

LONGEVITY PERFORMANCE COACHING



Perform, feel and look better as you age

BENCHMARK ASSESSMENT REPORT

Client Name 19/8/2024

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Name:	
Assessment date	5-19th August 2024
Date of Birth:	16/1/1983
Gender:	Male
Diet type:	No restrictions
Smoker:	No
Drinks alcohol:	Yes
High risk health issues:	No
Injuries to be aware of:	Right shoulder mobility issues
Work type:	Seated working from home and history of weekly business travel
Home life:	Married with 3 children
Present activity levels:	Sedentary
Prescription medication	Lansoprazole for Reflux with history of Gout
Experience level:	Novice



Please read before reviewing this report

WHY WE USE EXPERIENCE LEVELS

Scoring is recommended standards backed by reputable academic sources and normative data.

The benchmarks have experience levels so the score will be against the relevant experience level benchmark for you. Experience levels used are stated on the client overview page of this report.

3 EXPERIENCE LEVELS:

1. Novice – a client with some experience in training, nutrition and lifestyle management but with no structured programme
2. Committed – a client working on structured programmes covering fitness, nutrition and lifestyle
3. Elite – a client who has been working on structured longevity programmes and exceeds benchmark performance in their age/gender group

WHAT THE BENCHMARKS MEAN:

1. Novice – a good level for your age/gender of physiological, fitness and emotional health. This will mean meeting or exceeding UK healthy guidelines.
2. Committed – excellent level typically top 10% in age/gender group for physiological, fitness and emotional health. This level of performance in studies suggests a reduction in the probability of all cause mortality by 47%.
3. Elite – good or excellent in age/gender group 10 years younger than you. For the people who want to maintain a high level of capability as they age.

SCORING EXPLAINED:

- Needs focus – no activity in this area or a low test performance
- OK – performance is 25-75% of benchmark
- Good - performance is 76% to 99% of benchmark
- Excellent – performance is equal to or greater than benchmark



Summary of benchmark performance

Benchmark areas		Needs focus	Ok	Good	Excellent
Physiological	Time priorities				
	Recovery				
	Metabolic Function				
	Nutrition				
	Cardiovascular health				
	Body composition				
Fitness	Daily activity				
	Stability				
	Mobility				
	Flexibility				
	Cardiovascular fitness				
	Power				
	Bodyweight max strength				
	Weighted max strength				
	Muscle endurance				
	Functional strength				
Emotional	Stress				
	Motivation				
	Fear				

This table displays the results of all the tests.

Areas that were not tested are crossed out and the scores blank.

The detail of each test is covered in the following pages.



Physiological test results

Area	Test	Result	Benchmark performance
Time priorities	Time working	Average 8.75 hours 1 day => 10 hours	Good
	Time socialising	2 days > 1 hour	Needs focus
	Time exercising	<1 hours a week 3.5 hours a week benchmark	Needs focus
Recovery	Sleep quality	1 day > 8 hours sleep	Needs focus
	Heart rate variability	Not measured Feel score 75% of mornings tired/bad and 75% of evenings Tired	Needs focus
	Time spent outside	75% of days got outside for more than 15 minutes	Good
Metabolic function	Low HDL/High LDL		
	High Blood Lipids		
	HDL Ratio		
	Insulin sensitivity		
	Kidney function		
	Inflammation marker		
	Liver function		
	Calcium		
	Iron		
	Hormone function		
	Hormone function		
Nutrition	Calorie energy need	TDEE = 2400 TDEE over 11 days = 32,630 Calories consumed 23,608 weight increased by 1.5kg in period = inaccurate calorie tracking	Needs focus
	Macro mix	1 day = 115g protein target Fat range from 45-18% per day 1 day < 20%	Needs focus
	Water intake	46% days = target	Needs focus
	Alcohol intake	28 units over 2 weeks = Maximum NHS guidelines	Needs focus
Cardiovascular health	Resting heart rate	20% days <65 BPM but range below 70	OK
	Blood pressure		
	Oxygen saturation		
Body composition	Weight	98.5-100.15kg	Needs focus
	BMI	30.72 = Obesity Grade 1	Needs focus
	Fat free Muscle index	22.2	Good
	Body fat %	28.7% target 20%	Needs focus
	Hip to Waist ratio	0.98 v high =1	Needs Focus



