Sample Report
Advanced Test Package

Name: NA

DOB: 29.10.60

Test Date: 25.3.17

Advanced Test Package Report

If you have results marked in **ORANGE** or **RED** below, it is recommended that you take action immediately. It is also recommended that you are re-tested by Health and Fitness Testing or your GP within 3 months' time.

Key:
Green = Within optimal range / NZ Heart Foundation Recommended Ideal
Orange = You may need to address this before it turns into something worse
Red = You are likely to be at a higher risk of health problems

Please read: The information below is based on a one-off test and should not be used to diagnose any medical conditions. These test results do not take into account your full medical situation. Your registered healthcare provider (e.g. your GP) should know your full medical situation and he/she has specific training and experience to interpret the information below. If you would like any of this information forwarded to your GP, please email our director peter@healthandfitnesstesting.nz and we will arrange this for you.

Summary Page

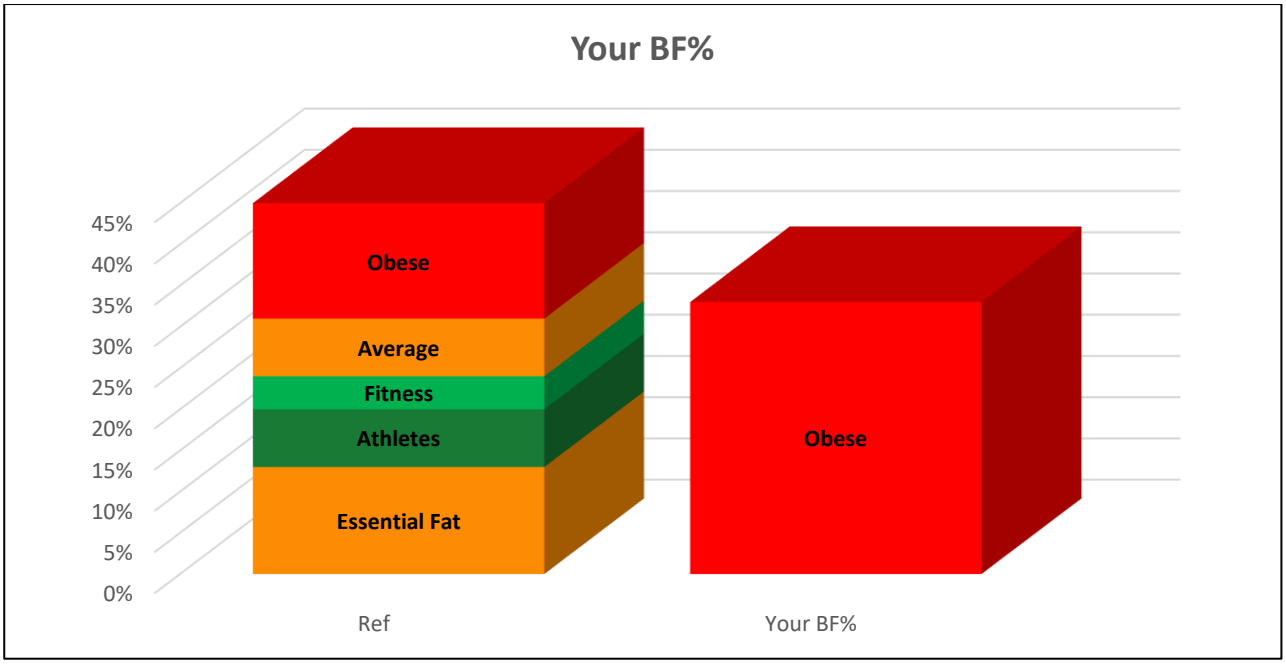
Measurement Type	Your Score	Optimal/recommended ranges*
Body Composition		
Body Fat %	33%	21-24% (female)
BMI	29 kg/m²	18.5-24.99 kg/m²
Waist Circumference	102 cm	< 81cm (female)
Waist to Hip Ratio	0.93	< 85 (female)
Medical		
Blood Pressure	150/90 mmHg	≤ 140 / ≤ 90 mmHg
HbA1c (diabetes)	38 mmol/mol	≤ 40 mmol/mol
Total Cholesterol	6.74 mmol/L	< 4 mmol/L
Trglycerides	2.31 mmol/L	< 1.7 mmol/L
HDL	1.97 mmol/L	> 1 mmol/L
LDL	3.71 mmol/L	< 2 mmol/L
Total Chol/HDL	3.4 mmol/L	< 4 mmol/L
Cardiovascular Age		
Lipid version	67 years	≤ 50
BMI version	63 years	≤ 50
Fitness Age	54 years	≤ 50

*Optimal/recommended ranges are for informational purposes only. These can vary depending on your current medical situation. Please discuss your results with your GP to determine the optimal/recommended level specific to you.

