WHAT DO MY

Lifestyle Checkpoint Results Mean?



LCP

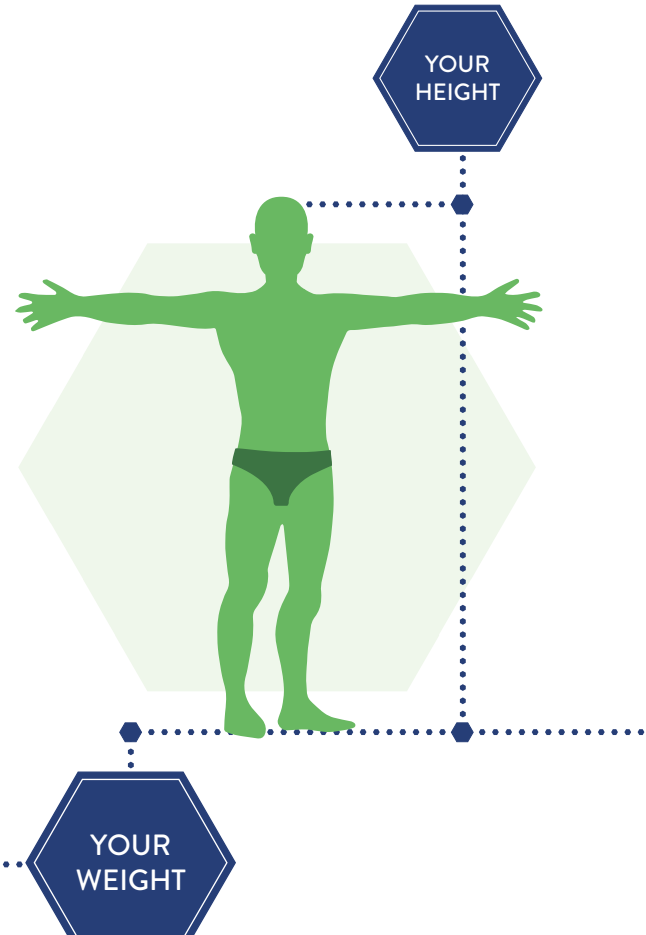
Lifestyle
Checkpoint

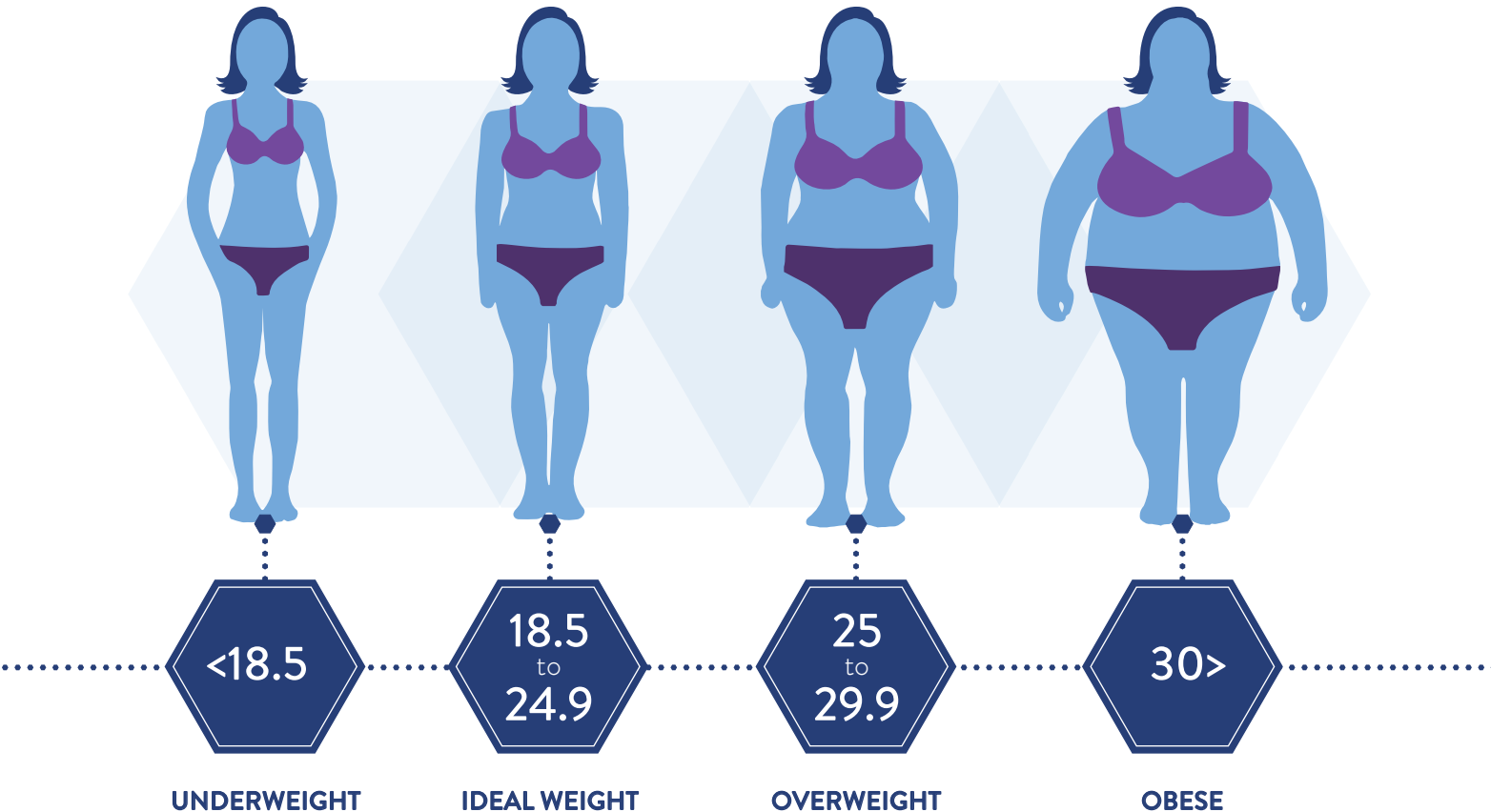
BODY MASS INDEX

What is BMI?

BMI is a measure of weight, measured against height. It can help determine whether someone is underweight, ideal weight or overweight.

Both low and high BMI are dangerous for an individual's health, and keeping to a healthy weight is important in reducing the risk of many diseases.




<18.5
18.5
to
24.9
25
to
29.9
30>
UNDERWEIGHT
IDEAL WEIGHT
OVERWEIGHT
OBESE

What Does My BMI Mean?

Using your reading from the Lifestyle Checkpoint, you can determine which category you fall into:

- **<18.5 - UNDERWEIGHT**
- **18.5-24.9 - IDEAL WEIGHT**
- **25-29.9 - OVERWEIGHT**
- **30> - OBESE**

What Are The Risks of Being Overweight or Obese?

Having a high BMI is clearly linked to many diseases, including:

- **Diabetes**
- **Heart Attack**
- **Depression**