Fitness test results – Daily activity & Stability

Area	Test L1	Test L2	Result	Benchmark performance
Daily Activity	Exercise activity	Lifestyle tracker/exercise app	No regular activity	Needs focus
	Steps	Wearable tracker	108,185 steps Av 7,726 per day but 7 days when less than 4,500 steps per day	Needs focus
Stability	Left leg	Left leg stand duration (secs)	3 secs	Needs focus
	Left leg	Left leg squat ankle stability	OK	
	Left leg	Left leg squat knee stability	Ok	
	Left leg	Left leg squat hip stability	OK	
	Right leg	Right leg stand duration (secs)	3 secs	Needs focus
	Right leg	Right leg squat ankle stability	OK	
	Right leg	Right leg squat knee stability	Ok	
	Right leg	Right leg squat hip stability	OK	
	Left foot stability	Hold 3 point contact when squatting	Outward roll	Needs focus
	Right foot stability	Hold 3 point contact when squatting	Outward roll	Needs focus
	Lower back posture	Neutral spine test	Lordis	Needs focus
	Spine curvature	Neutral spine test	No	
	Upper back posture	Neutral spine test	Kyptosis	Needs focus
	Overhead squat test	Excessive lean forwards (excessive trunk flexion and/or hip flexion)	Yes	Needs focus
	Overhead squat test	Lower back arches	Yes	Needs focus
	Overhead squat test	Lower back rounds	Yes	Needs focus
	Overhead squat test	Asymmetrical weight shift	No	Needs focus



Fitness test results – Mobility & Flexibility

Area	Test L1	Test L2	Result	Benchmark performance
Mobility	Lower body	Sagital Squat - Air Squat ROM	Above hip height	Needs focus
	Lower body	Sagital Hinge - 5kg ball pick up ROM	Back hinging suggests weak hamstring	Needs focus
	Lower body	Frontal Right leg side lunge ROM		
	Lower body	Frontal Left leg side lunge ROM		
	Upper body	Sagital Shoulder - Standing bent arm rotation left arm	OK	Good
	Upper body	Sagital Shoulder - Standing bent arm rotation right arm	Ok	Good
	Upper body	Frontal Shoulder - Lying arm hip to above head right arm	Ok	Good
	Upper body	Frontal Shoulder - Lying arm hip to above head left arm	Some limitation	Needs focus
	Upper body	Sagital Shoulder - Standing press left arm		
	Upper body	Sagital Shoulder - Standing press right arm		
	Upper body	Transverse - Twist to right	OK	Good
	Upper body	Transverse - Twist to left	OK	Good
	Upper body	Back extension		
Flexibility	Lower body	Left ankle flexibility		
	Lower body	Right ankle flexibility		
	Lower body	Right hamstring	45 degree	Needs focus
	Lower body	Left hamstring	45 degree	Needs focus
	Lower body	Right faber hip test	1.5 hands	OK



	Lower body	Left faber hip test	2.5 hands	Needs focus
	Lower body	Left hip flexor test	10 reps	Good
	Lower body	Right hip flexor test	6 reps	Needs focus
	Upper body	Left arm pec test	Full ROM	Good
	Upper body	Right arm pec test	Full ROM	Good
	Upper body	Left arm Lat test	Limited ROM	Needs focus
	Upper body	Right arm lat test	Limited ROM	Needs focus
	Upper body	Right arm back touch	Mid back	Good
	Upper body	Left arm back touch	Mid back	Good



Fitness test results – CV, Strength & Muscle Endurance

Area	Test L1	Test L2	Result	Benchmark performance
Cardiovascular fitness	VO2 Max	Sub maximal test on bike or treadmill	To be done	
	Anaerobic capacity	30 sec cycle sprint	To be done	
	Long work capacity	20 min time trial		
Power	Upper body	Grip strength test	42.2 – 47.7	Good
	Lower body	Forward jump		
Bodyweight max strength	Isometric hang	Deadhang	12 seconds	Needs Focus
	Isometric hold	Plank	1 min 14 secs	Good
	Isometric squat	Wall squat	44 seconds v 58-75 sec benchmark	OK
Weighted max strength	Squat	Barbell squat		
	Hinge	Deadlift		
	Pull max strength	Barbell row		
	Push overhead max strength	Barbell press		
	Push max strength	Bench press		
	Relative upper to lower body ratio	Use 1RM results		
Muscle endurance	Pull	Pull up		
	Push	Press up max	16 v 17-24 benchmark	OK
	Legs	Air squat max	31 v 35-41 benchmark	Good
	Left leg	Max Bulgarian split squats		
	Right leg	Max Bulgarian split squats		
	Front core	Abdominal curl		
	Back core	Hyper extension		
Functional strength	Pull locomotion	Prowler pull		