Body Composition

Fit3D Body Fat %

Your Current Fit3D Body Fat % is: **33 %**



Body Fat % Guidelines

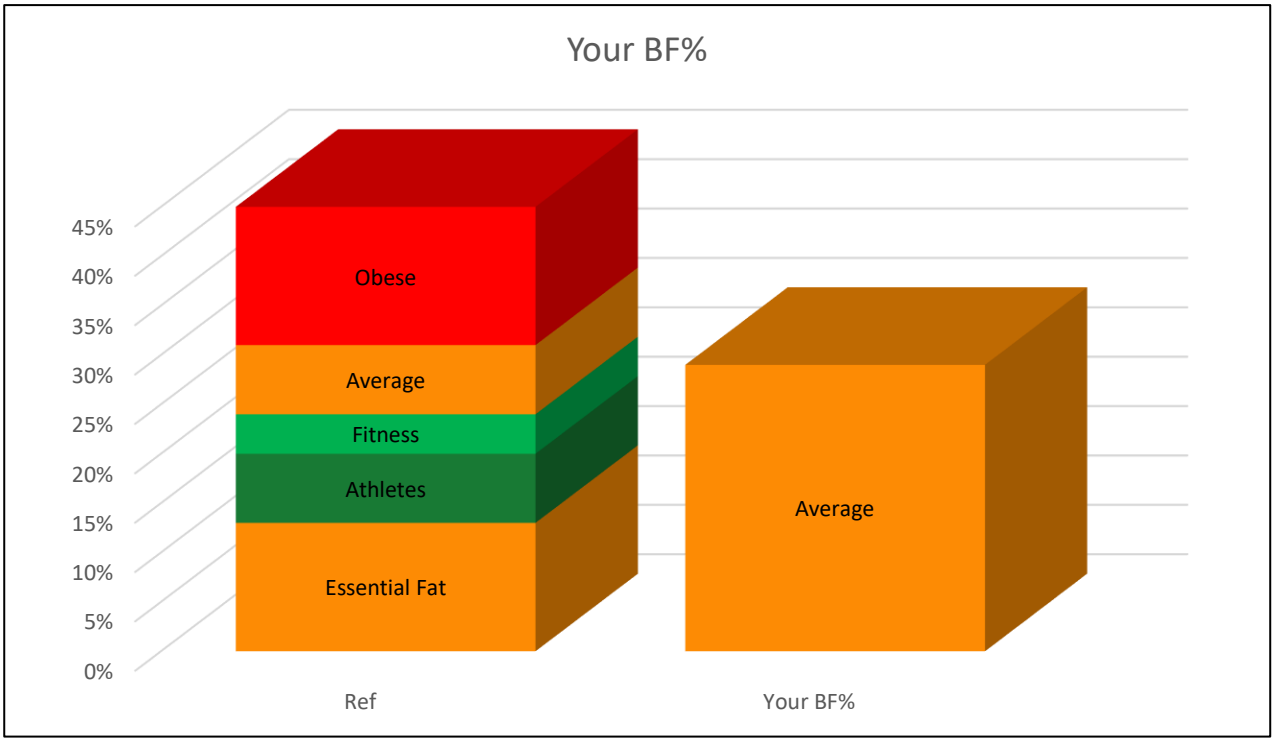
Description	Women	Men
Essential fat	10–13%	2–5%
Athletes	14–20%	6–13%
Fitness	21–24%	14–17%
Average	25–31%	18–24%
Obese	**32%+**	**25%+**

American Council of Exercise, 2009

Fit3D have also made some gender and age-specific guidelines. You can view these here

Body Mass Index (BMI)

You current Body Mass Index is: **29 kg/m²**



BMI Guidelines

Classification	BMI(kg/m²)	
	Principal cut-off points	Additional cut-off points
Underweight	<18.50	<18.50
Severe thinness	<16.00	<16.00
Moderate thinness	16.00 - 16.99	16.00 - 16.99
Mild thinness	17.00 - 18.49	17.00 - 18.49
Normal range	18.50 - 24.99	18.50 - 22.99
		23.00 - 24.99
Overweight	≥25.00	≥25.00
Pre-obese	25.00 - 29.99	25.00 - 27.49
		27.50 - 29.99
Obese	≥30.00	≥30.00
Obese class I	30.00 - 34.99	30.00 - 32.49
		32.50 - 34.99
Obese class II	35.00 - 39.99	35.00 - 37.49
		37.50 - 39.99
Obese class III	≥40.00	≥40.00

Source: Adapted from WHO, 1995, WHO, 2000 and WHO 2004.

Waist Circumference

You current Waist Circumference is: **102 cm**

Waist Circumference and Health Risk

	Waist Circumference	
	Male	**Female**
Less Risk	<95 cm	<81 cm
Increased Risk	> 94 cm	> 80 cm
Substantially Increased Risk	**>102 cm**	**>88 cm**

World Health Organisation, 2008

Waist to Hip Ratio

You current Waist to Hip Ratio is: **0.93**

Waist to Hip Ratio (WHR) and Health Risk

	Waist to Hip Ratio	
	Male	**Female**
Less Risk	<0.90	<0.85
Substantially Increased Risk	**≥0.90**	**≥0.85**

World Health Organisation, 2008

Please Read: The measurements above, combined with your Fit3D girth measurements, muscle volumes, and Fit3D online image (view online via your personal data platform) will give you information on how your current body composition is tracking. Healthy eating habits and exercise are generally the best way to improve your body composition. Please seek advice from a qualified fitness professional, dietician, or doctor if you need assistance with this. One study, of over 10,000 people who successfully improved their body composition concluded that regular body composition checks were one of the 4 key ingredients to successful weight loss regimes.

