

HEALTH RISK ASSESSMENT AND BODY COMPOSITION PROFILE

A Graphic Look Within Your Body

Our team wants you to know that you are not alone in dealing with the emotional and physical challenges that being overweight brings to your life. We know the many health risks associated with this condition and the good news is those risks, medically treated, can be reduced, stopped or even reversed. Our goal is to get you living your life to the fullest. Our commitment is to help you achieve the success you deserve. Congratulations for taking the step that leads to a better life.

Assessment prepared by

Date

Assessment prepared for

ID No.

Stephen J. Pasquini

Current Body Weight

169.2 Lbs

76.7 Kg

Body Mass Index

26

Gender: M Hgt: 5' 7.0" Age: 32
170 cm Ohms: 532

Total Body Fat

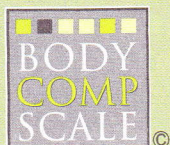
The recommended body fat range for young to middle aged adult women is 16% - 26% and for older women 24%-28%. For young to middle aged adult males the recommended body fat range is 12%-18% and for older men 18%-22%.

16.9 %
28.1 Lbs
12.7 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.

61.4 %
102.3 Lbs
46.5 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.

83.1 %
138.5 Lbs
62.8 Kg

Your Blood
Pressure:

____ / ____
SYSTOLIC DIASTOLIC

Blood Pressure Readings

HIGH RISK - **REQUIRES TREATMENT**

NORMAL

OPTIMAL

110/60

119/79

141/90

Blood pressure measurement cuff.



**1723 Calories/Day Required to
maintain Vital Body Functions**

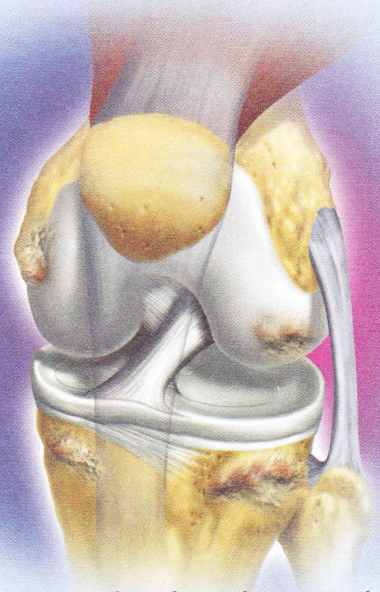
Resting Energy Expenditure* (REE)

*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!

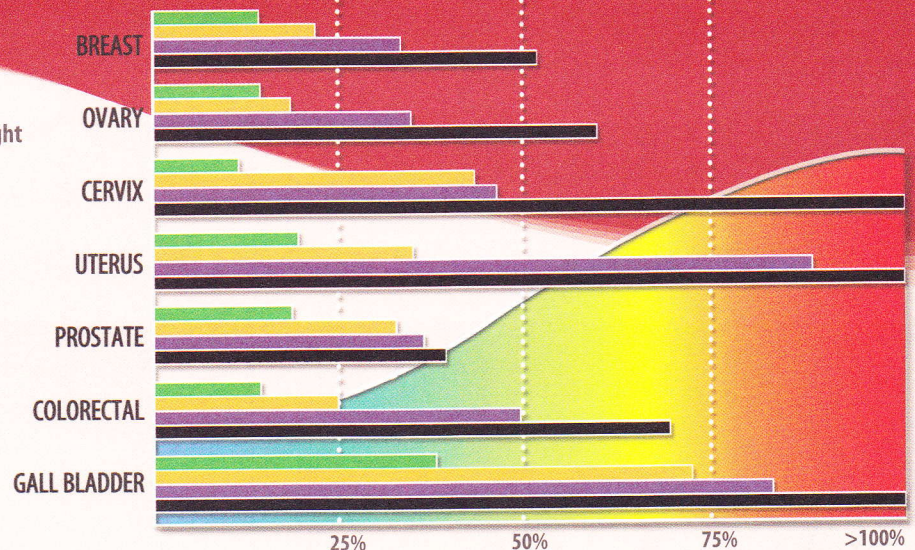
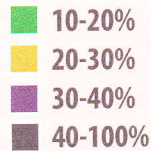
Very Light	2068	Calories/Day
Light	2412	Calories/Day
Moderate	2585	Calories/Day
Heavy	2929	Calories/Day
Very Heavy	3274	Calories/Day



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Increase in Cancer Risk

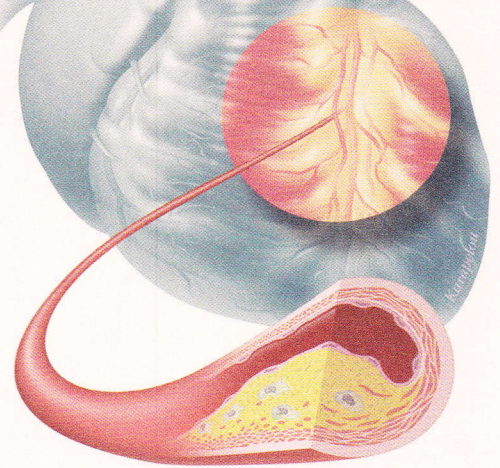
% Above Your Ideal Body Weight



You Are 4 % over your ideal weight.

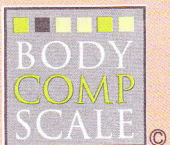
Coronary Heart Disease *Testing could save a life*

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.



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

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.



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Name: _____

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 170 cm Ohms: 532

Prepared By: _____

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Resting Energy Expenditure: 1723 Calories/Day

Activity Level	Daily Caloric Needs

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