

Fitness Assessment Report For:

SHANE LYNN



Provided By:
Brad Pamp
Balance Health Programs

608/155 King, St
Sydney, NSW 2000

Phone: 0412 487 034

bp40plus.com.au



LUNG FUNCTION Test

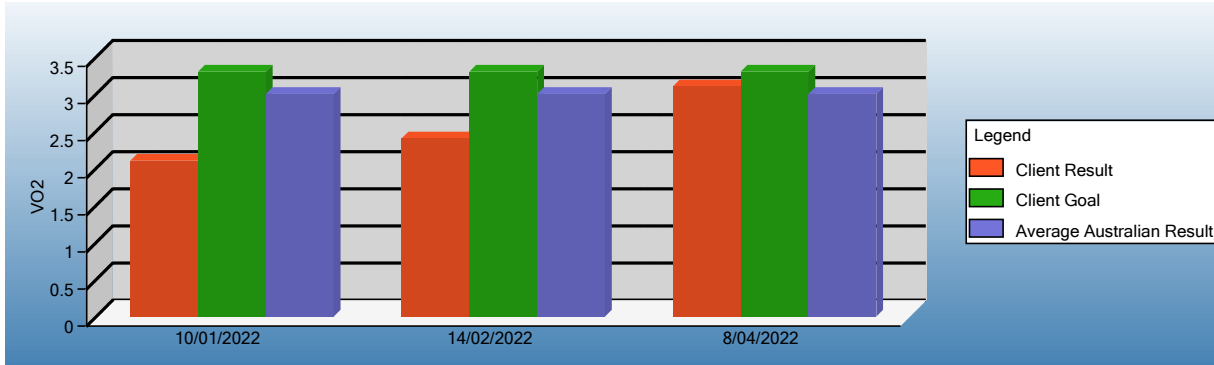
Client Name: SHANE LYNN

Client Id: 387

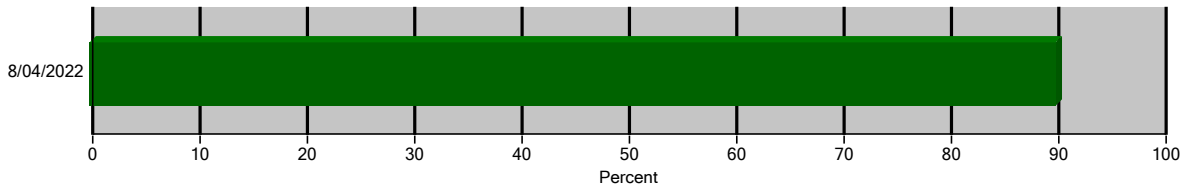
Description: The introductory forced lung function test can indicate lung efficiency. Healthy lungs are usually both strong and flexible. Typically, the larger the capacity (relative to body size & shape, age, and sex), measured in litres, the better. Regular appropriate exercise can develop and maintain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

	10/01/2022	14/02/2022	8/04/2022	
Test Result:	2.1	2.4	3.1	VO2
Test Goal:	3.3	3.3	3.3	VO2
Test Norm:	3	3	3	VO2

