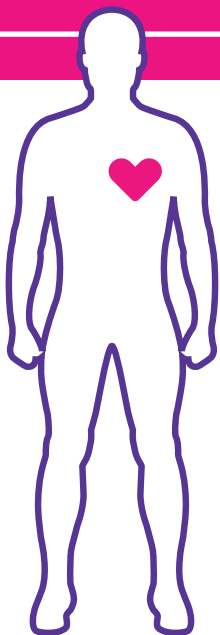


KNOW YOUR NUMBERS



Body Composition, Hydration, Metabolic Rates and Waist Circumference & Ratios are also included in our 10-point health checks.



Blood Sugar

Blood sugar, or glucose is the main sugar found in your blood.

When fasting your blood sugar should be 4 - 5.6 mmol/L.

Two hours after eating your blood sugar should be under 7.8 mmol/L.



Blood Pressure

A measure of the force that your heart uses to pump blood around your body.

High blood pressure rarely has noticeable symptoms. That's why it's so important to get your blood pressure checked. Ideally, you should have a blood pressure below 120/80.



Blood Cholesterol

There are several different components of a cholesterol test including total cholesterol (TC).

TC measures all fat molecules including HDL, LDL and Triglycerides.

A healthy TC is under 4 mmol/L.



Body Weight

Weight (or mass) is a measurement of all components of your body - skin, fat, bone, blood and muscle. The body mass index (BMI) is a value produced from your mass and height. A healthy BMI range is 18.5 - 24.9.

tonic

Health & Wellbeing Experts
hello@choosetonic.co.uk | 0333 444 7 365

Making your life better!

www.choosetonic.co.uk