Healthspan Report

For: {{name}}
{{Insert Date of Data Collection}}

THE PRACTICE
HABITS FOR HEALTHSPAN

"We have two lives, and the second begins when we realize we only have one."
—Confucius
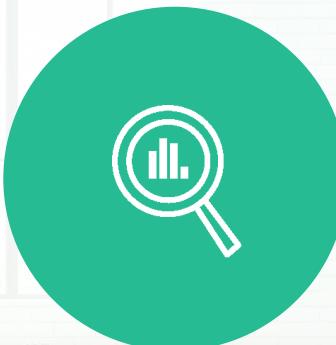
The Big Picture

Ageless Action

{{SCRIPT FOR WHAT CLIENTS WANTS TO DO AT 80}}

The Practice 5 Scores

We'll walk through your results and discuss the healthspan purpose of each metric.

Healthspan Score

Your full full healthspan score is comprised of your composite scores. We'll look at this number as a guide for reassessments to come.

Your Practice

We'll discuss the plan we'll move forward with in order for you to capitalize on the fitness areas that matter most.

The Practice 5

1 Composition

Build a Body That Stays Stronger for Longer

More muscle, less visceral fat—because body composition is your metabolic report card.

2 Control

Master Your Movement

Mobility and stability that keep you upright, balanced, and out of the ER.

3 Cognition

Keep Your Edge

Focus, reaction time, memory—brain health that lets you stay sharp, confident, and independent for decades.

4 Capability

Turn Strength Into Freedom

Push, pull, hinge, carry— functional strength benchmarks that make everyday life easier and safer both now and for decades to come.
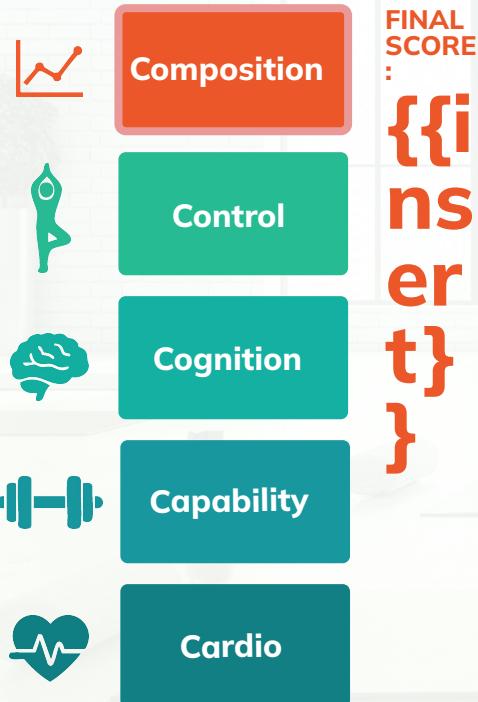
5 Cardio

Fuel Your Most Vital Organ

VO_2 Max and blood pressure—because your heart is the engine of healthspan.

Composition

After the age of 30, muscle mass decreases by 1% per year. We need to be doing things to the body to remind it to keep as much as possible.

Composition	
Control	
Cognition	
Capability	
Cardio	

FINAL SCORE:

{{insert}}

SKELETAL MUSCLE MASS   Metric: {{insert}}

HEALTHSPAN PURPOSE: Every pound of muscle you add is like a deposit in your healthspan bank—more strength today, more independence tomorrow.

BODY FAT PERCENTAGE   Metric: {{insert}}
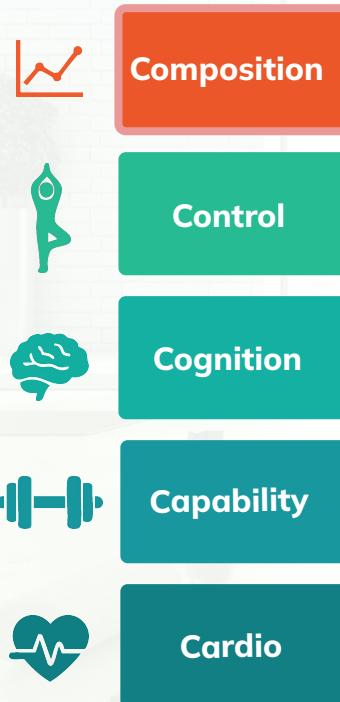
HEALTHSPAN PURPOSE: Excess fat, especially around the abdomen, increases risk for diabetes, cardiovascular disease, and certain cancers. Keeping fat mass in a healthy range extends both lifespan and healthspan.