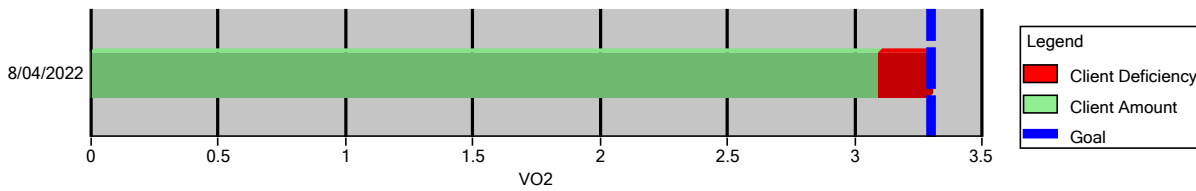
Test Information



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

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

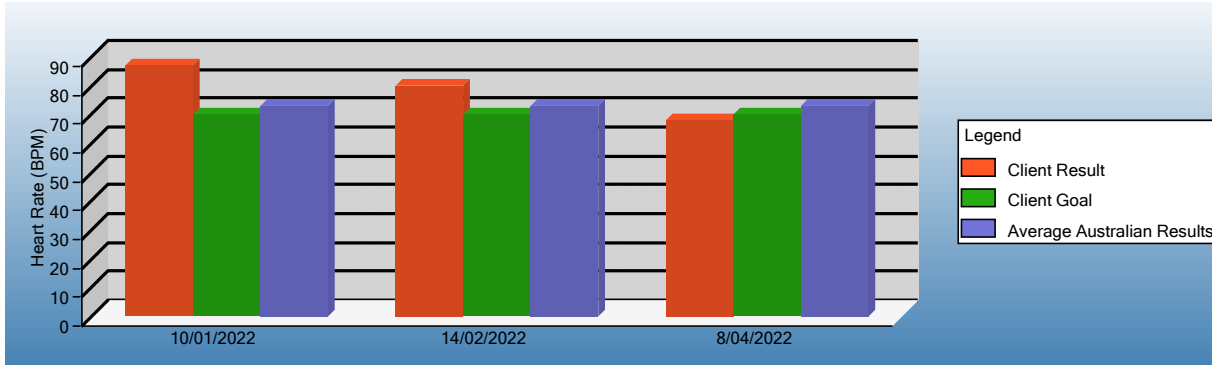
Client Name: SHANE LYNN

Client Id: 387

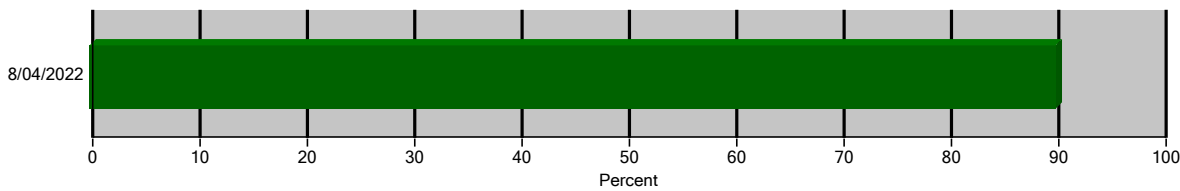
Description: Your Resting Heart Rate (RHR) represented in beats per minute, via either the Garmin Heart Rate Monitor or a Blood Pressure Unit, can refer to your cardiovascular and collective good health. Despite many lifestyle factors influencing your tested RHR, e.g., time of day, temperature, and emotional 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.

	10/01/2022	14/02/2022	8/04/2022	
Test Result:	87	80	68	Heart Rate
Test Goal:	70	70	70	Heart Rate
Test Norm:	73	73	73	Heart Rate

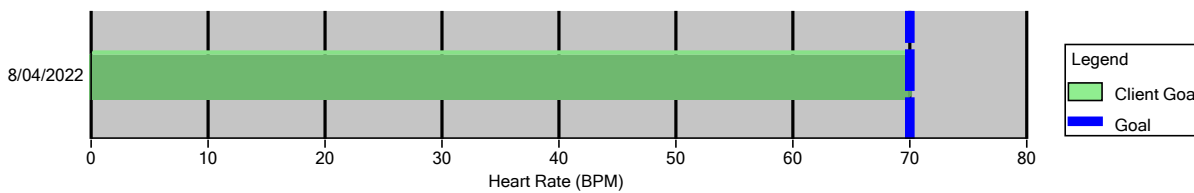
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Lower is better)



Result:

Very healthy

Summary:

Great, a result and representative of good health.