- **Stroke**
- **Cancer**

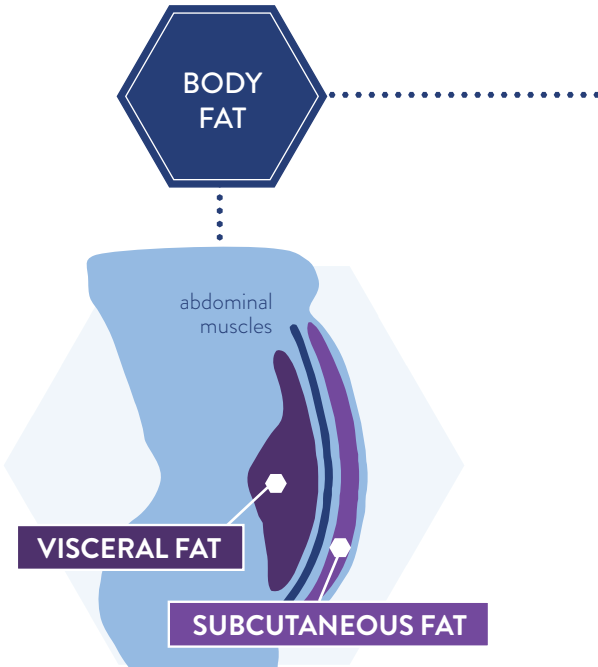
How Can I Keep a Healthy BMI?

Taking regular exercise as well as eating a healthy balanced diet are the best methods of keeping a healthy BMI. Support groups are available for those struggling to lose weight. Your GP is also a good source of help and information regarding keeping a healthy BMI.

BODY FAT

What is Body Fat?

Body fat exists in two forms, ‘subcutaneous’ and ‘visceral’. Subcutaneous fat is the fat which is outwardly visible and is less concerning to health. Visceral fat however is fat, which surrounds organs. Although some visceral fat is essential excess visceral fat is dangerous. As visceral fat is not visible it can only be measured using equipment such as the Lifestyle Checkpoint.



What is a Healthy Body Fat

A healthy body fat depends on both an individual's age and gender.
The tables below demonstrate the various values regarding body fat.

