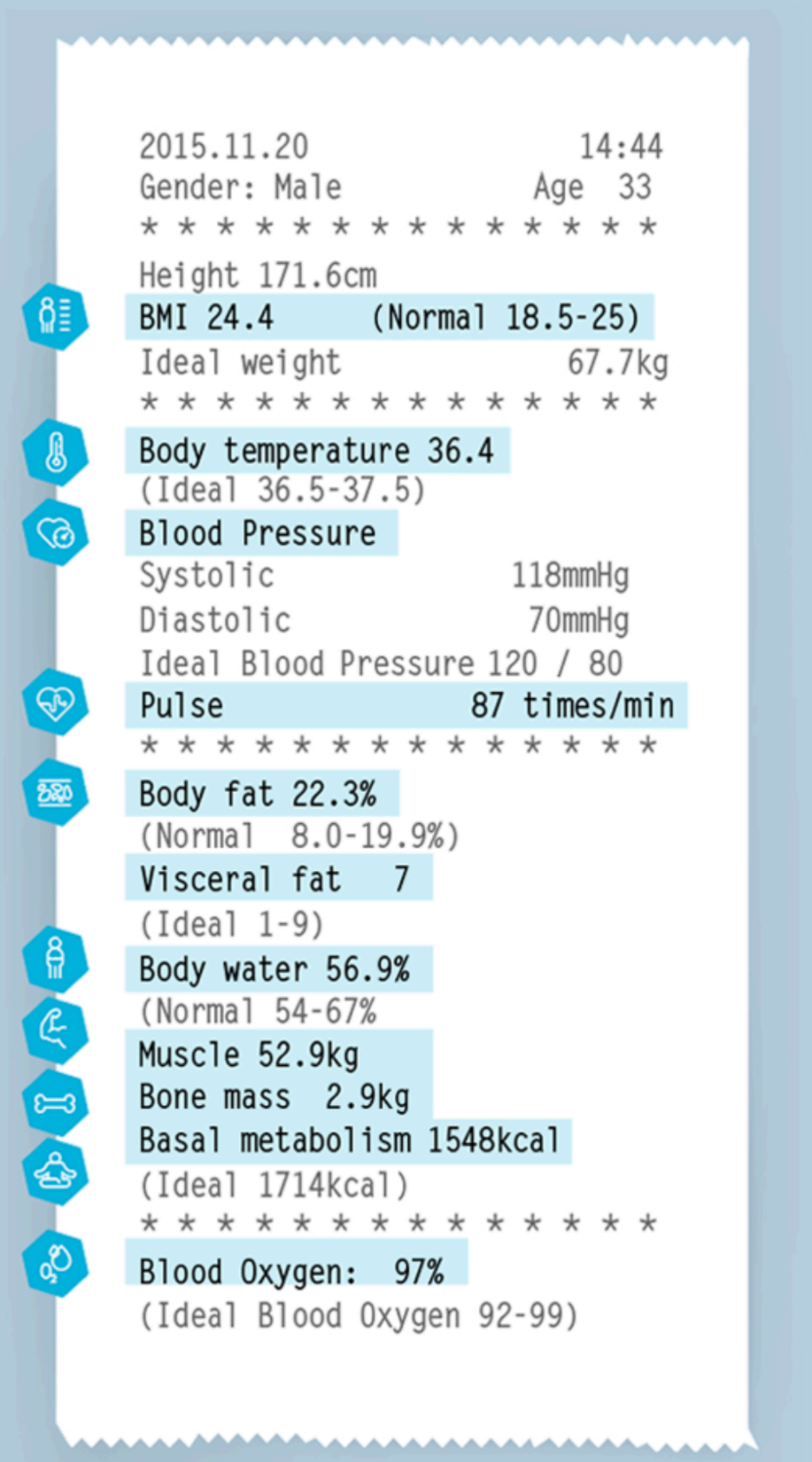
Results by print or web

Lifestyle Checkpoint prints out results and if they wish, you employees can also keep track of results, over time, on our website, via a PC or smartphone.

This is a great way for staff to set goals, monitor progress and motivate themselves towards a healthier lifestyle.



HCE

Lifestyle Checkpoint

BMI (Body Mass Index)

BMI gives you an idea of amount of tissue mass (muscle, fat, and bone) this figure gives you an idea if you are underweight, normal weight, overweight, or obese based on that value.

Body Temperature

Your normal Body Temperature is often stated as 36.5 - 37.5°C

Blood Pressure (BP)

Blood Pressure (BP) is the pressure exerted by your circulating blood upon the walls of blood vessels. During each heartbeat your BP varies between a minimum (diastolic) and maximum (systolic) pressure, it is measured at your upper arm.

Pulse

Pulse rate is the number of times your heart beats every minute.

Body Fat

Body fat % is the amount of fat as a proportion of your body weight.

Visceral Fat

Visceral fat is harmful fat around your body organs, high visceral fat could cause heart disease, and type 2 diabetes.

Body Water

Body water percentage is an important measure of your good health. Although your age, gender and body composition all effect your body water percentage, you should aim for a body water percentage over 50 percent.

Muscle

Muscle weight play an important role as they act as your body's engine in consuming energy (calories). As you exercise more, your muscle mass increases, which in turn accelerates the rate of energy or calories consumed. Increasing Muscle Mass will raise your metabolic rate, helping you to reduce excess body fat levels and lose weight the healthy way.

Bone Mass

Bone mass is an important measurement, low bone mass may develop into osteoporosis, everyone with a low bone mass is at a higher risk for the diseases and the resulting fractures. You can take steps to slow down your bone loss and prevent osteoporosis in your future.

Basal Metabolism

Basal metabolism rate is the number of calories required to keep your body functioning at rest, also known as your metabolism.

Blood Oxygen

Blood oxygen level is an important tool used to determine how effectively you are taking oxygen into your body. If you're in good health,normal blood oxygen levels almost always fall within a very predictable range.