	Push locomotion	Prowler push		
	Carry	Farmers walk		



Fitness test results – Stress, Motivation & Fear

Area	Test	Result	Benchmark performance
Emotional fitness	Motivation	23	Good
	Stages of change	Contemplation	OK
	Stress management	104 v 85 benchmark	Needs Focus
	Fear avoidance about physical activity		
	Fear Avoidance about work		
	OSWERTY lower back pain disability score		



Client goals

What you want to be able to do?	I liked to run but too unfit to do that now. I want a realistic entry into getting fitter where I build up the intensity to match my capability. I don't enjoy squats as they make my legs hurt but recognise I may need to do them.
How you want to look?	Lose the 18kg of weight I have put on since 2019 and get to a target weight of 82kg
How you want to feel?	Have more energy and know my health is improving
Any medical conditions to consider?	Has had Gout in the past so that needs to be considered in nutrition plan.



Recommended action areas

Benchmark areas		Needs focus	Priority 1 first 12 weeks	Priority 2 beyond 12 weeks
Physiological	Time priorities		Make time for exercise and daily walking	
	Recovery			Increase sleep time and quality
	Metabolic Function		Get blood tests as benchmark	
	Nutrition		Improve protein intake and reduce fat intake with anti-Reflux diet	Adoption of rules based nutrition
	Cardiovascular health			
	Body composition		Begin body fat reduction by managing calories and activity levels	Get to 20% body fat while retaining muscle mass
Fitness	Daily activity		Increase daily step count	Increase to > 10k steps per day
	Stability		Build posterior and core to improve posture	Improve foot strength Build glute and hamstring mass
	Mobility		Squat and hinge movement patterns	Left shoulder
	Flexibility		Hamstring, hips, lats and shoulders	
	Cardiovascular fitness		TBD	
	Power			
	Bodyweight max strength		Develop strong foundational movement patterns	Increase capability to good benchmark level
	Weighted max strength			Increase capability to good benchmark level
	Muscle endurance			Increase capability to good benchmark level
	Functional strength			Increase capability to good benchmark level
Emotional	Stress		Adopt tools to reduce stress	
	Motivation		Buy into medium and long term health and performance goals	Maintain a positive activity schedule >80% of time
	Fear			



Recommended SMART Goals

SMART goals next 12 weeks	Specific	Measurable	Agreed frequency	Realistic	Time frame
1	Body composition- Improve body composition by reducing weight by 0.4kg per week resulting in a 4.8kg weight loss. This will be achieved by tracking a calorie deficit and balanced Macro diet and increasing the daily step count to 8-10,000 steps per day.	Calorie deficit and protein targets tracked in Myfitness PAL and steps tracked via smart watch.	Daily tracking with option of a points Challenge to keep it interesting.	0.4kg is at the top end of a healthy weight reduction range and is achievable with consistent focus.	Start Monday 26 th August 2024 and aim to lose 4.8kg by 17 th November 2024.
2	Stress - Get workplace provided support and tools to reduce the stress level from 100+ to below 80.	Regular stress surveys.	Weekly	Depends on how many non-modifiable stress factors there are.	Start Monday 26 th August 2024 and aim to have stress scores <80 by 17 th November 2024.
3	Energy - Increase the number of days when you feel tired to less than 25% per week by eating a revised diet and adopting a hydration strategy that links to your Circadian rhythm.	Survey once a month to measure how you are feeling. Water intake tracked in app.	Daily positive activity on nutrition and hydration.	Yes	Start Monday 26 th August 2024 and aim to have Ok to good days 75% of the time by 17 th November 2024.
4	Movement - Improve ROM in the squat and hinge movements to demonstrate improvements in posture and posterior chain strength.	Video recording of movement pattern with squat below hip height with good form.	1 face to face session per week.	Yes	Start Saturday 24 th August 2024 and complete fitness test by 17 th November 2024.
5	Strength - Improve performance of muscle endurance and strength by 20%.	Measured by fitness test at 12 weeks and strength tracking of push, pull, squat and hinge during workouts.	1 face to face training session a week and 1 at home workout a week.	Yes	Start Saturday 24 th August 2024 and complete fitness test by 17 th November 2024.



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