Provided By: Brad Pamp

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BODY WEIGHT Test

Client Name: SHANE LYNN

Client Id: 387

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

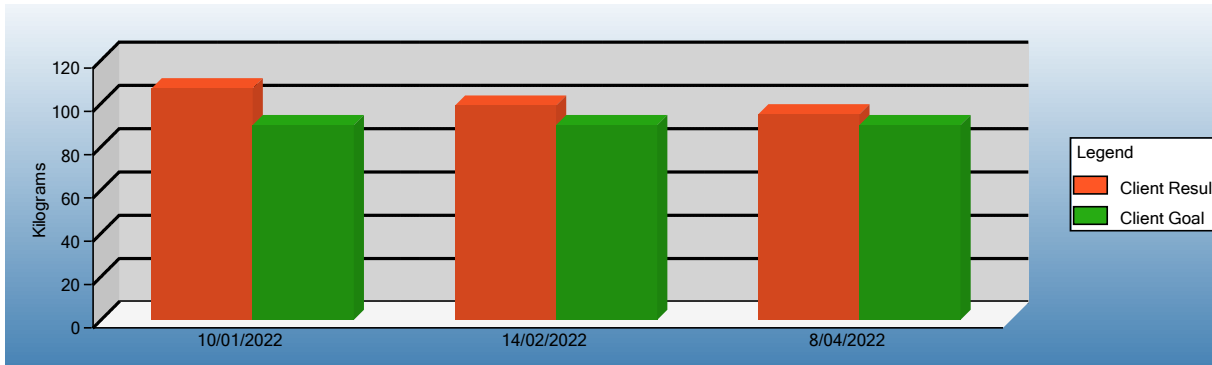
Total weight offers a broad gauge relative to your ideal health.

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

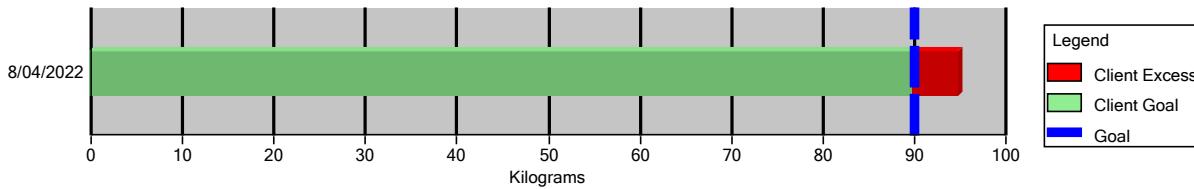
See further detail in the post-assessment link provided.

	10/01/2022	14/02/2022	8/04/2022	
Test Result:	107	99	95	Kilograms
Test Goal:	90	90	90	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.

Provided By: Brad Pamp

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TRIGLYCERIDES Test

Client Name: SHANE LYNN

Client Id: 387

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.

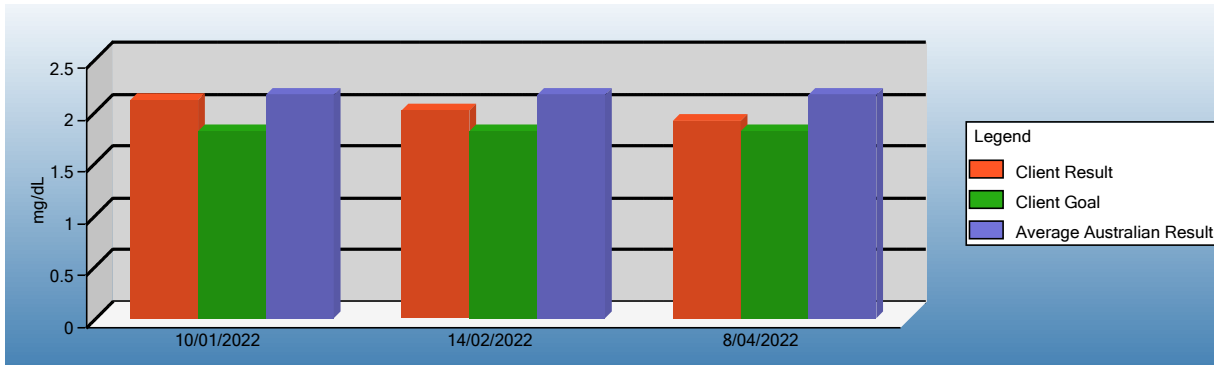
Triglycerides differ from cholesterol. TG's are used for energy, while CHL builds cells & hormones.

See further detail in the post-assessment link provided.