Please view the below resources if you would like more information on body fat %:

- American Council of Exercise Guidelines for Body Fat %: Click here to view
- The limitations of body fat %: Click here to view

Medical

Blood Pressure Test Results

Your current blood pressure results are: **150/90**

	Your Results	Optimal Ranges (based on lab tests)*
Systolic Blood Pressure	**150**	≤ 140 mmHg
Diastolic Blood Pressure	**90**	≤ 90 mmHg

*An ideal blood pressure for most people is less than 130/80. In general, hypertension (high blood pressure) is defined as having blood pressure of 140/90 or higher. Blood pressure varies throughout the day in response to factors such as excitement, stress and exercise, however it quickly returns to a normal level. Blood pressure also increases with age, so what may be a normal blood pressure reading for someone in their 60's may be considered abnormally high for someone in their 20's. One blood pressure reading cannot be used to diagnose high blood pressure. If you don't have a history of high blood pressure and your current blood pressure reading was high, it is recommended that it is re-tested by Health and Fitness Testing NZ or your GP as soon as possible.

HbA1c Test Results (an indicator of diabetes risk)*

	Your Results	Optimal Ranges (based on lab tests)
HbA1c	**38**	<41 mmol/mol = Optimal 41-50 mmol/mol "Pre-Diabetes Indicator"

**Point of Care Tests analysed by the 'cobas b 101 system', supplied by Roche Diagnostics NZ Limited*

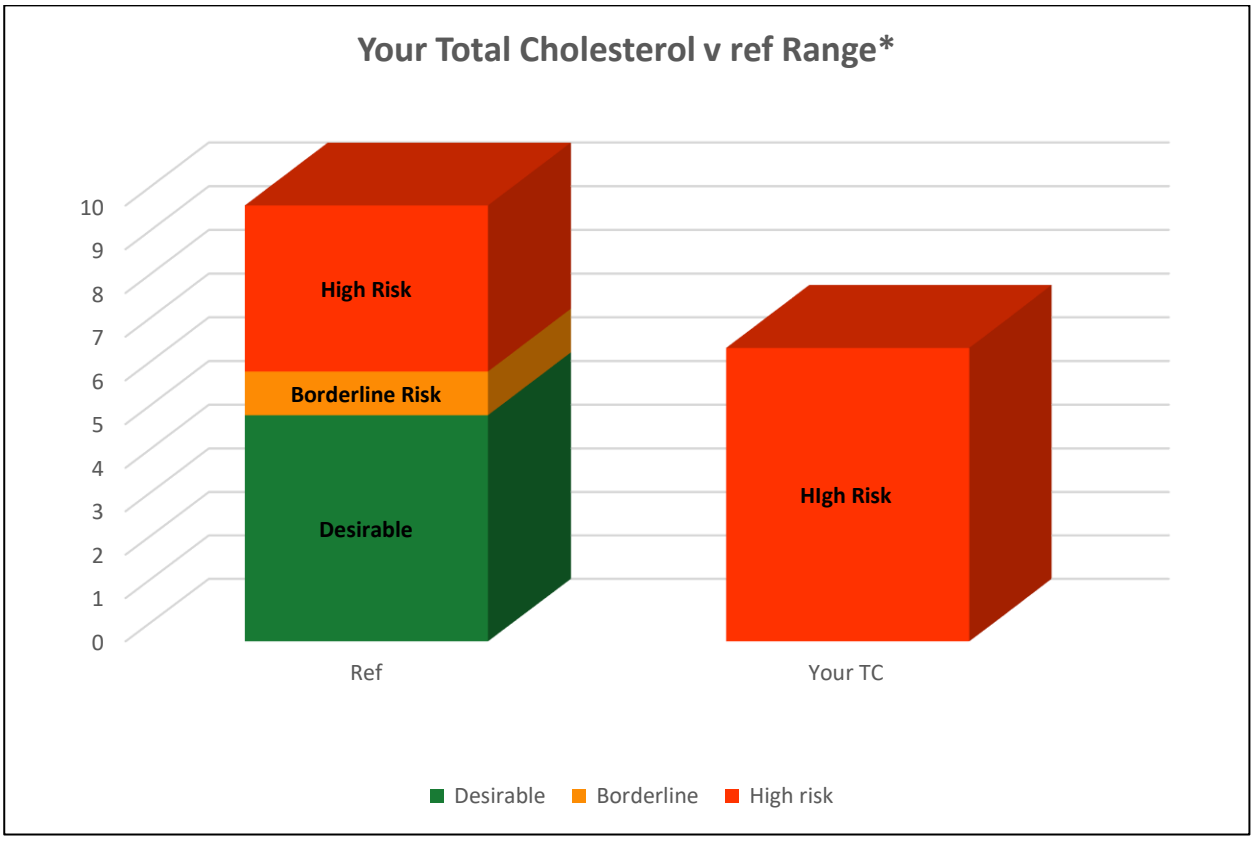
*HbA1c is one of the tests used as an indicator for the presence of type 2 diabetes. Although it can be a good indicator, a good/bad result in this test does not guarantee you do/don't have diabetes. If you are concerned about your current result, please consult with your GP.