VISCERAL FAT LEVEL   Metric: {{insert}}

HEALTHSPAN PURPOSE: Connecting directly to organ health and disease prevention, having low visceral fat is like keeping sugar out of your gas tank—your body runs cleaner, longer, and stronger.

WHERE YOU STACK UP AGAINST YOUR AGE GROUP

Composition

Control

Cognition

Capability

Cardio
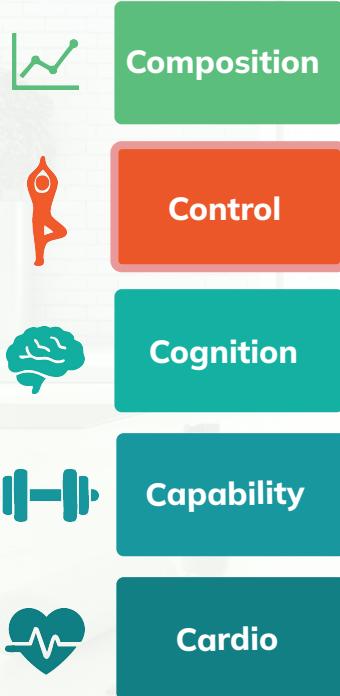
FINAL SCORE: {{insert}}

SKELETAL MUSCLE MASS Score: {{insert}}
NORMS INFO:

BODY FAT PERCENTAGE Score: {{insert}}
NORMS INFO:

VISCERAL FAT LEVEL Score: {{insert}}
NORMS INFO:

Control

Composition

Control

Cognition

Capability

Cardio

FINAL SCORE: {{insert}}

ACTIVE STRAIGHT LEG RAISE   Score: {{inse

HEALTHSPAN PURPOSE: Being able to lift things off the ground without using your back in the wrong way is a prerequisite for staying injury free and strong for a long time.

SHOULDER MOBILITY   Score: {{insert}}

HEALTHSPAN PURPOSE: Lifting load over your head (putting things away, reaching for something in a cabinet, or putting luggage in the overhead) is a lot more common than you think. Having strong and mobile shoulders is essential to your healthspan

TRUNK STABILITY   Score: {{insert}}

HEALTHSPAN PURPOSE: Having a strong core and one that reacts when you need it to is a foundational component to being strong and injury free for years to come.

WHERE YOU STACK UP AGAINST YOUR AGE GROUP

Composition

Control

Cognition

Capability

Cardio

FINAL SCORE: {{insert}}

ACTIVE STRAIGHT LEG RAISE
Score: {{inse

NORMS INFO:

SHOULDER MOBILITY
Score: {{insert}}

NORMS INFO:

TRUNK STABILITY
Score: {{insert}}
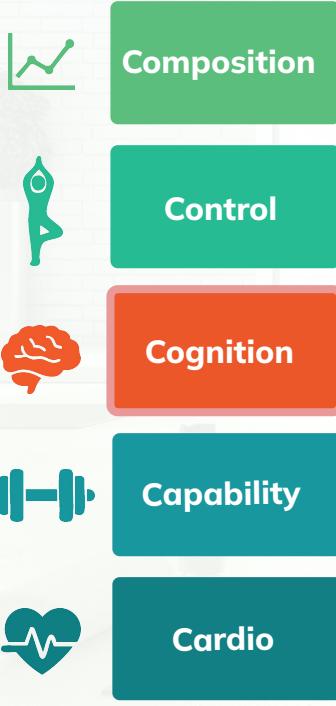
NORMS INFO:

Cognition

Composition

Control

Cognition

Capability

Cardio

FINAL SCORE: {{insert}}

BRAIN POWER   Score: {{insert}}
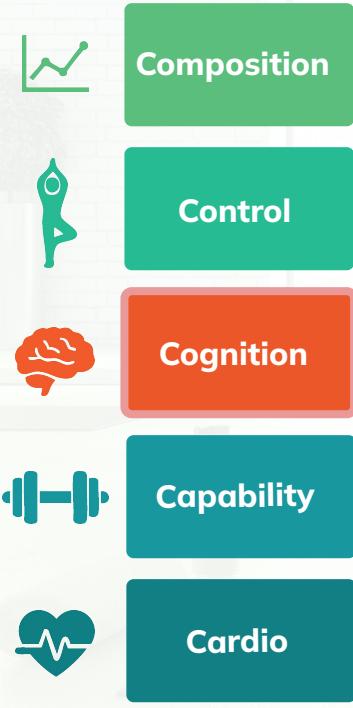
HEALTHSPAN PURPOSE: Assesses your brain's ability to process information robustly and sustain mental energy.