FEMALES

AGE	20-39 YRS	40-59 YRS
HEALTHY	21% - 33%	23% - 34%
INCREASED	33% - 39%	34% - 40%
HIGH	>39%	>40%

MALES

AGE	20-39 YRS	40-59 YRS
HEALTHY	8% - 20%	11% - 22%
INCREASED	20% - 25%	22% - 28%
HIGH	>25%	>28%

How Can I Keep a Healthy Body Fat?

Keeping a healthy body fat is achieved in the same way as keeping a healthy BMI - healthy eating, particularly avoiding foods with high fat content as well as taking regular exercise. The risks of having a high body fat, especially visceral fat, are largely the same as having a high BMI.

BLOOD PRESSURE



BLOOD PRESSURE

What is Blood Pressure?

Blood pressure is the pressure of blood flowing around the body in the arteries. High blood pressure (hypertension) can predispose to heart attacks and strokes, as well as many other diseases.

What is High Blood Pressure?

For most people, an ideal blood pressure is below 140/90mmHg. It is important to note that blood pressure changes constantly, and so a slightly high reading should be repeated - a diagnosis of high blood pressure cannot be made on one reading alone.

What if my Blood Pressure is High?

It is sensible to seek the advice of your GP should your blood pressure be raised, though other simple measures are effective at lowering your blood pressure.

These include:

- **Reducing salt intake**
- **Cutting down on foods high in saturated fat**
- **Taking regular exercise**
- **Losing weight**
- **Reducing caffeine intake – this includes tea, coffee and many soft drinks**
- **Reducing stress**

What are the Risks of High Blood Pressure?

The main risks of high blood pressure include heart disease and strokes. As high blood pressure rarely carries symptoms it is important to regularly check your blood pressure.

BODILY OXYGEN SATURATION

What is Oxygen Saturation?

Oxygen saturation confers the amount of oxygen being carried by the blood and maintaining a healthy blood oxygen saturation is vital to keeping a healthy lifestyle.

What is a Normal Oxygen Saturation?

Generally, anything between 92 and 100% is considered normal, however it is important to note that many factors such as posture can affect a reading and so if a low result is returned, this should be re-checked following some deep breaths.

What Does a Low Oxygen Saturation Mean?

Consistently low oxygen saturations can be a sign of lung disease such as COPD, and should be investigated promptly by a healthcare professional such as your GP. However, many factors can affect oxygen saturations, and a low result may be returned without lung disease being present. Nonetheless, you should see a doctor if your results are consistently low.

BODY TEMPERATURE

What is a Normal Body Temperature?

A normal body temperature is said to be 36.3°C – 37.6°C, though this can vary depending on factors such as activity and external heat. It is important, therefore, to take numerous measurements to gain an accurate idea of your body temperature.

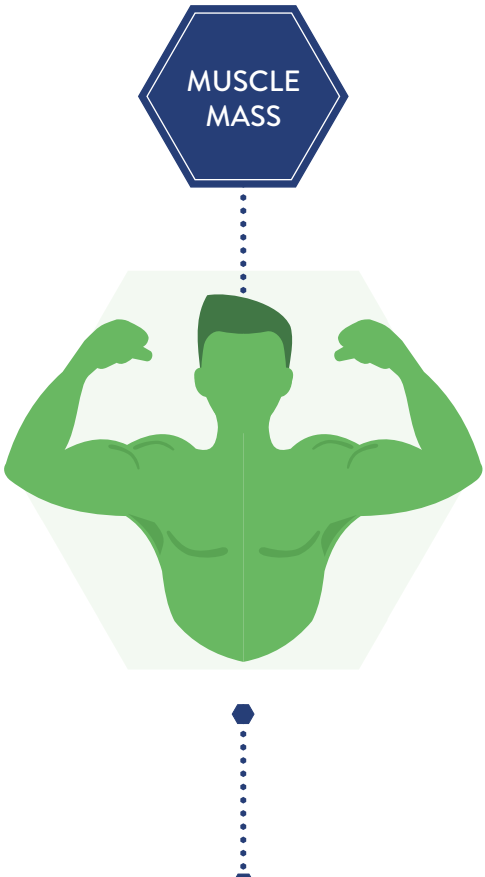


What if my Body Temperature is High?

A consistently raised body temperature may be a sign of general illness or infection. If this is the case, you should seek the advice of a medical professional, especially if you are feeling unwell. It is also important to note that the distance that the temperature gun is held from the skin can affect the result, and the optimum distance as indicated on the screen of the Lifestyle Checkpoint should be maintained for accurate results.

