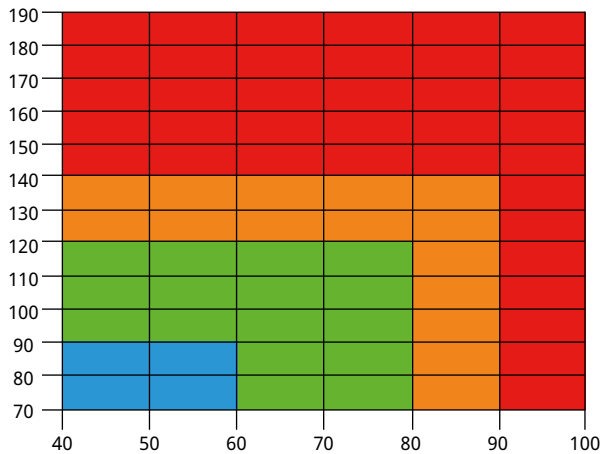


### Blood Pressure:

Blood pressure is essentially the force of blood flow through the arteries. Taking steps to keep blood pressure within the recommended ranges can reduce your risk of suffering from heart disease.



Source: Blood Pressure UK

### Waist Circumference:

Waist Circumference is an indicator of health risks associated with excess fat around the waist.

You should try and lose weight if your waist is:

- 94cm (37ins) or more for men
- 80cm (31.5ins) or more for women

You are at high risk if your waist is:

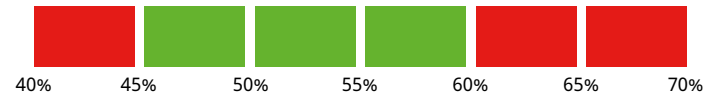
- 102cm (40ins) or more for men
- 88cm (34ins) or more for women

Source: NHS

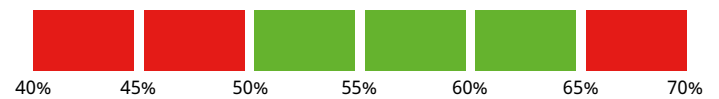
### Hydration:

Your body depends on water to survive. Every cell, and organ in your body needs water to work properly. Drinking water regularly can help you to lose weight, think better, stay in a better mood, prevent disease - the list goes on!

Average healthy range for **women**:



Average healthy range for **men**:



Source: Tanita

### Waist to Hip Ratio:

The waist to hip measurement gives a good indication of the distribution of body fat. Greater deposits of fat around the abdominal area can indicate a greater risk of Coronary Heart Disease and Diabetes Mellitus.

Women	Estimated Health Risk	Estimated Body Shape
<0.80	Low	Pear
0.81 to 0.85	Moderate	Avocado
>0.85	High	Apple

Men	Estimated Health Risk	Estimated Body Shape
<0.95	Low	Pear
0.96 to 1.0	Moderate	Avocado
>1.0	High	Apple

Source: WHO

### Resting Heart Rate (RHR):

A normal RHR for adults ranges from 60 to 100 beats per minute. Generally a lower heart rate at rest implies more efficient heart function and better cardiovascular fitness. Factors that can influence it include your age, activity levels, being a smoker, emotions and medications.

#### Resting Heart Rate Chart for Women

Age	Athletes	Excellent	Good	Above Ave.	Ave.	Below Ave.	Poor
18-25	54-60	61-65	66-69	70-73	74-78	79-84	85+
26-35	54-59	60-64	65-68	69-72	73-76	77-82	83+
36-45	54-59	60-64	65-69	70-73	74-78	79-84	85+
46-55	54-60	61-65	66-69	70-73	74-77	78-83	84+
56-65	54-59	60-64	65-68	69-73	74-77	78-83	84+
65+	54-59	60-64	65-68	69-72	73-76	77-84	84+

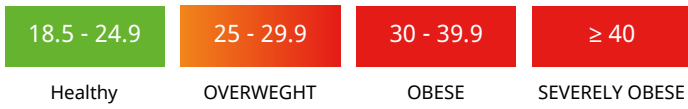
#### Resting Heart Rate Chart for Men

Age	Athletes	Excellent	Good	Above Ave.	Ave.	Below Ave.	Poor
18-25	49-55	56-61	62-65	66-69	70-73	74-81	82+
26-35	49-54	55-61	62-65	66-70	71-74	75-81	82+
36-45	50-56	57-62	63-66	67-70	71-75	76-82	83+
46-55	50-57	58-63	64-67	68-71	72-76	77-83	84+
56-65	51-56	57-61	62-67	68-71	72-75	76-81	82+
65+	50-55	56-61	62-65	66-69	70-73	74-79	80+

Source: Ageless Investing

## BMI:

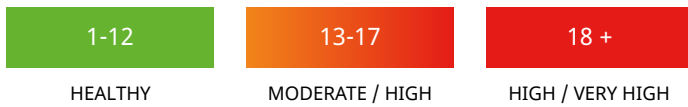
The body mass index (BMI) is a measure that uses your height and weight to work out if your weight is healthy. It is an indicator of total body weight. It does not differentiate between body fat and muscle mass and may not accurately reflect changes in body composition.



