

# HEALTH RISK ASSESSMENT AND BODY COMPOSITION PROFILE

## A Graphic Look Within Your Body

We are committed to helping you achieve success. Our team wants you to know that you are not alone in dealing with the emotional and physical challenges that come with being overweight. Although the health risks associated with excess weight (high blood pressure, Type II diabetes, heart attack, stroke, disrupted sleep, and joint pain) are intimidating, the good news is they can be medically treated to be reduced, stopped, and even reversed. Congratulations for taking the step that leads to an enhanced life. Our goal is to assist you to live it to the fullest.

**Assessment Prepared By:**  
Real Health and Fitness Center

Date:

**Assessment Prepared For:**  
Jane Doe

**ID No:**  
FA5589

**Current Body Weight:** 203.6 Lbs  
92.3 Kg

**Body Mass Index (BMI)** 37

**Gender:** F      **Height:** 5' 2"  
157 cm      **Age:** 39

### Total Body Fat

The recommended body fat range for young to middle aged adult women is 16% - 26% and for older women 24%-28%. For young to middle aged adult males the recommended body fat range is 12%-18% and for older men 18%-22%.

**40.2 %**  
**80.0 Lbs**  
**36.2 Kg**

### Total Body Water

Water is essential to life. Every physical and chemical process in your body uses water. It delivers oxygen with other essentials into and out of every cell. It lubricates all the body's joints, tissues and organs and insures we do not overheat. To get the benefits from food, we must have water. A well hydrated female with 25% body fat has approximately 50% body water while a well hydrated male with 15% body fat has approximately 60% total body water.

**44.5 %**  
**40.2 Ltr**



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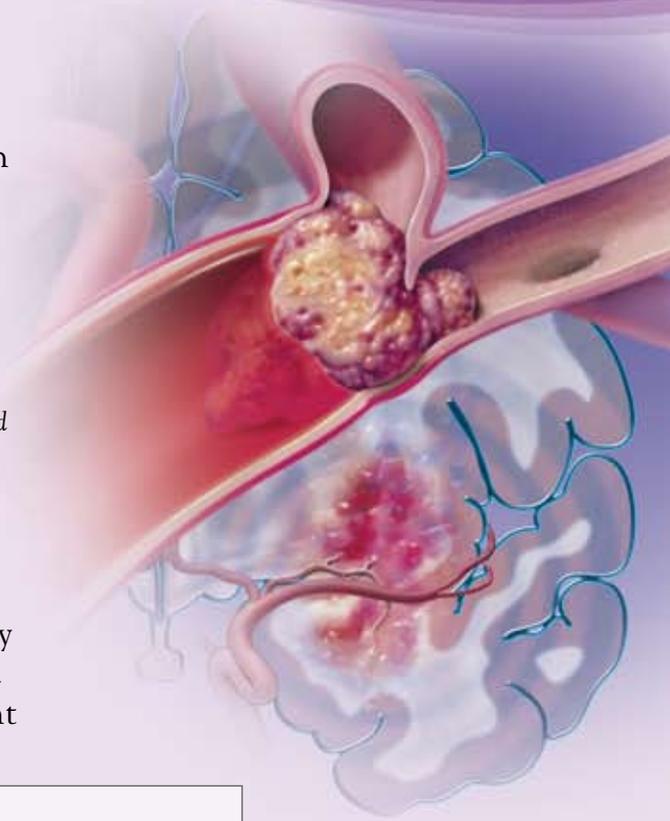


## Stroke

### *Strikes fast as a lightning bolt*

An ischemic stroke is a sudden loss of blood to the brain, usually the result of a partial or complete blockage of an artery. While high blood pressure and excess weight do increase this risk, proper medical treatment along with weight loss can reduce the risk.

*Cerebral stroke caused by a lodged blood clot.*



## Fat Free Mass

Fat Free Mass refers to the portion of the body composed of muscle, bones, organs and fluids. Maintaining muscle mass is vitally important during weight loss.

