CARTaGENE

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_1 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.