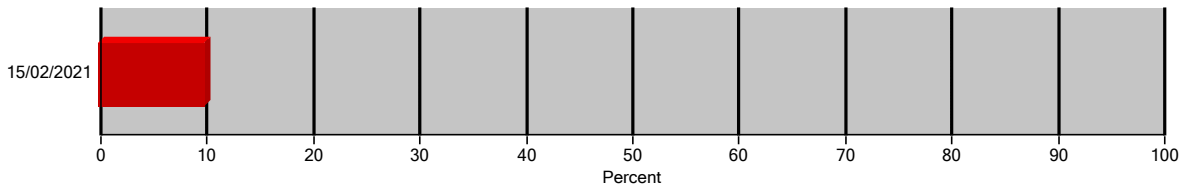
**15/02/2021**

<b>Test Result:</b>	38	Percent
<b>Test Goal:</b>	41	Percent
<b>Test Norm:</b>	41	Percent

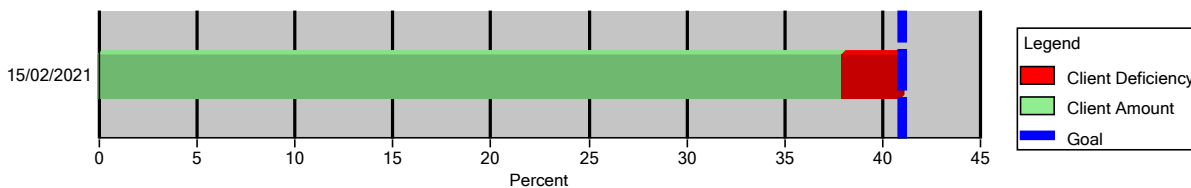
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Higher is better)



**Summary:**

It appears your hematocrit be on the lower side. Consider a true test with your Physician.

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# BREATH KETONES Test

**Client Name:** Warwick Stevenson

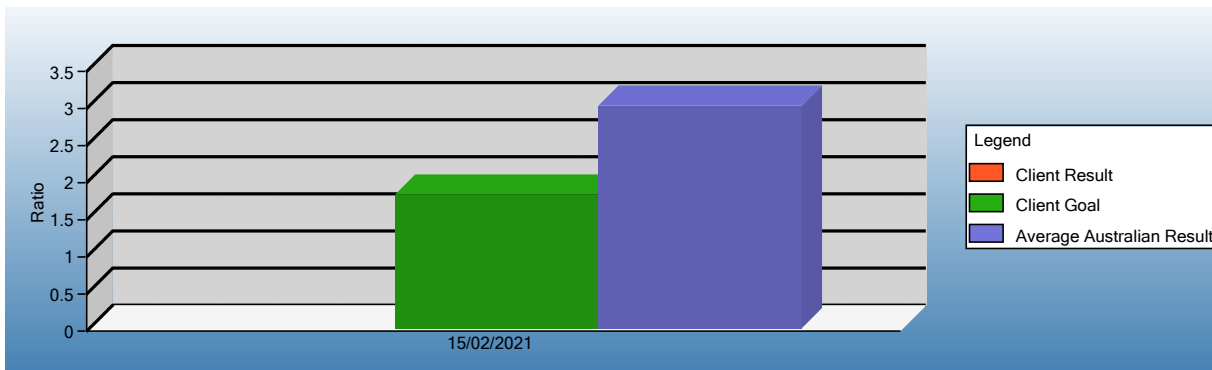
**Client Id:** 334

**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.

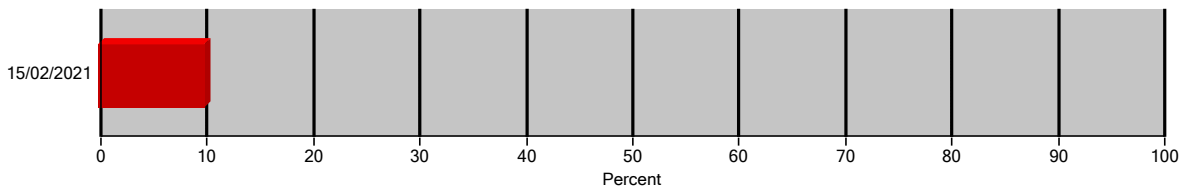
**15/02/2021**

<b>Test Result:</b>	0	Ratio
<b>Test Goal:</b>	1.8	Ratio
<b>Test Norm:</b>	3	Ratio

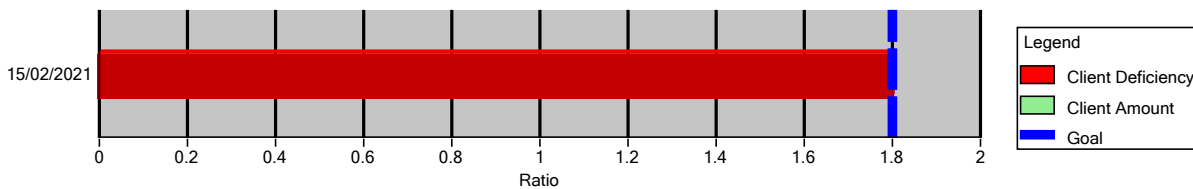
## Test Information



## 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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# CHOLESTEROL Test