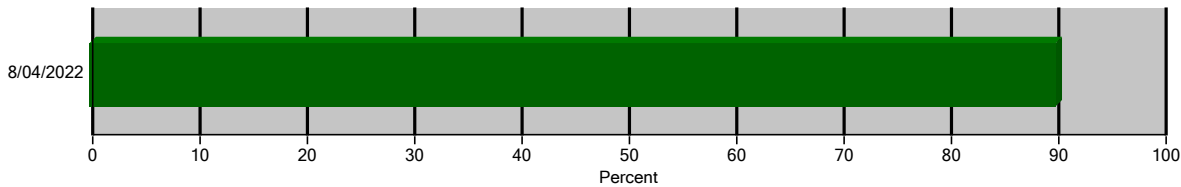
10/01/2022 14/02/2022 8/04/2022

Test Result:	2.1	2	1.9	mg/dL
Test Goal:	1.8	1.8	1.8	mg/dL
Test Norm:	2.15	2.15	2.15	mg/dL

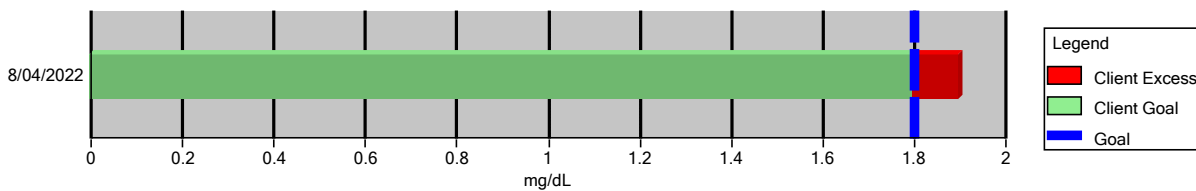
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Lower is better)



Summary:

Your triglycerides are 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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HbA1c BLOOD HAEM/ SUGAR% Test

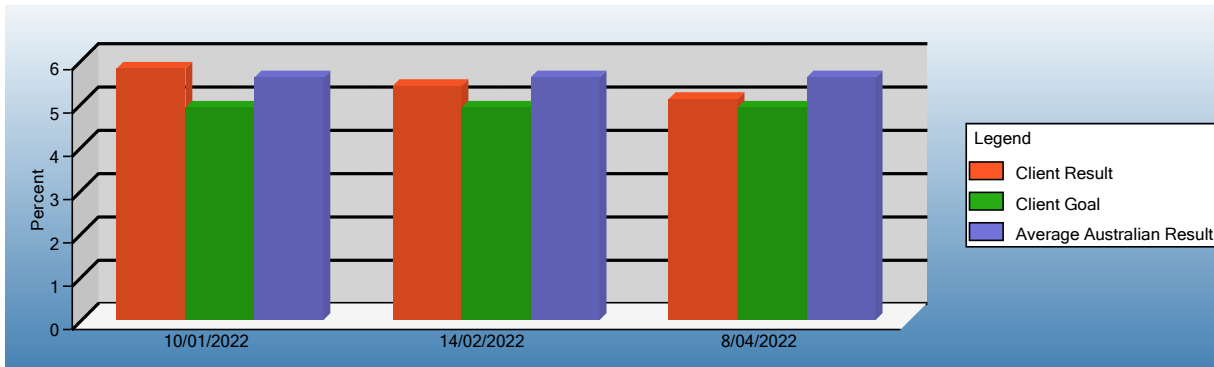
Client Name: SHANE LYNN

Client Id: 387

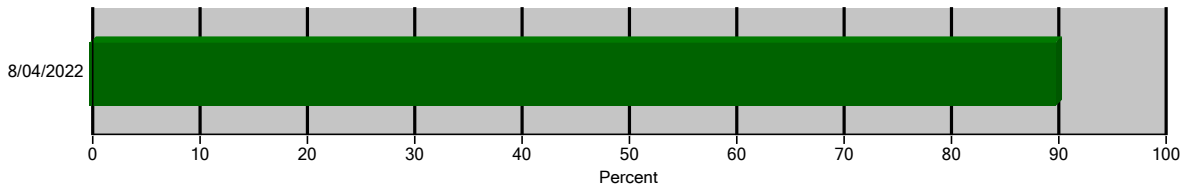
Description: The HbA1c test measures what percentage of your hemoglobin, a protein in red blood cells that carries oxygen, coated with sugar (glycated). While the HbA1c test is primarily a test linked with diabetes, it also monitors dietary carbohydrate consumption and metabolism efficiency over 12 weeks. 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.

