

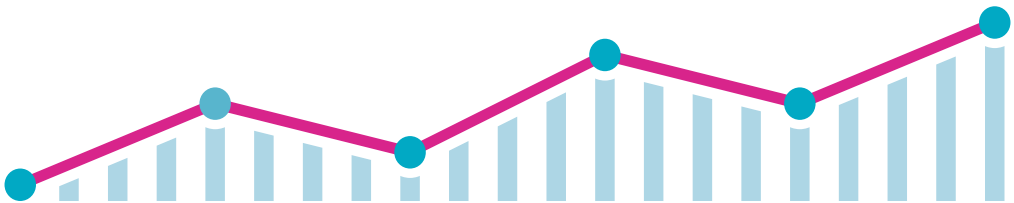


## A complete guide to your Health Screening results

Gain confidence in your health status and enjoy the peace of mind that comes with knowing you're taking proactive steps to live well for longer.

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# Understanding your Health Screening results

If you're reading this, it's likely that you've taken our Health Screening Assessment and you're curious about ways you can improve your wellbeing.

We believe that optimal wellbeing is personal, subjective, and unique to each and every one of us. This guide provides key information about your Health Screening results, along with useful tips to upgrade your daily habits.

Blood pressure: (systolic / diastolic) mmHg

Heart rate: bpm

Grip strength: kg

Calf raises:

Waist: cm Hip: cm

Waist-to-hip ratio:

Single leg balance: Seconds

Date: .....

MY CURRENT OVERALL HEALTH AND WELLBEING SCORE

/10

I'm going to prioritise my...

Emotional health

Physical health

Mental health

Recommendations:





We cannot change  
what we are not  
aware of,  
and once we are  
aware, we cannot  
help but change

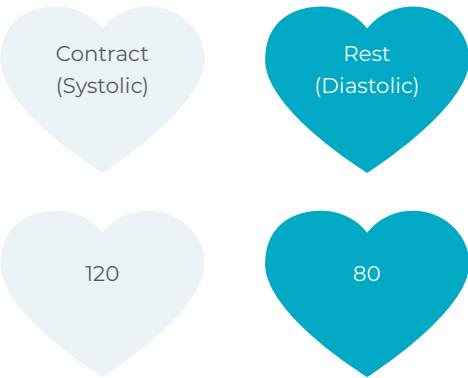
- Sheryl Sandberg -

# Blood Pressure

## What is blood pressure?

Blood pressure measurement indicates the force of blood against artery walls – both as the heart contracts (systolic) and rests (diastolic). High blood pressure increases your risk of heart disease and stroke. It can also increase the risk of other conditions such as congestive heart failure and kidney disease. Early treatment can reduce the risk considerably.

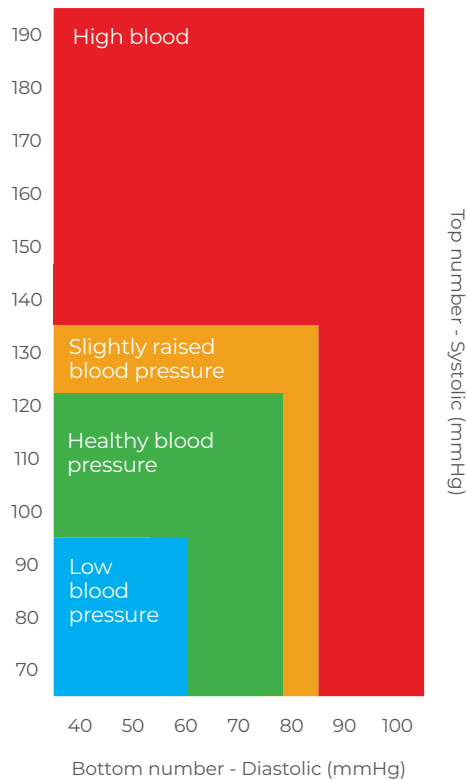
An ideal blood pressure for adults is below 120/80 (120 systolic and 80 diastolic). High blood pressure is considered to be 140/90 or higher. A third of patients with high blood pressure don't know they have it.