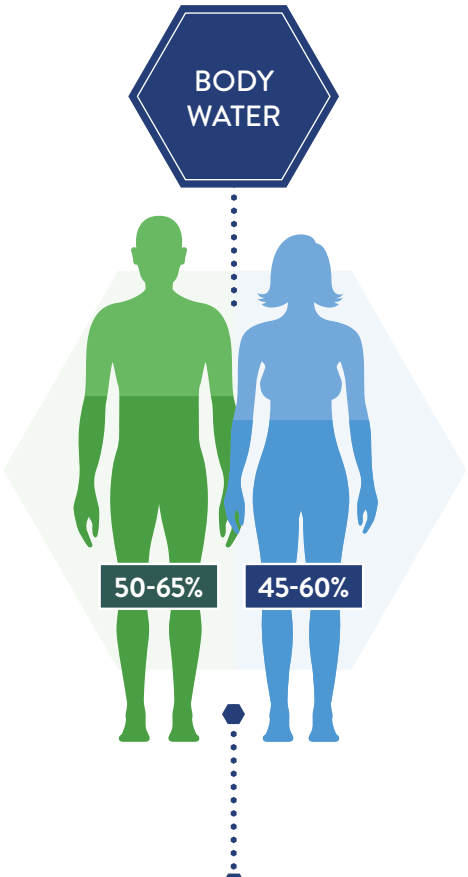
MUSCLE MASS

The mass of muscle in the body is important in the context of weight, as some individuals may have a naturally higher muscle mass than others, increasing both body weight and BMI. It is therefore important to consider this when trying to achieve a healthy weight. Remember, training may increase your muscle mass and may hide the effect of any body fat loss, so it is important to consider both together.



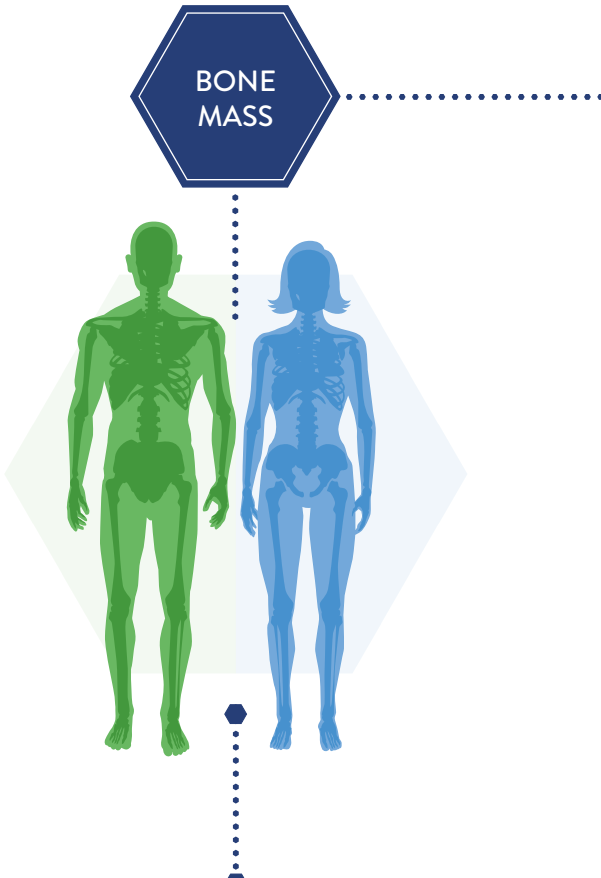
BODY WATER

Body water is important as our cells require water to function. It is important to drink water throughout the day, aiming to avoid large number of drinks containing caffeine such as tea, coffee and soft drinks. It is particularly important to drink the recommended 2 litres of water per day in hot weather, as more water is lost through sweat. Average values for body water percentage are 45-60% for females and 50-65% for males, though these can vary depending on factors such as muscle mass.



BONE MASS

Bone mass is variable from person to person and is unlikely to change extensively over a short period of time. It is important to keep healthy bones by taking simple measures such as taking sufficient dietary calcium. Bone mass generally increases until the age of 30 and slowly declines thereafter. Also for women the menopause causes a drop in bone mass. Regular exercise is also said to have a positive effect on bone mass, through weight based training.



CURRENT MEASUREMENTS

WEIGHT	BLOOD PRESSURE	BODY FAT	VISCERAL FAT	MUSCLE	BMI

MONTHLY TRACKER

	WEIGHT	BLOOD PRESSURE	BODY FAT	VISCERAL FAT	MUSCLE	BMI
DATE:						
DATE:						
DATE:						
DATE:						
DATE:						
DATE:						
DATE:						
DATE:						

YOUR GOAL

WEIGHT	BLOOD PRESSURE	BODY FAT	VISCERAL FAT	MUSCLE	BMI