BRAIN SPEED   Score: {{insert}}

HEALTHSPAN PURPOSE: Measures how quickly and accurately your brain reacts to new information.

WHERE YOU STACK UP AGAINST YOUR AGE GROUP

Composition

Control

Cognition

Capability

Cardio

FINAL SCORE: {{insert}}

BRAIN POWER   Score: {{insert}}
NORMS INFO:
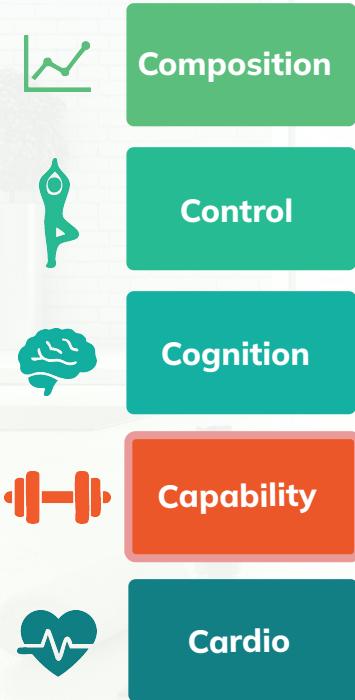
BRAIN SPEED   Score: {{insert}}
NORMS INFO:

Capability

Composition

Control

Cognition

Capability

Cardio

FINAL SCORE: {{insert}}

PUSH UP   Score: {{insert}}

HEALTHSPAN PURPOSE: Being able to press your body off the ground is a cornerstone of strength and independence. Maintaining the ability to do multiple reps becomes increasingly important as we age.

FARMER'S CARRY   Score: {{insert}}

HEALTHSPAN PURPOSE: Your ability to carry a load that is challenging for your body correlates to a strong grip, trunk, legs and overall endurance.

DEADLIFT   Score: {{insert}}
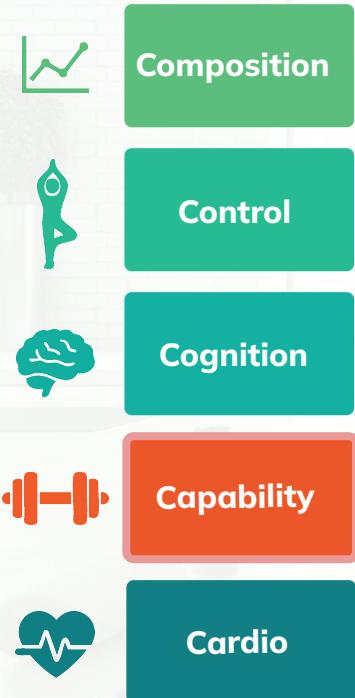
HEALTHSPAN PURPOSE: The deadlift builds real-life strength requiring grip, hip mobility, and core control, helping you move safely, prevent injury, and stay independent as you age.

GRIP STRENGTH   Score: {{insert}}

HEALTHSPAN PURPOSE: Having a strong grip is an indicator that you've used your time to lift heavy objects. A strong grip has been linked to a lower risk of injury, illness and early mortality

WHERE YOU STACK UP AGAINST YOUR AGE GROUP

Composition

Control

Cognition

Capability

Cardio

FINAL SCORE: {{insert}}

PUSH UP   Score: {{insert}}
NORMS INFO:

FARMER'S CARRY   Score: {{insert}}
NORMS INFO:

DEADLIFT   Score: {{insert}}
NORMS INFO:

GRIP STRENGTH   Score: {{insert}}
NORMS INFO:

Cardio

Composition

Control

Cognition

Capability

Cardio

FINAL SCORE: {{ins

BLOOD PRESSURE   Score: {{insert}}

HEALTHSPAN PURPOSE: One of the clearest markers of how well your heart and arteries are aging, high blood pressure is the #1 modifiable risk factor for early death.