	10/01/2022	14/02/2022	8/04/2022	
Test Result:	5.8	5.4	5.1	Percent
Test Goal:	4.9	4.9	4.9	Percent
Test Norm:	5.6	5.6	5.6	Percent

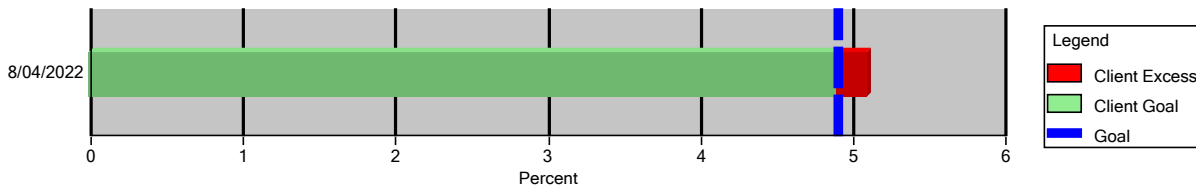
Test Information



Results Relative to the General Population (Higher is better)



Result Relative to Goal (Lower is better)



Summary:

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

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HRV - HEART RATE VARIABILITY Test

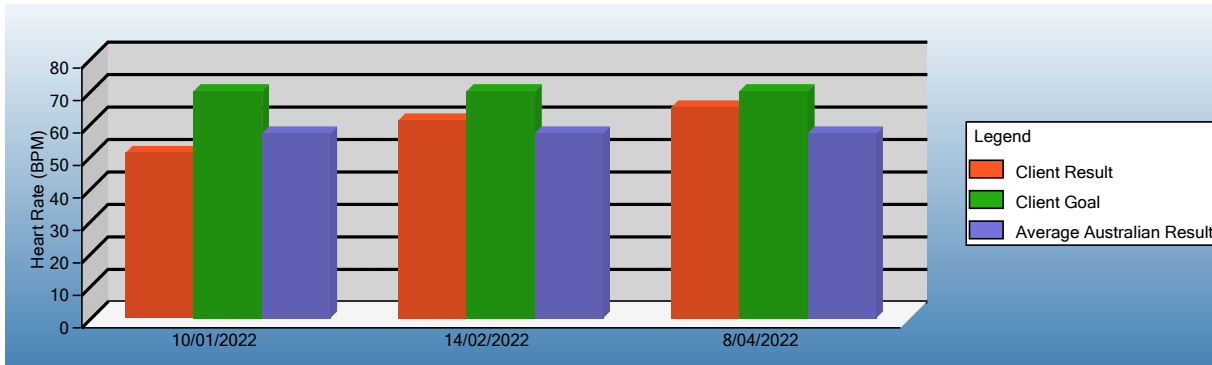
Client Name: SHANE LYNN

Client Id: 387

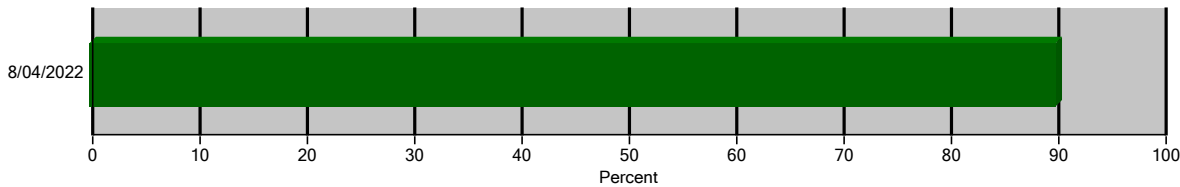
Description: Heart Rate Variability (HRV) is an accurate, non-invasive measurement of your Autonomic Nervous System (ANS). Your ANS drives everything from; how you move, how you recover (adequately or poorly), your food choices, your sleep quality and very much your perception and balance of lifestyle (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.