According to the British Heart Foundation it's estimated that up to 8 million people are living with undiagnosed or uncontrolled high blood pressure in the UK

## Is my blood pressure healthy?

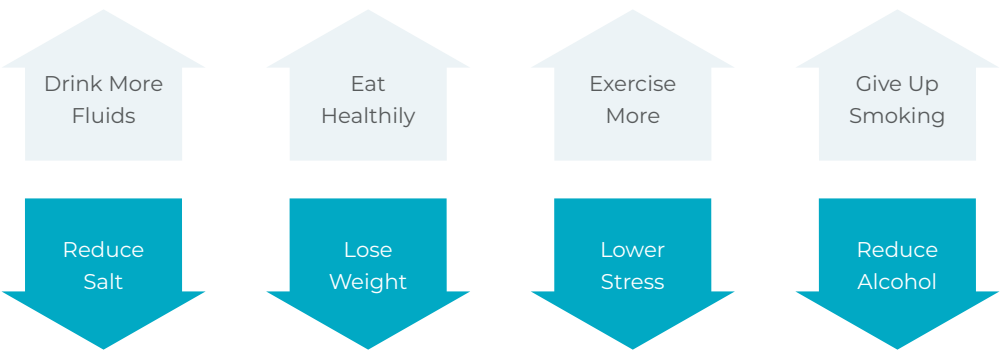
Source: British Heart Foundation



## What if I have high blood pressure?

If you have high blood pressure, you should talk to your GP about how you can lower it. You may have to make changes to your lifestyle and you may even be prescribed medication to help curb your levels.

# How can I reduce my blood pressure?



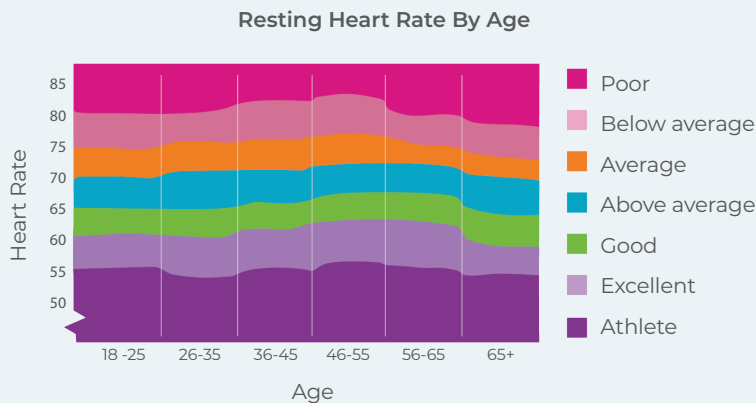
## Low blood pressure

Naturally low blood pressure doesn't usually need to be treated unless it's causing symptoms such as dizziness or recurrent falls, in which case your GP will look at what the cause might be and how to treat it. There are ways to limit symptoms, which include standing up gradually, avoiding standing for long periods of time, staying hydrated and eating smaller meals more often.

## Heart rate

Most adults have a resting heart rate of 60-100 beats per minute (bpm). The fitter you are, the lower your resting heart rate is likely to be. For example, athletes may have a resting heart rate of 40-60 bpm or lower.

The British Heart Foundation recommends that if you have a fast heart rate (called tachycardia) for no obvious reason or when you're at rest, it's important to see your GP.



# Single Leg Balance

Standing on one leg with your eyes closed may seem simple, but it's actually a powerful way to gauge your biological age and functional fitness.

When you close your eyes, your body is deprived of the visual cues it normally relies on for balance, forcing it to adapt in other ways.

## Why balance matters

Good balance is vital for performing everyday activities and reducing the risk of falls, particularly as you age.

It is not merely about "standing still" but is a reflection of your muscle control, mental focus, and the coordination of your body's systems.

By regularly practising balance exercises, you can improve your functional fitness and potentially slow down biological ageing, keeping your body independent and active for longer.

### Biological Age

Your biological age indicates the current functionality of your cells and tissues. It considers factors like chronic inflammation, which is frequently influenced by your lifestyle habits.

### Chronological Age (Your Actual Age)

Your chronological age refers simply to the number of years you've lived.

## What the Results Suggest

The table outlines the average time (in seconds) that a single leg balance is held across various age groups.

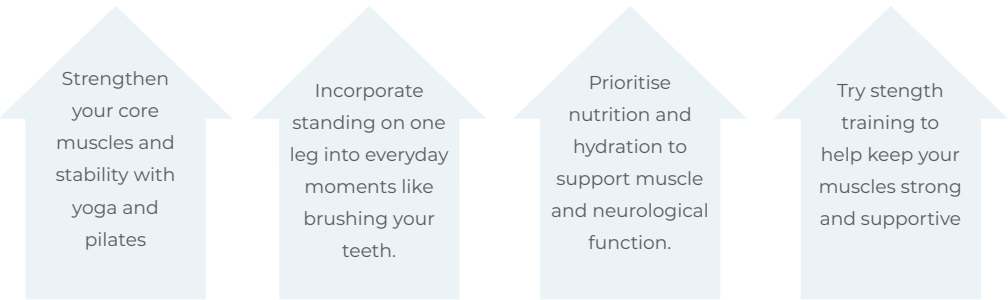
If you were able to hold the position for over the recommended time for your age it is a strong indicator of functional fitness.

If you struggled to balance then this may suggest reduced coordination, weaker muscular control, or delayed reflexes, which are associated with an older biological age.