VO2 MAX   Score: {{insert}}

HEALTHSPAN PURPOSE: We don't have a single metric that we can measure that better predicts how long we will live than how high our Vo2 max is.
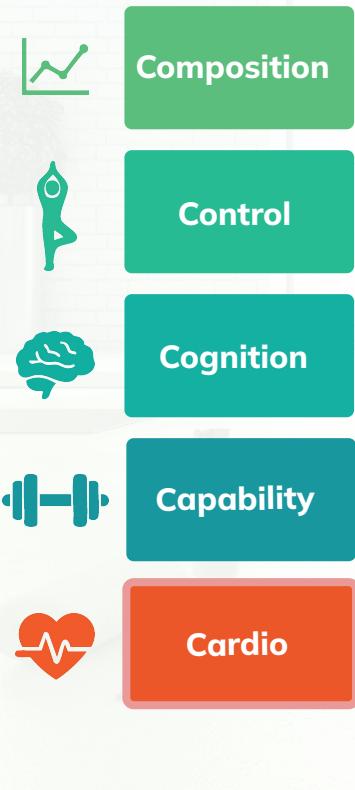
ANAEROBIC POWER   Score: {{insert}}

HEALTHSPAN PURPOSE: Working fast and strong recruits typer 2 muscle fiber. Improving Type 2 muscle responsiveness is an integral component to your muscle staying young and powerful.

WHERE YOU STACK UP AGAINST YOUR AGE GROUP

Composition

Control

Cognition

Capability

Cardio

FINAL SCORE: {{ins

BLOOD PRESSURE **Score: {{insert}}**

NORMS INFO:

VO2 MAX **Score: {{insert}}**

NORMS INFO:

ANAEROBIC POWER **Score: {{insert}}**

NORMS INFO:

Your Healthspan Score

"Your longevity is more malleable than you think."
—Dr. Peter Attia, *Outlive*.

THE CARDIOVASCULAR PYRAMID

Zones 4 & 5 build your capacity
(VO2 Max Training)

Zone 2 builds your base
(Homework)