	10/01/2022	14/02/2022	8/04/2022	
Test Result:	51	61	65	Heart Rate
Test Goal:	70	70	70	Heart Rate
Test Norm:	57	57	57	Heart Rate

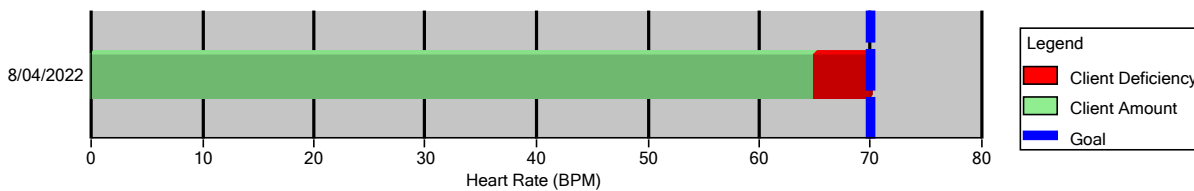
Test Information



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

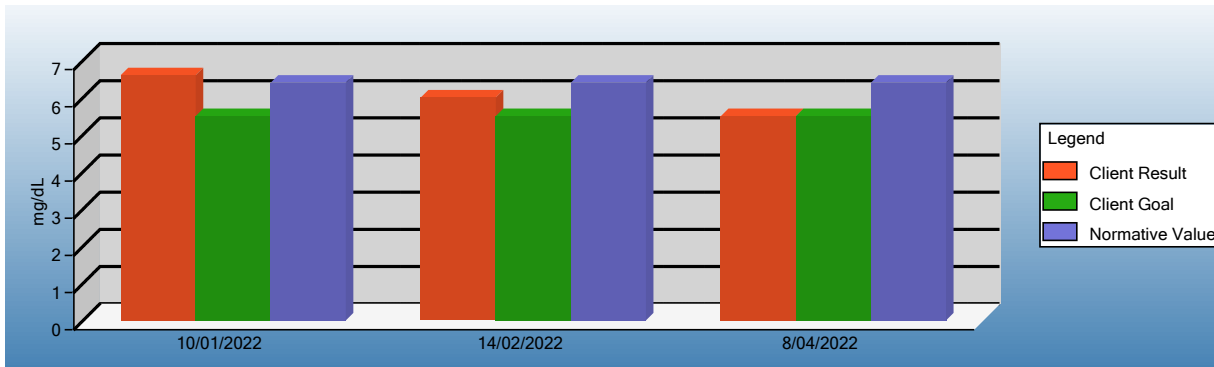
Client Name: SHANE LYNN

Client Id: 387

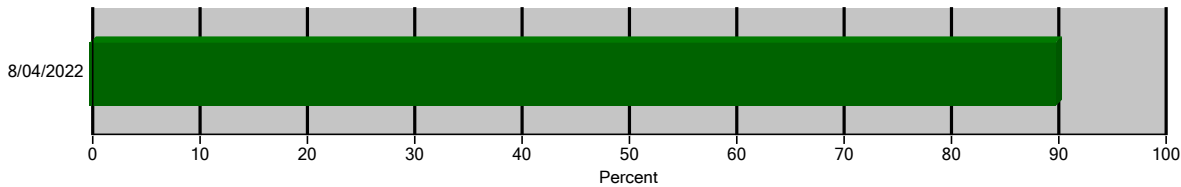
Description: Your body is constantly producing waste products. One waste product is uric acid. It's formed when your body breaks down purines, found in some foods; commonly, alcohol, in the form of beer, and animal protein. Most of the uric acid leaves your body in waste. If you have high uric acid levels,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

	10/01/2022	14/02/2022	8/04/2022	
Test Result:	6.6	6	5.5	mg/dL
Test Goal:	5.5	5.5	5.5	mg/dL
Test Norm:	6.4	6.4	6.4	mg/dL

