

Wickwoods

COUNTRY CLUB, HOTEL & SPA

HEALTH CHECK

Name: ...Richard Smith.....

Date: ...6.10.11.....

Age: ...50..... Height: ...182 cm.....

Time: ...2pm.....

Measurement	Score	Notes
Resting HR (bpm)	79	An average healthy score would be 70-80bpm. With this score it is the lower the better. For example a marathon runner's resting HR could be as low as 40bpm!
Resting BP (mmHg)	132 / 86	An idea of where your score lies: 90/60 = low 120/80 = ideal 160/100 = high Slightly high but will decrease with regular exercise!
VO2 (ml/O2/kg)	30	The Polar Fitness Test measures your aerobic fitness at rest in 5 minutes. It then predicts your maximal oxygen uptake (VO2max). Average score for a male of your age 32-35
Body Weight (kgs)	91.8	Conversion in stones and pounds: 14 stone 6 pounds Target weight: 80kgs / 12 stone 8 pounds Focus on a healthy nutritional diet!
BMI (kg/m ²)	28	This is a score to identify whether your weight is correct for your height. An ideal score would be 20-25. Target for next health check 25!
Body Fat (%)	36	Body fat is an important part of your body's make up. It is used for insulation and energy. A healthy BF % for your age & gender: 11 - 22%. A score to aim for: 30%.
Visceral Fat (1 - 10)	11	This is the fat that surrounds your internal organs. Aim to keep this score 10 or under to be in the healthiest category. Slightly high but not too bad at all!
Skeletal Muscle (%)	28	This is the muscle attached to your bone. The higher this score, the better. A healthy SM % for your age & gender: 33 - 39%. A score to aim for: 33%.

Date of next health check: ...8 weeks time.....