Our Aim
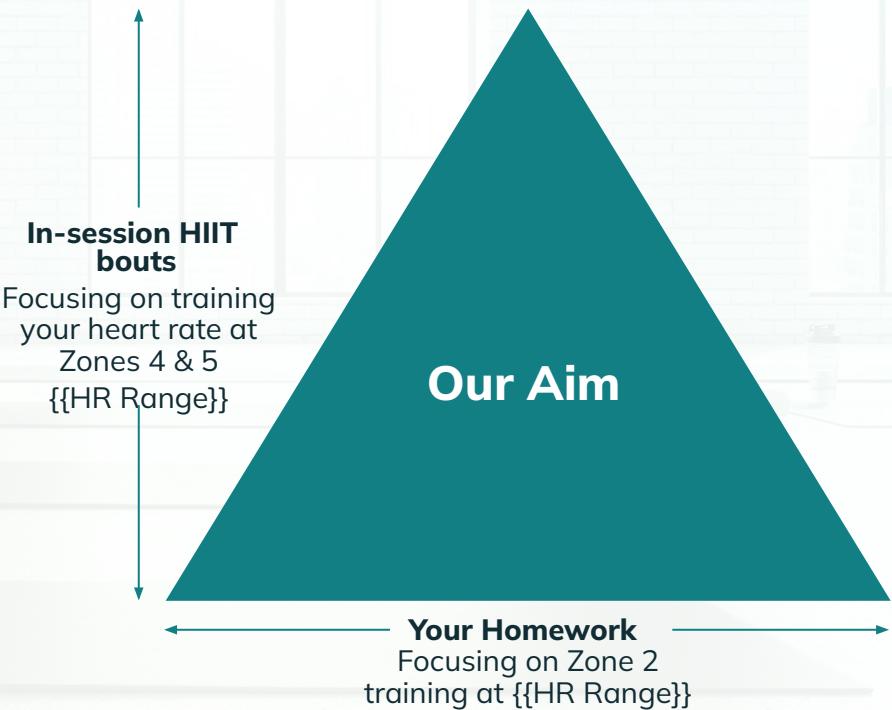
THE CARDIOVASCULAR PYRAMID

ZONE	HEART RATE			RPE
Zone 5	{{z5F}}	to	{{z5C}}	8–10
Zone 4	{{z4F}}	to	{{z4C}}	7–8
Zone 3	{{z3F}}	to	{{z3C}}	5–6
Zone 2	{{z2F}}	to	{{z2C}}	3–4
Zone 1	{{z1F}}	to	{{z1C}}	1–2
Rest	{{zRF}}	to	{{zRC}}	0–1

In-session HIIT bouts
Focusing on training your heart rate at Zones 4 & 5
{{HR Range}}

Our Aim

Your Homework
Focusing on Zone 2 training at {{HR Range}}

Reflections

Key Insights
What were the most surprising or impactful findings from the assessment data?

Opportunities
What areas stood out as needing the most focus or attention based on the data?

Alignment with Goals
How well do the assessment results align with your stated fitness goals? Any adjustments needed?
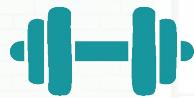
Questions
What questions or curiosities do you have about the data that you'd like to explore further?

Your Practices

Strength Training

2-3x per week train with a healthspan specialist at The Practice.

Movement Map

Continue to build your cardio base and VO2 Max through regular cardio training doing what you love.

Health Management

Partner with you and outside providers to optimize biomarkers.
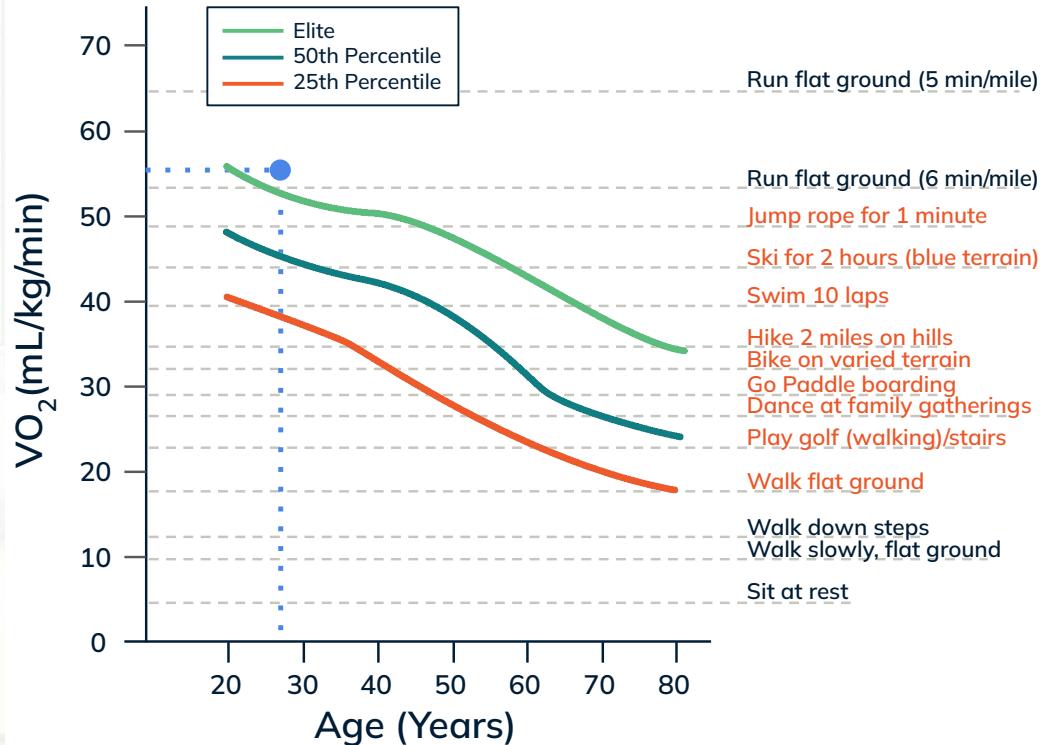
Behavior

Tune into our weekly customized content to help you gain confidence in cultivating habits for healthspan.

APPENDIX: HOW VO$_2$MAX DECLINES WITH AGE