Cholesterol Test Results*

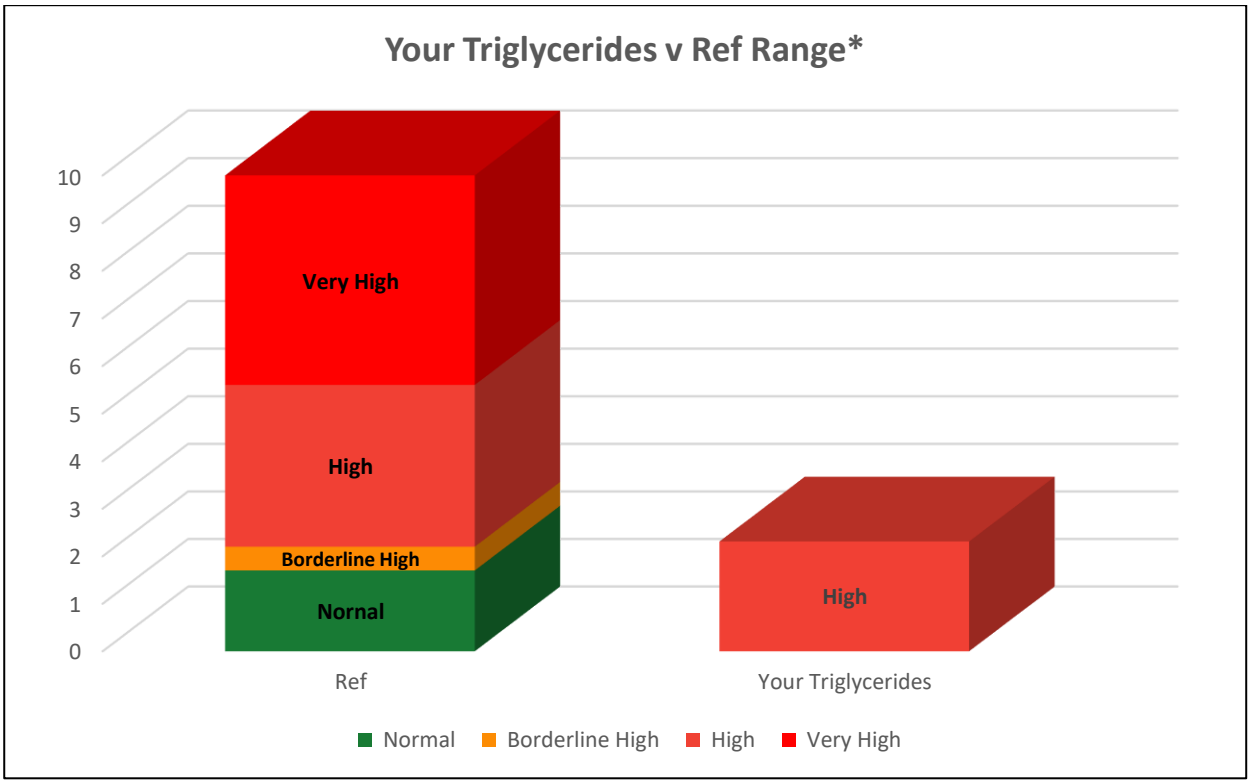
	Your Results	NZ Heart Foundation Recommended Ideal Levels
Cholesterol	**6.74**	**<4.0 mmol/L***
Triglycerides	**2.31**	**<1.7 mmol/L***
HDL	**1.97**	**>1.0 mmol/L**
LDL	**3.71**	**<2.0 mmol/L**
CHOL/HDL	**3.4**	**<4.0 mmol/L**

**Point of Care Tests analysed by the 'cobas b 101 system', supplied by Roche Diagnostics NZ Limited*

*Lower targets may be appropriate for people who have heart disease, diabetes or kidney disease. Check with your doctor what your target level should be. Cholesterol results should not be interpreted on their own – your doctor will take other heart risk factors into account as well. If your cholesterol level is high, you should consider having regular check-ups every three to six months, depending on the results and your doctor's advice.



*Reference ranges are from The National Cholesterol Education Program (May 16, 2001), Journal of the American Medical Association



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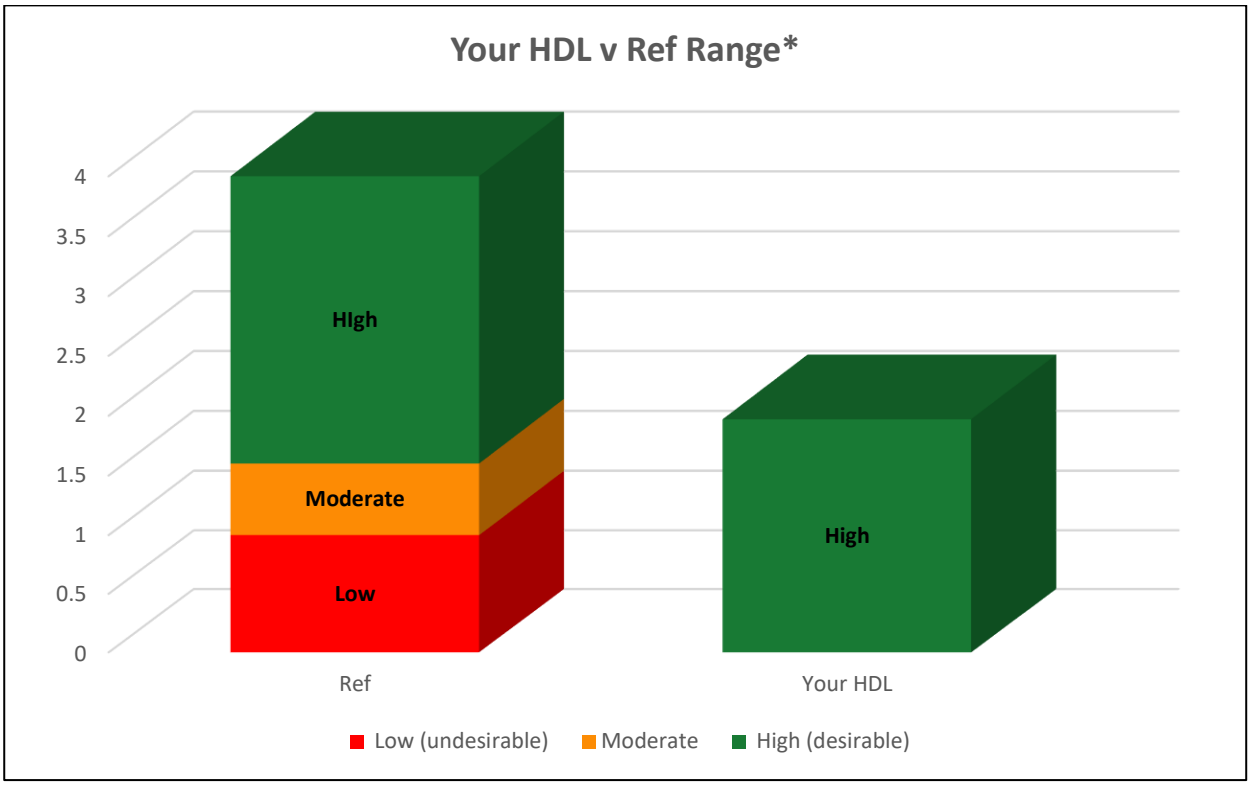