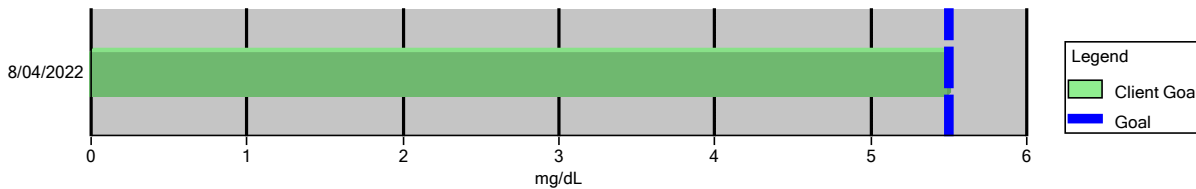
Test Information



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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BREATH KETONES Test

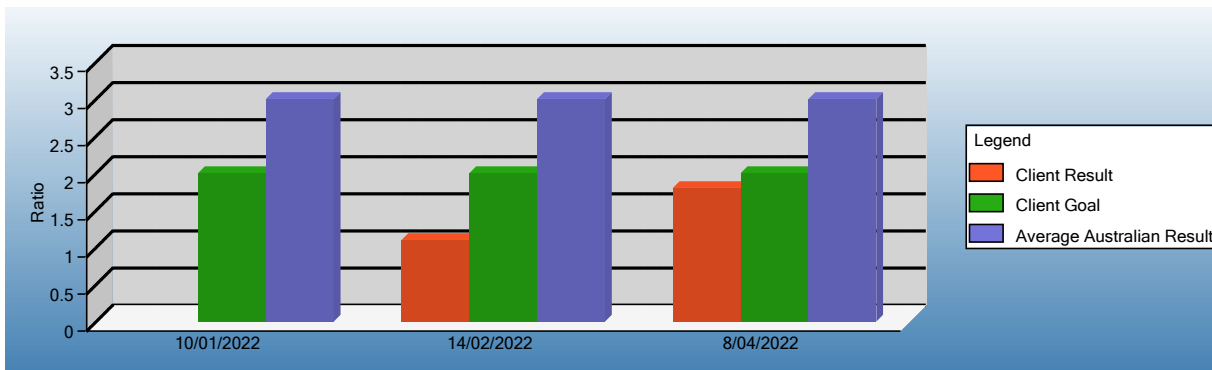
Client Name: SHANE LYNN

Client Id: 387

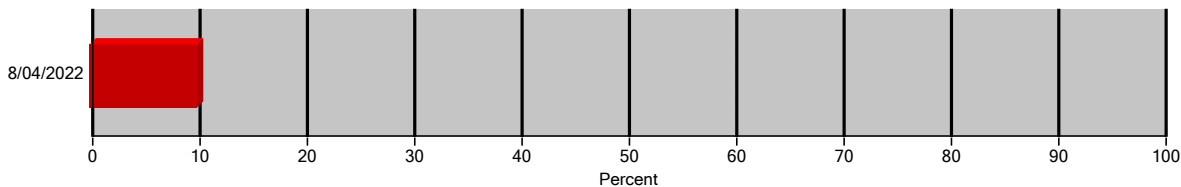
Description: The more fat is metabolised into energy, the higher the levels of breath ketones are measured. Using a PPM (Part Per Million) measurement, we accurately measured your breath acetone concentration at 100 resolutions (0.0-99). The ideal breath ketone metre reading is Level 10, the optimum 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.