Source: NICE

## Visceral Fat Rating:

Visceral fat is located deep in the abdominal area surrounding and protecting the vital organs. Ensuring you have a low level of visceral fat reduces the risk of certain conditions such as heart disease, high blood pressure and type 2 diabetes.



Source: Tanita

## Bone Mass (BM):

This number is the amount of a person's weight that is comprised of bone. For example, if you are a female weighing 63kg your bone mass would be somewhere in the vicinity of 2.40kg. It has been proven that increased muscle mass through sport activities promotes stronger healthier bones. Check for significant changes over time.

Female Weight	Healthy BM Weight
Less than 50kg	1.95kg
Between 50kg - 75kg	2.40kg
Over 76kg	2.95kg
Male Weight	Healthy BM Weight
Less than 65kg	2.65kg
Between 65kg-95kg	3.29kg
Over 95kg	3.69kg

Source: Tanita

## Physique Rating:

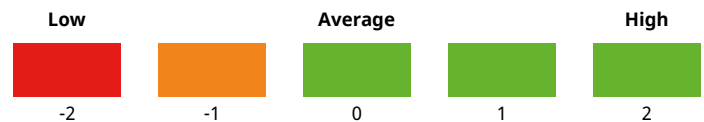
Physique rating assesses muscle and body fat rating into 9 body types. As your activity level changes over time the balance of body fat and muscle will gradually alter which in turn will change your overall physique.

Physique Range	Explanation
Hidden Obese	High body fat % with low muscle mass
Obese	High body fat %, moderate muscle mass
Solidly Built	Large frame, high body fat % & muscle mass
Under exercised	Average body fat % & low muscle mass
Standard	Average levels of body fat % & muscle mass
Standard Muscular	Average body fat % & high muscle mass
Thin	Low body fat % & low muscle mass
Thin and Muscular	Low body fat % & adequate muscle mass
Very Muscular	Low body fat % & high muscle mass

Source: Tanita

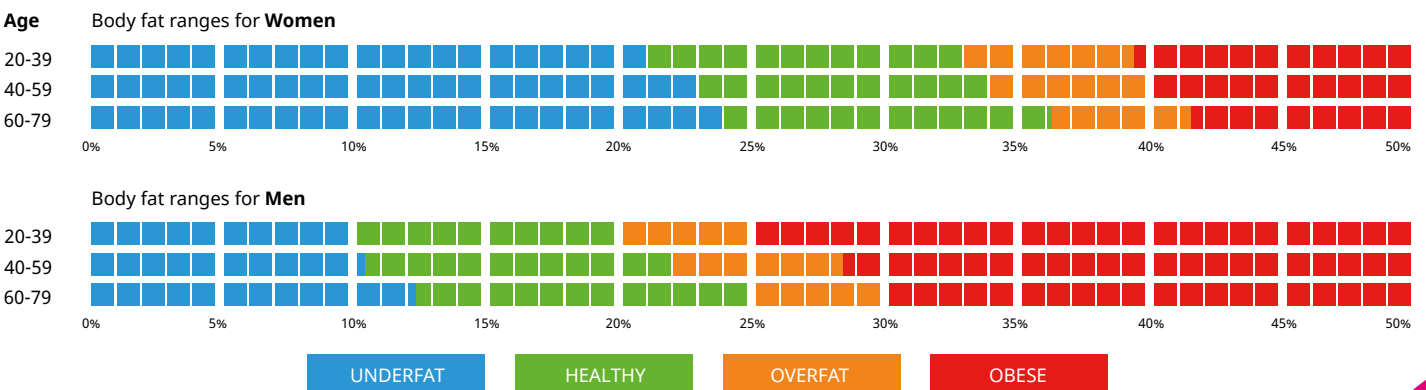
## Muscle Mass (MM) Score:

Muscle mass (MM) includes the skeletal muscles, smooth muscles (such as the heart), digestive muscles and the water contained in these muscles. Muscles act as an engine in consuming energy. As your MM increases, the rate at which you burn energy (calories) increases. This accelerates your basal metabolic rate (BMR), helps you to reduce excess body fat and lose weight in a healthy way. If you are exercising hard your muscle mass will increase and may increase your total body weight too. Muscle mass is the amount of muscle mass against the person's height and then is classified. This number will vary among individuals. In most cases, more is better. If you are overweight, the number will come down with weight loss. Once your goal weight is obtained, the muscle mass number will increase with continued strength training.



Source: Tanita

**Body Fat:** An excess of body fat can increase the risk of heart disease, high blood pressure, diabetes, joint problems and other medical conditions.



Source: Tanita