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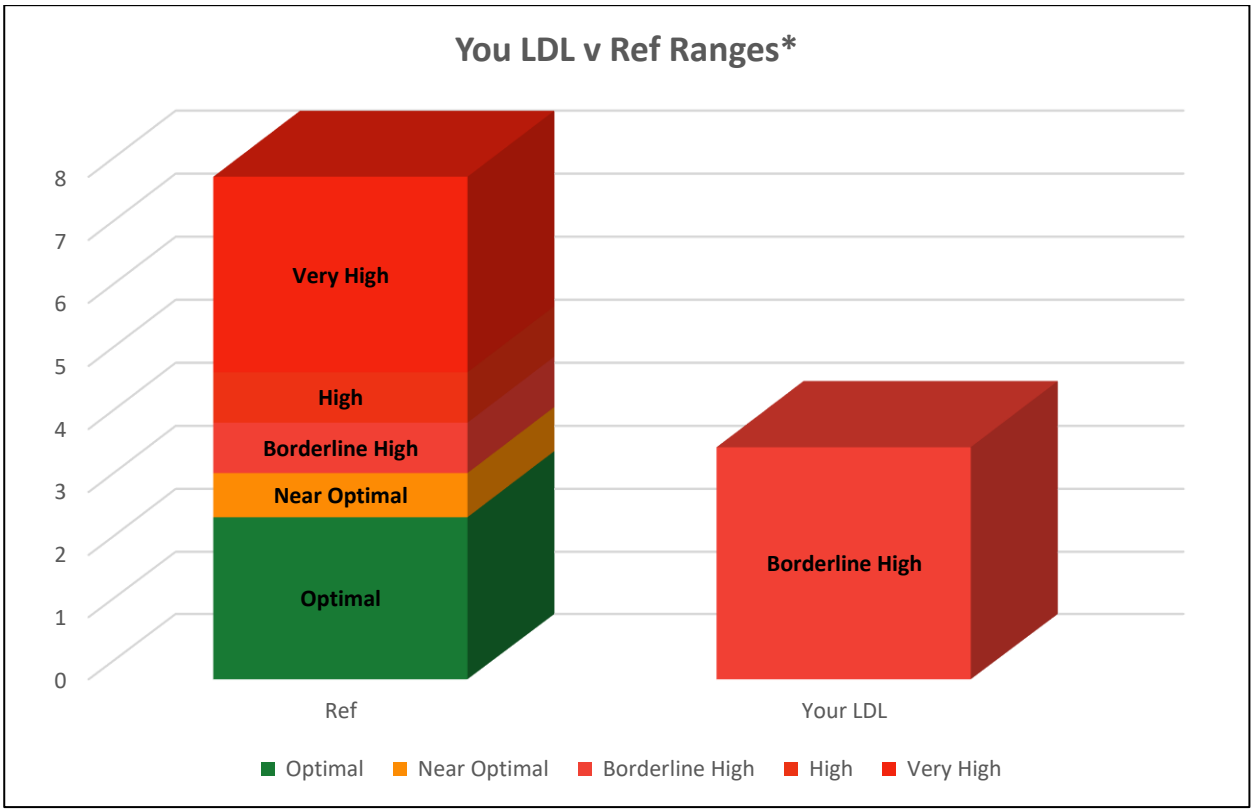
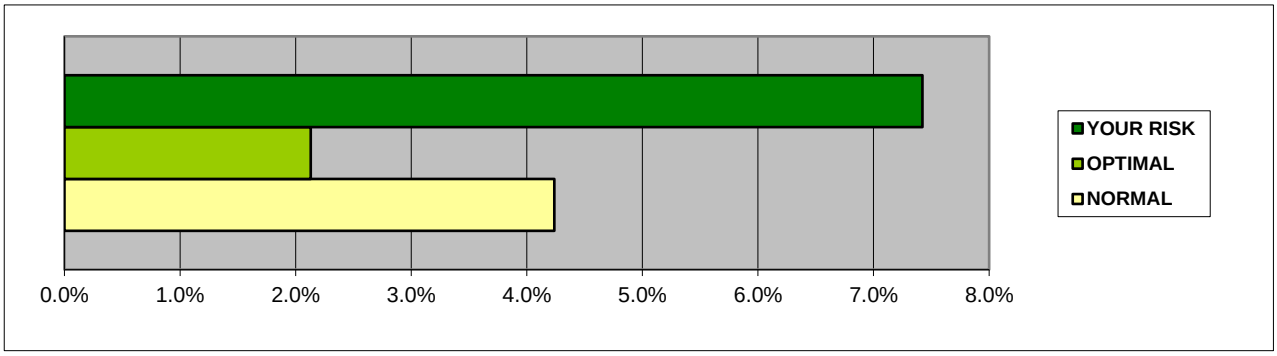


