



D Report

HEALTH CHECK REPORT
24/01/2022

OVERVIEW

Name	D Report
Gender	Male
Height	179.0 cm
Date	24/01/2022
Age	43
Fitsurance Index	100

ANTHROPOMETRICS

Weight	76.0 kg
Waist Circumference	82.0 cm
Circumference Buttocks	81.0 cm
BMI	23.7 kg/m ²
Navel-Buttocks Ratio	-
Visceral Fat	5.0
Muscle Mass	41.0 kg
Fat %	17.0

BLOOD VALUES

Total Cholesterol	4.2 mmol/L
HDL	1.6 mmol/L
Triglycerides	1.4 mmol/L
Total/HDL	2.4
LDL	2.1 mmol/L
Glucose	-
HbA1c	33.0 mmol/mol
CRP	0.3 mg/L

GRIP STRENGTH

Right Hand	62.0 kg
Left Hand	62.0 kg
Average	62.0 kg

BLOOD PRESSURE

Systolic	117 mmHg
Diastolic	78 mmHg
Pulse	70 bpm

PHYSICAL ACTIVITY

Vigorous	120 mins/week
Moderate	420 mins/week
Walking	-
Sitting	5.0 hours/day
Step Count	7500

ENDURANCE TEST

Power	230 Watts
Heart Rate	146 bpm
VO ₂ Max	32.0 ml/kg/min

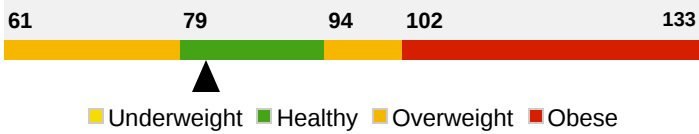
METABOLIC SYNDROME

The metabolic syndrome is the medical term for a combination of abdominal obesity, elevated blood glucose, elevated blood pressure and a distorted cholesterol profile (low "good" or HDL cholesterol and increased triglycerides). You have the metabolic syndrome if you have 3 or more out of the 5 aforementioned risk factors. The metabolic syndrome is thus a combination of risk factors that together pose a greater risk than the sum of the individual risk factors. In particular for development of type two diabetes but also the risk of cardiovascular diseases. In the Netherlands 1 in 3 men and 1 in 4 women between the ages of 30 and 70 suffer from the metabolic syndrome.



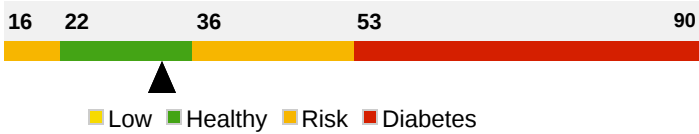
28.9% of people in your age group suffer from the metabolic syndrome

WAIST CIRCUMFERENCE



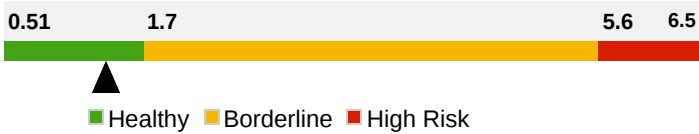
Your weight is good for your height. Keep this going! Continue to eat a healthy and varied diet and exercise regularly.

HBA1C



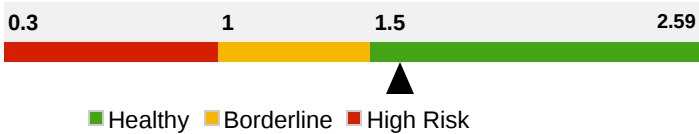
Your value is 33.0 mmol/mol. Your HbA1c level is normal. Keep this by drinking plenty of water and exercising regularly.

TRIGLYCERIDES



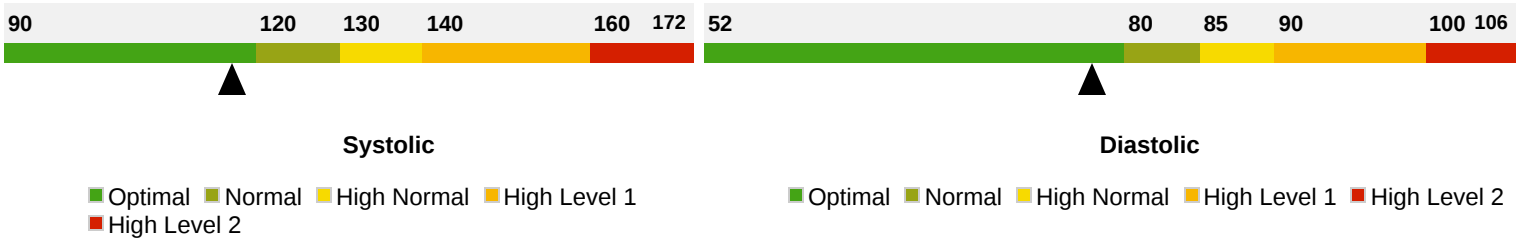
Your value is 1.4 mmol/L. Triglycerides are fats, also present in the blood, and perform multiple functions in the body, including storing energy, insulating and forming a protective layer around organs. Elevated triglyceride levels contribute to the development of cardiovascular disease. Your triglycerides are not elevated, keep it up!

HDL



Your value is 1.6 mmol/L. Your HDL cholesterol, or the good cholesterol, is at a good level. Keep this up! Continue to exercise regularly and eat a varied diet.

BLOOD PRESSURE



Your value is 117 mmHg & 78 mmHg. Your blood pressure is on an optimal level. This means that you are less likely to develop cardiovascular disease. Keep this up! Continue to eat healthy and exercise a lot.



More insight into your own health?

When you order the Fitkit you will receive a complete health report, which gives you insight into your current health status!