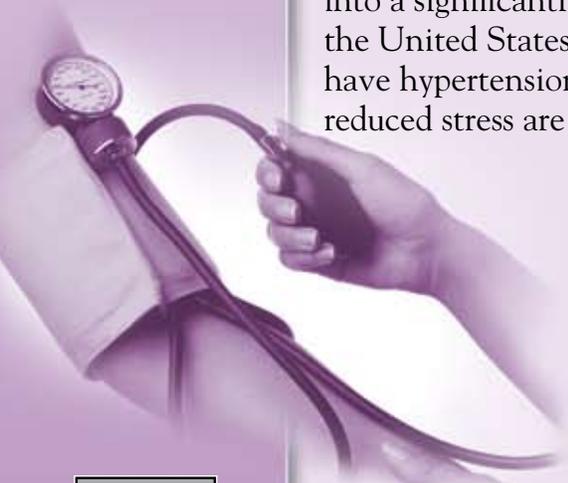
## Blood Pressure

### *The Silent Disease*

An adult with a blood pressure value of 141/90 or higher falls

into a significantly higher risk for heart disease and stroke. One third of all adults in the United States have high blood pressure and 30% of them don't even know they have hypertension. Weight loss, increased physical activity, proper nutrition and reduced stress are just a few things that can lower your blood pressure.

<b>59.8</b>	<b>%</b>
<b>119.0</b>	<b>Lbs</b>
<b>54.0</b>	<b>Kg</b>



## Blood Pressure Readings

**HIGH RISK - REQUIRES TREATMENT**

**NORMAL**

**OPTIMAL**

**110/60**

**119/79**

**141/90**



*Blood pressure measurement cuff.*

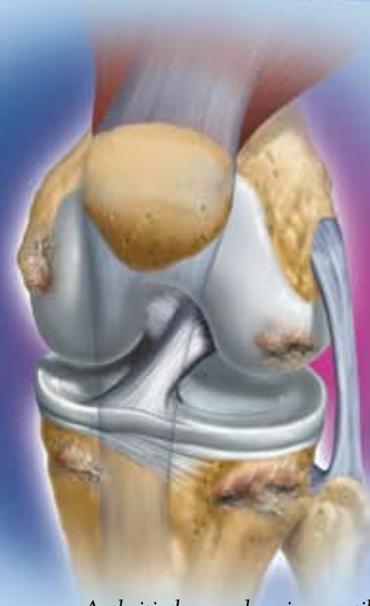
**1624 Calories/Day Required to  
Maintain Vital Body Functions**

**Resting Energy Expenditure\* (REE)**  
*REE is the caloric burn rate required to maintain  
vital body functions when at rest.*

### Degenerative Arthritis

#### *Less weight can mean less pain*

Excessive pressure on knee joints can cause more than wear, tear, and pain. Those extra pounds encourage cellular activity that will destroy joint cartilage. However, weight loss can slow cartilage loss by reducing the concentration of cytokines released by the adipose tissue. While arthritic destruction is permanent, the associated pain will generally diminish with less body weight.



*Arthritic knee, showing cartilage loss due to cytokines released by fatty deposits.*

### Sleep Apnea

#### *Much more than a rough night's sleep*

Sleep apnea refers to many episodes of suspended breathing lasting ten seconds during sleep. During these episodes, blood-oxygen levels can drop dangerously low resulting in irregular heartbeats. Almost 100% of those diagnosed with sleep apnea are markedly overweight. The good news is with a reduction in body weight this sleeping disorder can substantially improve or disappear all together.

### Type II Diabetes

#### *Prevent it or treat it*

Type II diabetes symptoms can go unnoticed until the disease has progressed to debilitating levels. A few common symptoms of Type II diabetes include chronic fatigue, weight gain, slow-healing sores, or frequent urination. One of the larger risk factors is obesity. The sooner Type II diabetes is diagnosed, the better your treatment options.

### \*Daily Caloric Burn Rates

The greater your caloric expenditure compared to your intake the faster weight loss occurs. Your caloric burn rates listed are determined by adding the REE calories to various levels of physical activity. For your own calculations, remember 3500 calories make one pound of fat!

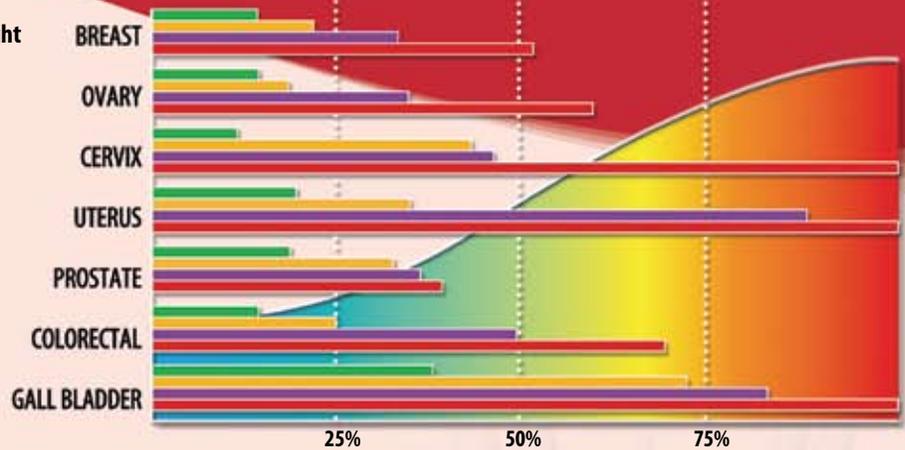
<b>Very Light</b>	<b>1786 Calories/Day</b>
<b>Light</b>	<b>1948 Calories/Day</b>
<b>Moderate</b>	<b>2111 Calories/Day</b>
<b>Heavy</b>	<b>2436 Calories/Day</b>
<b>Very Heavy</b>	<b>2760 Calories/Day</b>



