

# BJORN HUMPHREY

## WINTER

### PERSONAL INFORMATION

DATE OF TEST	WEIGHT	HEIGHT	MHR
3/12/2018	84kg	1.79m	181 bpm

### 1. RESTING HEART RATE

Your resting heart rate is a measure of how many times your heart beats every minute while you are at rest. As a general rule of thumb, a lower heart rate (within the expected range) means your heart is working more efficiently.

Your resting heart rate is **78**

This is a **Normal Rate** for a resting heart rate.

### 2. BLOOD PRESSURE

Blood pressure is a measure of both the highest and lowest pressure recorded in your arteries when your heart beats, and when your heart is at rest between beats. High blood pressure is often related to an increased risk of heart attack or stroke.

Your blood pressure is **125/80**

This means you have **High Blood Pressure Stage 1**.

### 3. CHOLESTEROL

Cholesterol is an important part of our body and has essential roles in many different cells. However, elevated blood cholesterol levels can increase the risk of heart disease and should be managed carefully.

Your total blood cholesterol level is **4.30**.

This is a **Desirable** level of blood cholesterol.

#### 4. BODY MASS INDEX

The Body Mass Index (or BMI) is one of the most commonly used measures of body size, taking into account a person's height and weight. The BMI is an indirect, but reasonably accurate measure of body fatness in most individuals.

You scored a **26.20** on the BMI scale.

This puts you in the **Over Weight** category.

#### 5. WAIST TO HIP RATIO

The waist to hip ratio is a measurement used to describe where someone's body preferentially stores fat. This helps to identify the risk of lifestyle related diseases such as heart disease, stroke and diabetes.

Your hip to waist ratio was **0.83**.

This puts you in a **Moderate Risk** category for your gender and age.

#### 6. MENTAL WELL BEING

The DASS (Depression, Anxiety, Stress Scale) is a questionnaire used to identify indicators of depression, anxiety or stress. It is not a diagnosis and any elevated score or concern about any of these three conditions should be referred to your GP or a clinical psychologist for further discussion.

MODALITY	SCORE	RESULT
DEPRESSION	4	Normal
ANXIETY	12	Moderate
STRESS	17	Mild

## 7. FUNCTIONAL MOVEMENT SCREEN

The Fundamental Movement Screen (or FMS) is a series of basic movements which are used to identify compensatory movement patterns. Being unable to complete these movement patterns, or using compensatory movements while attempting to complete them, may indicate an increased risk of injury or a reduction in performance.

MOVEMENT	SCORE		RESULT	
	LEFT	RIGHT	LEFT	RIGHT
DEEP SQUAT	2		Good	
TRUNK STABILITY	0		Poor	
HURDLE STEP	3	2	Excellent	Good
INLINE LUNGE	2	2	Good	Good
SHOULDER MOBILITY	2	2	Good	Good
STRAIGHT LEG RAISE	2	2	Good	Good
ROTARY STABILITY	2	2	Good	Good
TOTAL	27		Excellent	

## 8. STRENGTH ENDURANCE

### PUSH UPS

This test is used to assess the strength and endurance of someone's upper body muscles. It can be used to help inform recommendations around exercise.

**You completed 32 push-ups.**

**This puts you in the Good category for your gender.**

### SIT UPS

This test is used to assess the strength and endurance of someone's core muscles. It can be used to help inform recommendations around exercise.

**You completed 45 sit ups in one minute.**

**This puts you in the Excellent category for your gender.**

## 9. CHESTER STEP TEST

The Chester step test measures your aerobic capacity and is an effective assessment of your general fitness. Results from the Chester step test are generally described as Excellent, Good, Average, Below Average and Poor.

Your result for the Chester step test was 66.37 ml/kg/min

This result puts you in the Excellent category for your gender and age.

## 10. RECCOMENDATIONS