**Client Name:** Warwick Stevenson

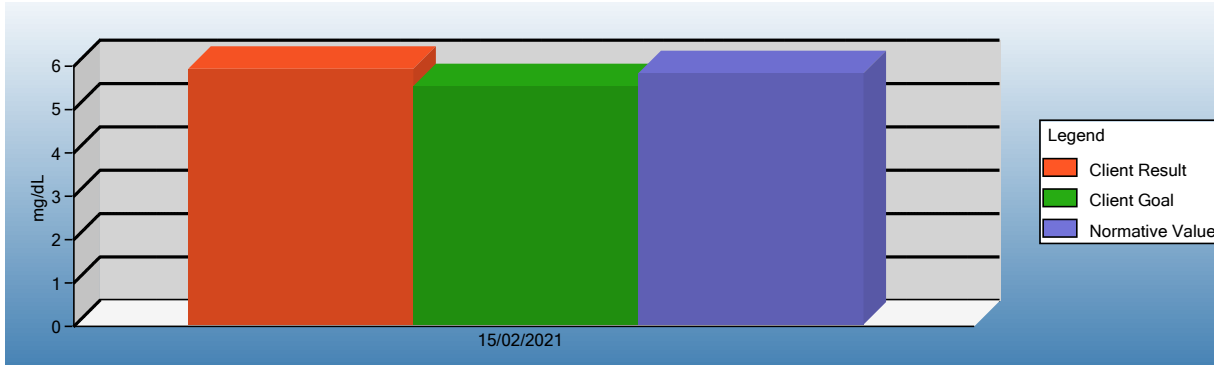
**Client Id:** 334

**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.

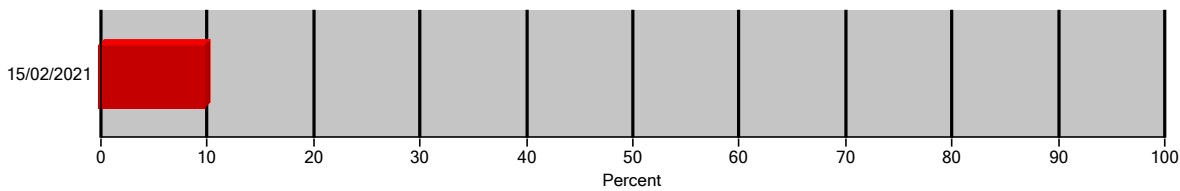
**15/02/2021**

**Test Result:** 5.9 mg/dL  
**Test Goal:** 5.5 mg/dL  
**Test Norm:** 5.8 mg/dL

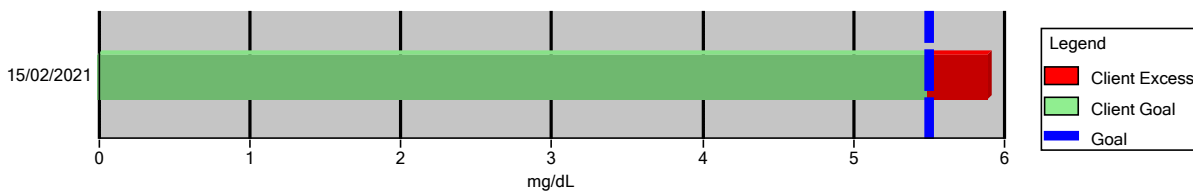
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Lower is better)



## Summary:

Your test results indicate you have not yet reached your cholesterol level goal. Improving your cholesterol levels to the normal range can reduce risk of heart attack, coronary artery disease and other cardiovascular-related health problems.

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Balance Health Programs



# Blood Pressure Test

**Client Name:** Warwick Stevenson

**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.

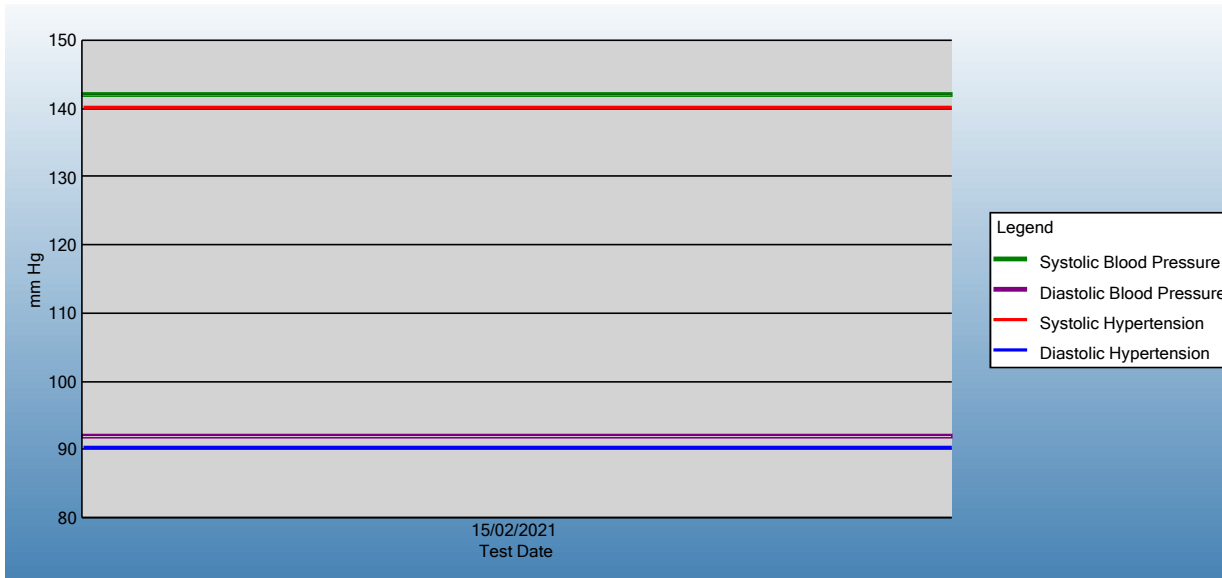
See further detail in the post-assessment link provided.

**15/02/2021**

**Test Result:** 142/92 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.

**Provided By:** Brad Pamp

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