



## Report to Participant – Physical Measures

Name:

Age:

Date:

Factor	Results	Interpretation
Blood Pressure	Systolic:	Good / Borderline / High
	Diastolic:	Good / Borderline / High
Height		-
Waist to hip ratio		Good / Borderline / Excessive
Hand grip	Right hand:	Excellent / Very good / Good / Fair / Needs improvement
	Left hand:	Excellent / Very good / Good / Fair / Needs improvement
Bioimpedence	Weight:	-
	BMI:	Underweight / Good / Overweight / Very overweight
	Percent body fat:	Good / Excessive
Sitting height		-
Bone density	Stiffness index:	Normal / Osteopenia / Osteoporosis
Lung Function	FEV <sub>1</sub> value:	Good / Reduced
	FVC value:	Good / Reduced
	FEV1/FVC ratio:	Good / Reduced

The interpretation of findings is based on information from previous studies linking these factors with health risk. Participants with undesirable findings may be at higher risk of some diseases, and may wish to consider appropriate lifestyle changes (e.g. stopping smoking; reducing dietary intake of salt, meat and other sources of animal and other “saturated” fats; increasing physical activity). Those with high blood pressure levels or reduced lung function may also wish to have them checked again by their own doctor.