Don't be discouraged if your results were below the time for your age as small adjustments can make a big difference in building strength, stability, and overall fitness over time!

Single - Leg Balance	
Age	Time in seconds
20	>30
25	>25
30	>22
35	>16
40	>12
45	>9
50	>8
55	>7
60	>5
65	>4
70	>0

# How can I improve my balance and functional fitness?



## The Link Between Balance and Longevity

Poor balance isn't just about physical fitness, it's linked to overall health and wellbeing. A loss of balance can signal problems with muscles, nerves, or even the brain, so it's an important area to monitor.

By improving your balance, you can enhance your biological age, increase independence, and enjoy greater mobility throughout life.

Embracing balance training now will pay dividends for your health, both today and in the future.





# Grip and Calf Strength

Is it time to break the societal perception which often links declining strength with getting older?

Strength can mirror the ageing process and provide valuable insights into our overall wellbeing.

## Why grip and calf strength matter

**Grip strength** is a reliable measure of overall muscle strength and function. It is even linked to longevity and provides insight into your cardiovascular and neurological health.

**Calf strength** is essential for mobility, balance, and daily tasks such as walking, climbing stairs, or even standing up from a chair. Your calf muscles play a key role in maintaining independence and quality of life as you age.

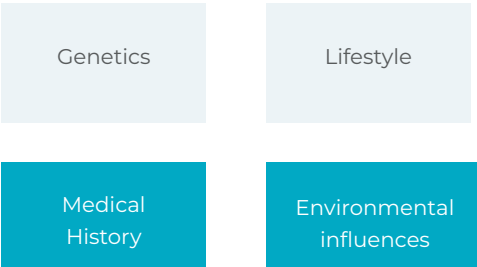
Declining strength isn't an inevitable effect of ageing, it's often a result of reduced activity. Keeping active and strength-building regularly can counter this decline and help maintain functional fitness for longer.

## How does your grip strength compare to your age group?

The chart shows the normal ages for males and females for each age for both grip and calf strength. As with many biological markers, strength varies greatly from person to person and does not alone determine someone's age or health status.

AGE	GRIP STRENGTH (KG PRESSURE)		CALF STRENGTH (REPETITIONS)	
	Male	Female	Male	Female
20	54.2	34.2	37	30
25	55.5	35	34	28
30	54.8	34.2	32	27
35	53.7	33.2	30	25
40	51.8	31.9	28	24
45	49.5	30	25	22
50	47.1	28.7	23	21
55	45	27	21	20
60	42.8	25	19	19
65	39	22.3	16	17
70	33.2	20.8	14	16
75	27.8	18.2	12	15
80	22.5	16.3	10	13
85	18	13	>0	>0
90	>0	>0		

## What factors can influence my strength?



# Breaking the strength vs age stereotype

Did you know that we typically reach peak muscle strength in our 20s and 30s?

After that, it's natural for a gradual decline called sarcopenia to begin, reducing muscle mass and strength as we age. This process is often seen as a marker of biological ageing and has shaped societal perceptions, linking declining strength with getting older.

But strength doesn't have to decline with age! While sarcopenia is a natural process, much of it is actually linked to inactivity, not ageing itself. By staying physically active and focusing on exercises that support muscle maintenance and functional strength, you can challenge those perceptions, maintain vitality, and stay strong for years to come.



# Waist-to-Hip Ratio

Your waist-to-hip ratio compares your waist measurement to your hip measurement and is an indicator of body fat distribution.

It is a common method for measuring abdominal obesity, which refers to excess fat around your waist. This type of fat, known as visceral fat, surrounds your liver and other organs. Visceral fat releases hormones, fatty acids, and other chemicals into your body, which can lead to inflammation in the body.

## What should my waist to hip ratio be?

According to the World Health Organisation (WHO), a healthy waist-to-hip ratio is less than 0.85 inches for women and less than 0.90 inches for men.

## Why is waist-to-hip ratio important?

A high waist to hip ratio indicates excess body fat stored around the abdomen, which can be harmful to your health. It increases the risk factor for developing several chronic diseases, including:

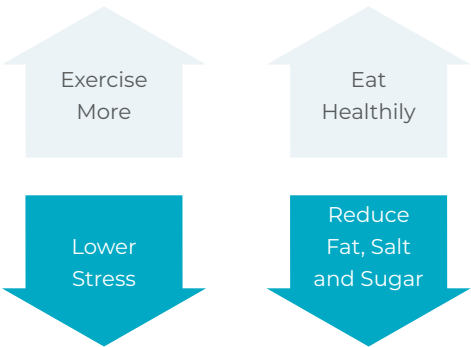
Strokes	Heart disease
Type 2 diabetes	Some types of cancer

## Improving your waist-to-hip ratio

### It's not about dieting

Improving your waist-to-hip isn't solely about dieting, in fact leading an active lifestyle can significantly contribute to a healthier ratio.