## Increase in Cancer Risk

% Above Your Ideal Body Weight

- 10-20%
- 20-30%
- 30-40%
- 40-50%



**You are 59% over your ideal body weight.**

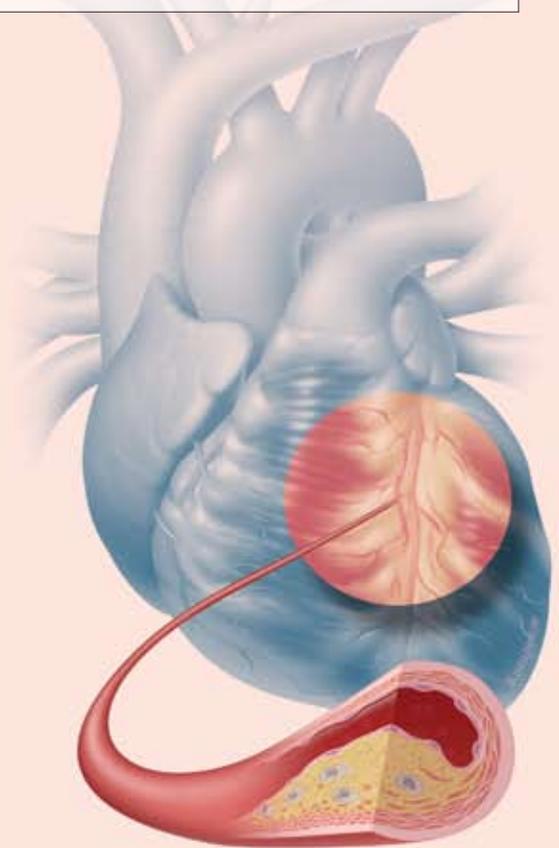
### Coronary Heart Disease

#### *Testing could save a life*

Coronary heart disease is typically caused by blockage and narrowing of arteries. Inflammation of the blood vessels generated by too much abdominal fat can raise the likelihood of developing this disease. People who are excessively overweight have a dramatically increased risk of developing coronary heart disease. Getting all the appropriate medical tests can save your life.



*We are your team of professionals committed to helping you achieve your best life. Now is the time to make your commitment and join the team.*



*Coronary artery with atherosclerotic plaque buildup, diminishing blood flow to the heart.*



## BODY COMPOSITION ASSESSMENT REPORT

**Name:** Jane Doe

**Gender:** F      **Height:** 5'2"      **Age:** 39

**Prepared By:** Real Health and Fitness Center

**Current Body Weight:** 203.6 Lbs  
92.3 Kg

**Total Body Fat:** 40.2%  
80.0 Lbs  
36.2 Kg

**Fat Free Mass:** 59.8%  
119.0 Lbs  
54.0 Kg

**Total Body Water:** 44.5%  
40.2 Ltr

**Body Mass Index:** 37

Your target weight range is 148.8 to 160.7 lbs.

The target weight is determined by adding the recommended percentage of body fat to your current lean body mass. Therefore, your target weight is not necessarily your ideal weight.

<u>Percent % Body Fat</u>	<u>Total Body Water (TBW) Norm</u>		<u>Body</u>
13-19	65-56%		
20-29	55-46%	Athletic	13-20%
30-39	45-40%	Normal	21-27%
40+	39-32%	Sedentary	28%+

**Resting Energy Expenditure: 1624 Calories/Day**

<u>Activity Level</u>	<u>Daily Caloric Needs</u>
Very Light	1786 Calories/Day
Light	1948 Calories/Day
Moderate	2111 Calories/Day
Heavy	2436 Calories/Day
Very Heavy	2760 Calories/Day