**Reference ranges are from The National Cholesterol Education Program (May 16, 2001), Journal of the American Medical Association*

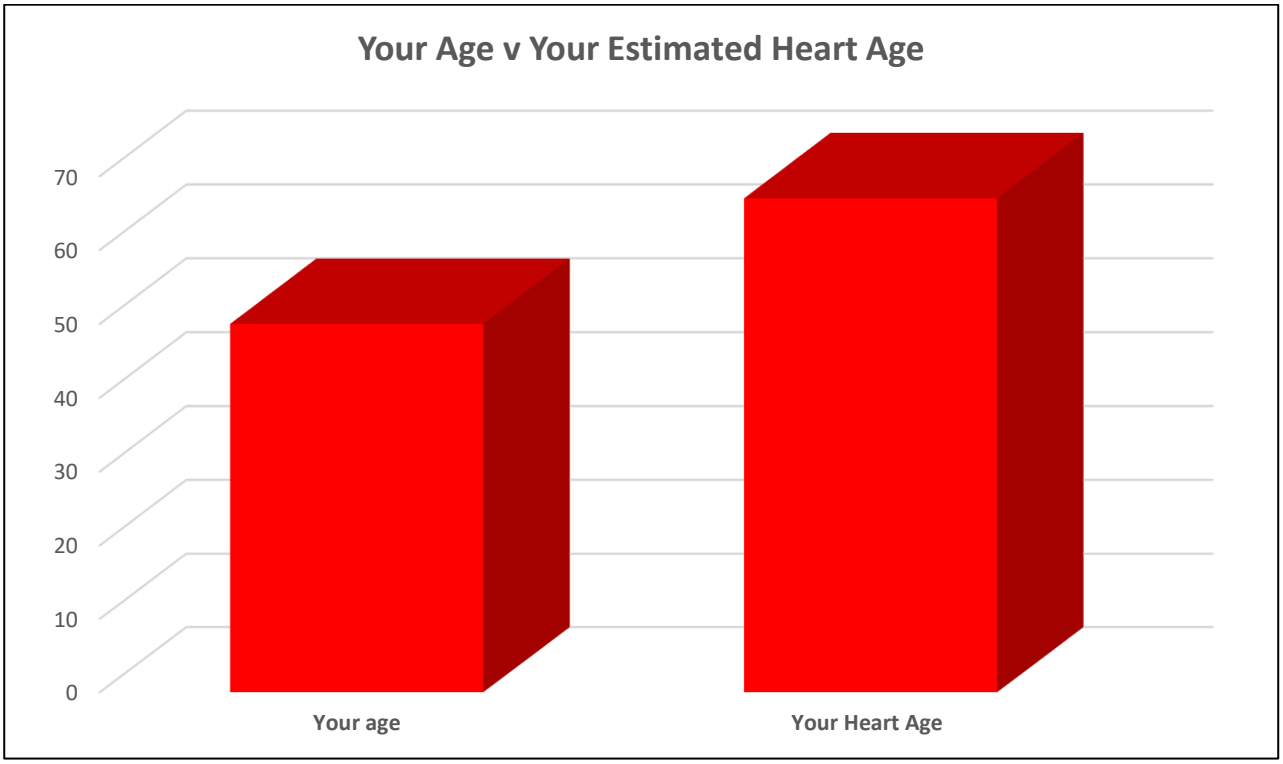
Cardiovascular Risk Score – lipid version

Your estimated risk of cardiovascular disease in the next 10 years is **7.4%**. *An optimal percentage for your age would be **2.1%**.*



Your chronological age is **50**

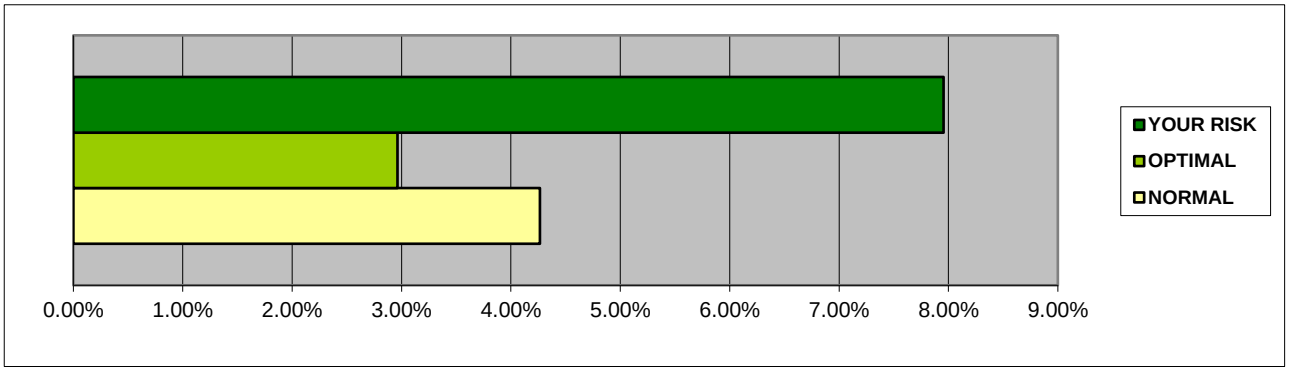
Your current heart/vascular age is **67**



This calculator estimates your risk of having cardiovascular disease within the next 10 years. Your score has been developed using the 10-year Framingham Risk Score Calculator and is based on research from the Framingham Heart Study. This calculator is designed to inform. It does not take into consideration your full medical situation. It is only applicable to individuals aged 30 to 74 years old and without CVD at the baseline examination. If you already have cardiovascular disease, please discuss this with your GP or specialist. For the purposes of this calculator, cardiovascular disease includes CVD coronary death, myocardial infarction, coronary insufficiency, angina, ischemic stroke, hemorrhagic stroke, transient ischemic attack, peripheral artery disease, and heart failure.