	10/01/2022	14/02/2022	8/04/2022	
Test Result:	0	1.1	1.8	Ratio
Test Goal:	2	2	2	Ratio
Test Norm:	3	3	3	Ratio

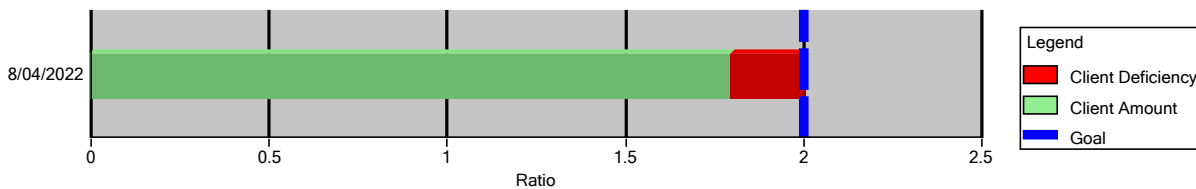
Test Information



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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LACTIC ACID (RESTING) Test

Client Name: SHANE LYNN

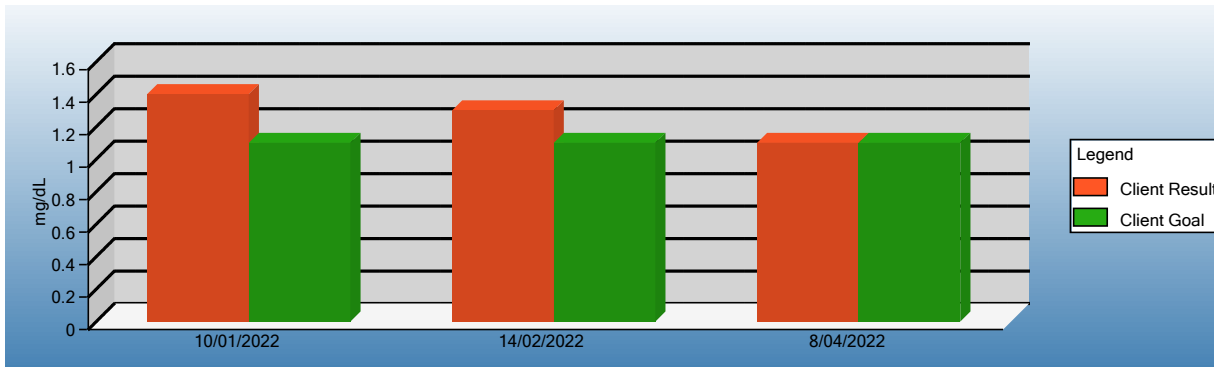
Client Id: 387

Description: Lactic acid, or lactate, is the byproduct of cellular work. As effort and output increase, working cells use and require more oxygen. With increasing effort, cells produce more waste from lactic acid. At lower relative effort, cells buffer and remove cellular lactic acid and thus allowing continued work at this effort. With increasing cellular lactic acid, the greater energy is required from sugar (stored & blood) and less stored fat. At some point, an increasing effort will demand only sugar for fuel, and performance will suffer from failure to remove cellular lactic acid.

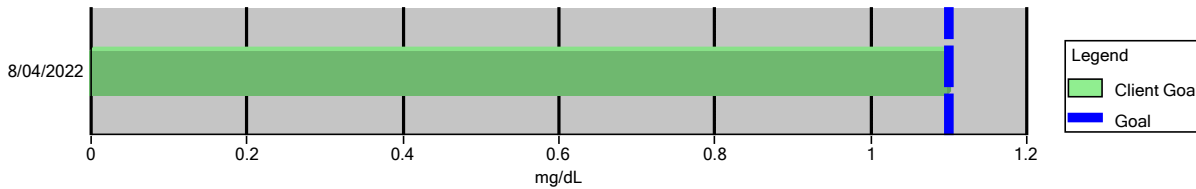
Data shows the lower the resting lactic acid, the more efficient the fat-burning metabolism.

	10/01/2022	14/02/2022	8/04/2022	
Test Result:	1.4	1.3	1.1	mg/dL
Test Goal:	1.1	1.1	1.1	mg/dL
Test Norm:	-	-	-	mg/dL

Test Information



Result Relative to Goal (Lower is better)



Summary:

Your resting blood lactate relates to healthy fat-burning metabolism.

Provided By: Brad Pamp

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Blood Pressure Test

Client Name: SHANE LYNN

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.

	10/01/2022	14/02/2022	8/04/2022	
Test Result:	145/101	135/94	125/85	mm Hg
Test Goal:	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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