

Measurements

- **BMI:**
 - **What?** BMI stands for Body Mass index. It is used to give you an idea of whether you're underweight, overweight or an ideal weight for your height.
 - **Why is it important?** It's useful to know because if your weight increases or decreases outside of the ideal range, your health risks may increase.
 - **How do I measure this?** Fill in your length (cm) & weight (kg) below & your BMI will be calculated automatically
 - **How much should it be?**
 - Underweight = <18.5
 - Normal weight = 18.5–24.9
 - Overweight = 25–29.9
 - Obesity = BMI of 30 or greater
 - **How can I improve my BMI?** Contact your health coach for an appropriate plan.
- Length (cm)
- Weight (kg)
- Rest heart rate
 - **What?** Your rest heart rate is your heart rate when you get up in the morning & haven't done any exercise at all.
 - **How much should it be?** A normal resting heart rate for adults ranges from 60 to 100 beats a minute. A variety of factors can affect your resting pulse reading, including the physical size of your heart, body size, activity level, fitness level, temperature, body position, emotions and medication use
 - **Why is it important?** Buy following up your rest heart rate you can track the evolution of your cardiovascular fitness. A lower heart rate at rest implies more efficient heart function and better cardiovascular fitness. For example, a well-trained athlete might have a normal resting heart rate closer to 40 beats a minute.
 - **How do I measure this?** Resting pulse should be measured first thing in the morning with your fingers and a stopwatch. Put your middle and index finger to either your radial artery on your wrist or your carotid artery in your neck. Once you find your pulse, count how many beats occur in 20 seconds, and multiply this number by 3. This is your resting pulse.
 - **How can I improve it?** Contact your health coach & learn how to use a heart rate meter to train in specific heart rate zones.
- Blood pressure
 - **What is this?** The pressure exerted by circulating blood upon the walls of blood vessels and is one of the principal vital signs
 - **How can I measure this?** Ask your physician to do a blood pressure test. If you already want an indication of your blood pressure, try one of these apps: iPhone - Blood Pressure Monitor / Qardio
 - **Why is this important?** Blood pressure is important because the higher your blood pressure is, the higher your risk of health problems in the future. If your blood pressure is high, it is putting extra strain on your arteries and on your heart. Over time, this strain can cause the arteries to become to become thicker and less flexible, or to become weaker. If your arteries become thicker and less flexible, they will become more narrow, making them more likely to become clogged up. If an artery becomes completely clogged up (known as a clot), this can lead to a heart attack, a stroke, kidney disease or dementia.
 - **How much should it be?** Ideally, we should all have a blood pressure below 120 over 80 (120/80). This is the ideal blood pressure for people wishing to have good health. At this level, we have a much lower risk of heart disease or stroke.
 - **How can I lower my blood pressure?** Contact your physician for your personalized plan. In the meantime you can try one of these tips:

- **Cut down on salt.** This means eating more natural foods and fewer processed ones and not adding any extra salt to foods or in anything you cook. Salt naturally raises your blood pressure, eating less will reduce this effect. Please see the salt information page on our main site.
- **Increase the amount of fresh fruit and vegetables you eat each day.** Aim to eat at least five, or better still seven to nine portions a day. It's also best to eat a variety of different fruit and vegetables. Fruit and vegetables contain potassium that counters the effect of salt and helps to lower blood pressure. Please see the fruit and vegetables page on our main site.
- **Drink alcohol only in moderation.**
- **Increase your level of activity.** Build in 30 minutes of moderate activity at least five times per week. Being active not only gives your heart a good work out, but it also helps your arteries to stay flexible and better able to cope with the demands of daily life.
- **Lose weight if you are overweight.** Your doctor will be able to tell you your ideal weight. Excess weight puts extra strain on your heart and your arteries.

- **Body fat %**

- **What?** This is the total mass of **fat** divided by total body mass
- **Why is this important?** The body fat percentage is a measure of fitness level, since it is the only body measurement which directly calculates a person's relative body composition without regard to height or weight.
- **How can I measure this?** Ask your physician to do a body fat % test. If you already want an indication of your body fat %, make an appointment with your health coach. They have a scale that can measure body fat.
- **How much should it be?**
 - For men, this should be below 25% if your body fat percentage is above 25%, contact your physician or health coach.
 - For women, this should be below 32%. If your body fat percentage is above 32%, contact your physician or health coach.