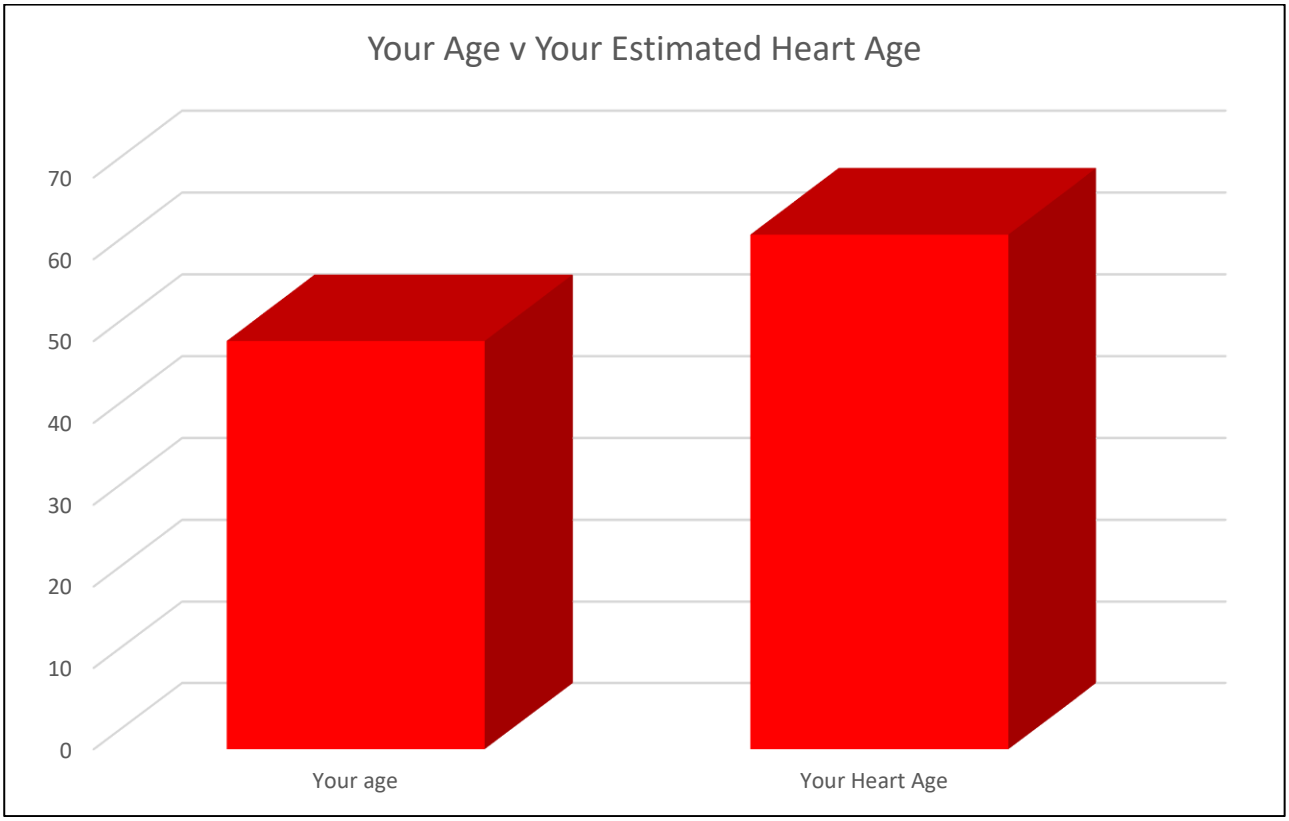
Cardiovascular Risk Score – BMI version

Your estimated risk of cardiovascular disease in the next 10 years is **8%**. *An optimal percentage for your age would be **3%**.*



