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PHYSICAL THERAPY NUTRITION FITNESS MASSAGE

Fitness Appraisal

Wellness Test - SAMPLE
Fitness

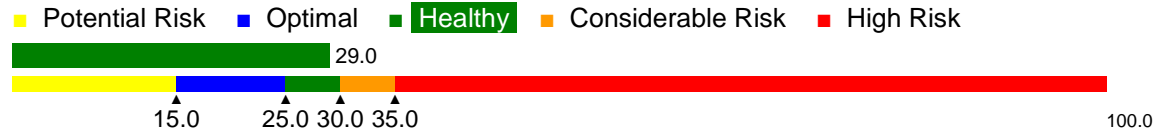
May 20, 2015

Pinnacle Medical Wellness Covington

BIOMETRICS

Height	Weight	BMI
5' 7" 170.2 cm	160.0 lbs 72.6 kgs	25.1 kg/m ²

Percent Body Fat ▶ 29.0 %

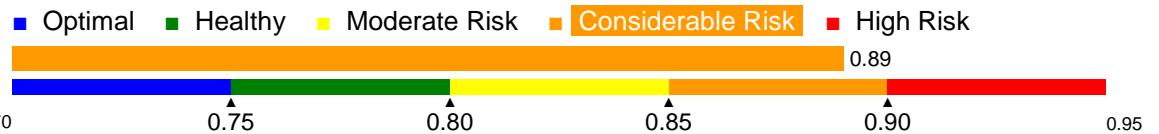


Your body fat percentage is an estimate of the amount of fat, as compared to Lean Body Mass (everything that isn't fat - bones, organs, blood and muscles), that is stored within your body. Having too high or too low of a body fat percentage can have dramatic consequences on your overall health.

Your percent body fat was calculated by bioelectric impedance. The ideal percentage of body fat varies by gender and age, and can also be impacted slightly by your level of hydration.

The safest and most effective ways to permanently change body composition is through regular exercise and a healthful diet. As a patient at Pinnacle, you have access to a complementary nutrition consultation with our nutritionist.

Waist Hip Ratio ▶ 0.89 ratio

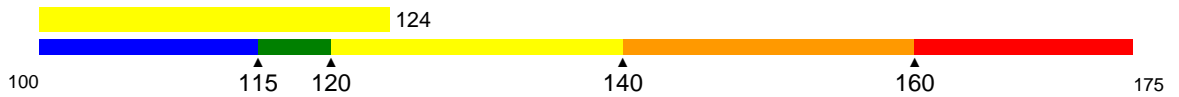


Waist to Hip Ratio is a quick, but accurate way to estimate what your health risk is. It works hand in hand with where your body prefers to store fat, which is also referred to as your body type. This is important because where you store your fat has an impact on your health and on how easily you can lose the fat.

CARDIOVASCULAR HEALTH

Systolic Blood Pressure ► 124 mmHG

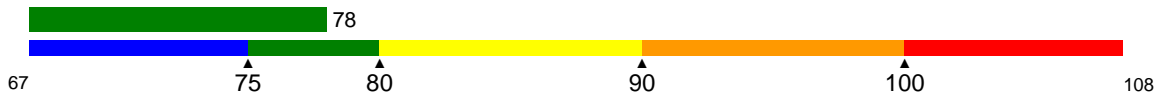
■ Optimal ■ Normal ■ Pre-Hypertension ■ Hypertension 1 ■ Hypertension 2



The systolic number is the top number, and it is the higher of the two numbers. When your heart beats, it pushes blood into the arteries. This pressure pushes against the walls of your arteries. The systolic pressure is the maximum pressure exerted when the heart contracts. Your blood pressure also fluctuates throughout the day, and a lot of things can cause these changes. Blood pressure that is consistently high is known as the “Silent Killer” due to its link to cardiovascular issues such as heart attack and stroke. If you are concerned about your blood pressure, please contact your physician.

Diastolic Blood Pressure ► 78 mmHG

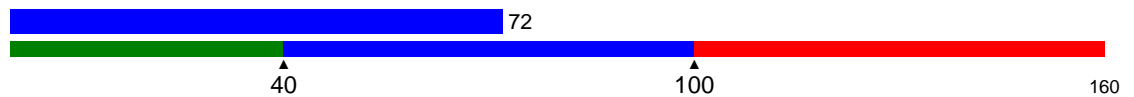
■ Optimal ■ Normal ■ Pre-Hypertension ■ Hypertension 1 ■ Hypertension 2



The diastolic blood pressure is the bottom number, and is the lower of the two numbers. It measures the pressure in the arteries between heartbeats, when the heart is relaxing and refilling with blood. Unlike systolic blood pressure, healthy diastolic blood pressure does not rise greatly with increased physical exertion.

Pre-Exercise Heart Rate ► 72 bpm

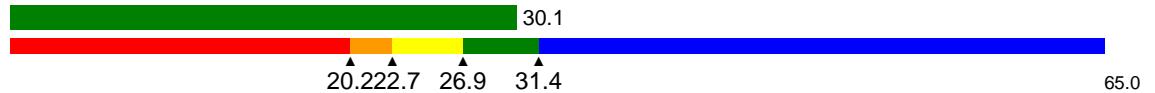
■ Borderline Risk ■ Healthy ■ High Risk



Your resting heart rate is one indicator for how healthy your heart is. It isn't the only indicator, but it is a good one. When your heart is strong and healthy it is able to squeeze harder when it pumps. This means that more blood gets to the muscles, organs and tissues faster. It also means that the body doesn't have to work so hard to get the used blood back to the heart and lungs. This in turn means that more work can be done for the same amount of effort.

Non-Exercise Test ▶ 30.1 ml/kg/min

Ages 50-59 ■ Very Poor ■ Poor ■ Fair ■ **Good** ■ Excellent



This is an estimate of your cardiovascular fitness level based on self reported data. Your VO2max is a way to determine what your cardiovascular fitness level is, which is an assessment of how efficient your heart and lungs are. When your heart and lungs are healthy and strong, they can work together to get oxygen to the muscles quickly. When they are not healthy and strong, oxygen does not get to the muscles quickly. Without a constant supply of oxygen, the muscles fatigue and cannot continue to work. Having a good cardiovascular fitness level increases your ability to exercise and perform activity for longer periods of time.

- ▶ Your cardiovascular health is good, but could be better. With some additional training you can reach the excellent category.

Risk Stratification ▶ 25 points

■ High Risk ■ Moderate Risk ■ **Low Risk**



These results indicate the amount of risk you carry for developing a cardiovascular related disease, or having a cardiac episode, either of which can result in premature death or decrease quality of life. Reducing your risk factors can have dramatic and positive effects on your overall health and quality of life.