Your chronological age is **50**

Your current heart/vascular age is **63**



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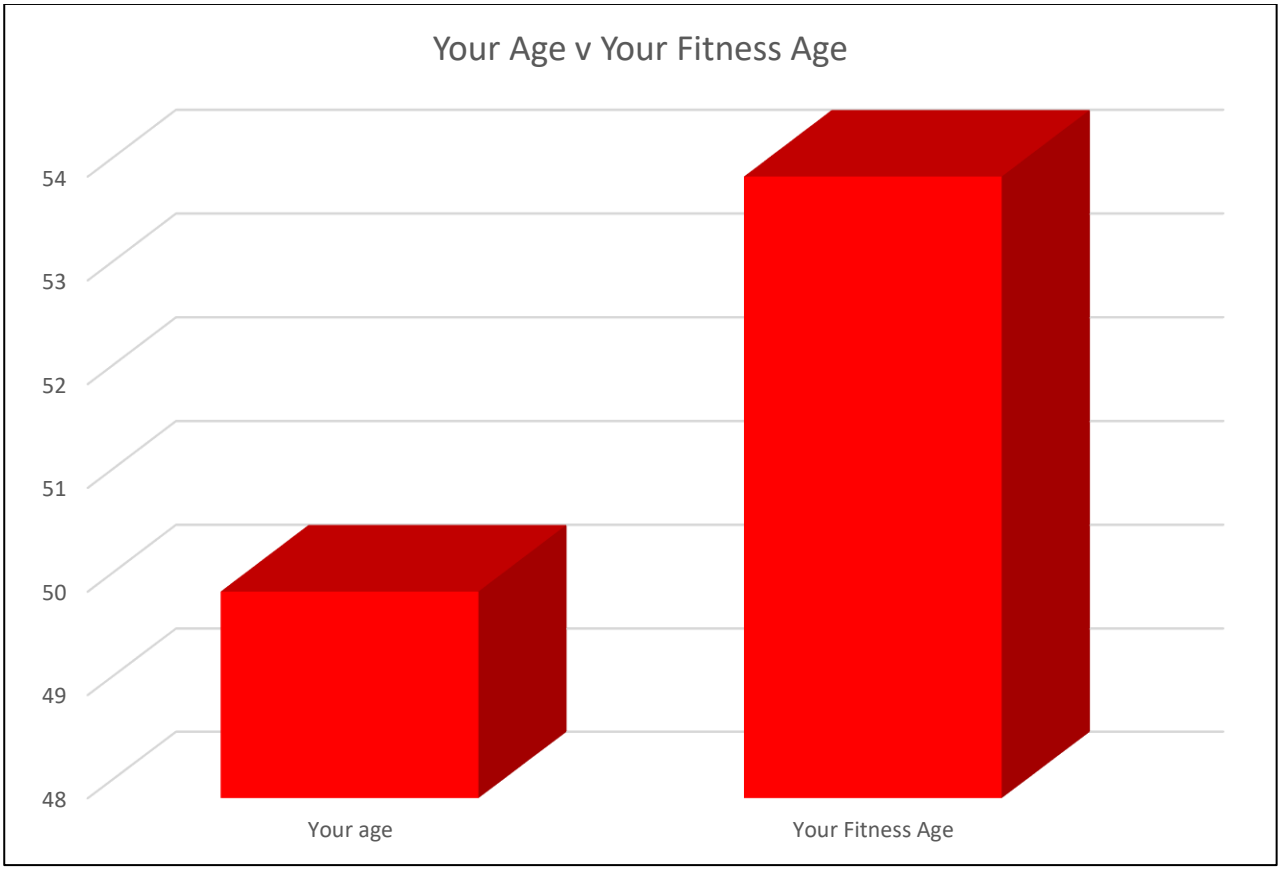
Would you like to know what it would take to make your heart age lower? Email our Sports Science Team now to find out more.

Fitness Age:

Your chronological age is **50**

Your current Fitness Age is **54**



Your Fitness Age is based on the extensive research of The K. G. Jebsen Center of Exercise in Medicine at the Norwegian University of Science and Technology. The questionnaire you filled out at your initial assessment and some of your Advanced Test results are used to calculate this Fitness Age

Additional Information

To help you learn more about your test results, we have included some website links below. You may also find some useful information in the resources section of our website

HbA1c and Diabetes

- NZ Heart Foundation information and video on managing Diabetes: Read more here
- Diabetes NZ information video about diabetes: Read more here
- Diabetes NZ information on HbA1c, Lab Tests and Diabetes: Read more here

Cholesterol

- NZ Heart Foundation information and video on managing High Cholesterol: Click here to read more
- Best Practice Advocacy Centre New Zealand (bpac^{nz}) information brochure on Cholesterol: Click here to read more

High Blood Pressure

- NZ Heart Foundation information and video on managing High Blood Pressure: Click here to read more
- Southern Cross information on high blood pressure: Click here to read more

Healthy Eating and Exercise

- Diabetes NZ information video about the fat and sugar content of common NZ foods. Read more here

Please Read:

Health and Fitness Testing NZ Limited (HFTNZ), its owner(s), its director(s) and its employee(s) do NOT diagnose medical conditions and cannot be relied on as such. All information contained in this report is provided for educational purposes only. This information should not be used to diagnose or treat any health problem or disease and this information alone is not an indication of good or poor health. THIS INFORMATION IS NOT INTENDED TO REPLACE CLINICAL JUDGMENT OR GUIDE INDIVIDUAL PATIENT CARE IN ANY MANNER. HFTNZ strongly recommends that customers should speak to their GPs and/or other health care providers if they have any questions or concerns regarding their health or the results of the tests provided by HFTNZ.

The optimal ranges, guidelines, and recommended ranges in this report are developed by companies external to HFTNZ. The Fit3D ProScanner, HbA1c (diabetes indicator), cardiovascular risk score calculator, and cholesterol analyser machine are developed by companies external to HFTNZ. HFTNZ takes no responsibility for any inaccurate results or omissions that occur as a result of equipment failure or any other reason. For Fit3D's terms and conditions, please refer to their website at https://www.fit3d.com/terms/. While HFTNZ will do its best to ensure that the optimal ranges and recommended ideals set out above are up to date, accurate and in accordance with best practices, these ranges and ideals may be out of date, inaccurate and/or not in accordance with best practices from time to time.

If you have results in this report marked in ORANGE or RED, it is recommended that you take action immediately (such as going to see your GP immediately).

If you or GP have any additional questions, please email our company director peter@healthandfitnesstesting.nz