Making small, sustainable changes to your daily routine by incorporating more movement, having a healthy diet and considering lifestyle factors such as sleep, exercise level and stress is important when improving your waist-to-hip ratio.



If you'd like more guidance, take a look at the following pages of the guide, where we explore how different lifestyle factors can impact your health and wellbeing.



We first make our  
habits, and then our  
habits make us

- John Dryden -

# Getting Active

Undertaking physical activity can help prevent disease, maintain a healthy weight and promote mental health and wellbeing.

Being active doesn't mean you need to train for a marathon or dedicate hours in the gym. Everyday activities like walking, playing with your children or grandchildren, gardening, or even housework can get you moving. The key is to choose activities that make you breathe harder, feel warmer and where you can feel your heart beat faster.

It's important to aim for some level of activity every day. Adults should try to achieve 150 minutes of exercise each week – that's roughly 20 to 30 minutes a day.

## Benefits of exercise for your mental health

- Improves mood
- Getting outside can reduce feeling lonely
- Reduces stress
- Reduces anxiety and depression
- Improves sleep
- Improves memory
- Helps stay independent and mobile as you get older
- It's fun!

## Exercise Recommendations



### Moderate Exercise

At least 150 minutes of moderate aerobic activity a week, such as brisk walking, riding a bike or water aerobics. Strength exercises on two or more days a week are also recommended.



### Vigorous Exercise

At least 75 minutes of vigorous aerobic activity a week, such as running, playing football or netball. Strength exercises on two or more days a week are also recommended.

# Eatwell Guide

The Government Eatwell Guide shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet. The proportions shown are representative of your food consumption over the period of a day or even a week, not necessarily each meal time.

When should I use the Eatwell Guide?

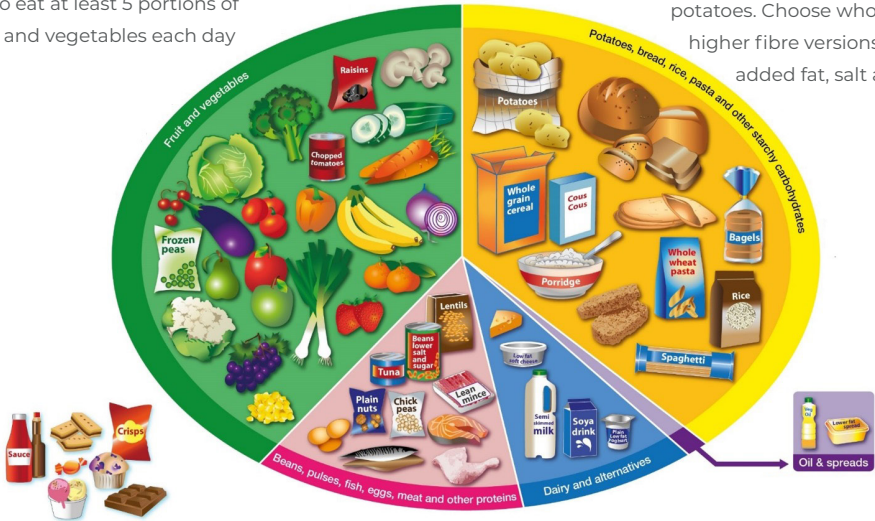
- Deciding what to eat
- Home cooking
- Shopping and groceries
- Eating out in a restaurant
- Choosing food on the run

## Fruit & vegetables

Try to eat at least 5 portions of fruit and vegetables each day

## Carbohydrates

Includes bread, pasta, rice & potatoes. Choose wholegrain or higher fibre versions with less added fat, salt and sugar



## Sugar, fat & salt

Eat less often and in small amounts

## Protein

Includes meat, fish, eggs, beans, pulses and nuts. Eat 2 portions of fish a week (1 oily). Try to eat less red and processed meat

## Dairy

Choose lower fat and lower sugar options

## What is a portion of fruit and veg?

A portion is about a handful or 80g of fresh, frozen or tinned fruit and vegetables, 30g of dried fruit, or 150ml of fruit and vegetable juice. Fruit and veg juices, pulses and beans only count as

one portion no matter how many you eat in one day. Fruit and vegetables don't have to be fresh to count as a portion (e.g. tinned, dried and cooked also count).

# Hydration

It is really important that you consume enough fluid to stay hydrated and healthy. You can get water from nearly all fluid that you drink, apart from stronger alcoholic drinks such as wine and spirits. An intake of at least 6-8 glasses of fluid is recommended every day; this is in addition to the water provided by food you eat. However, the amount of fluid you need depends on factors such as climate, how much physical activity you do and your age.

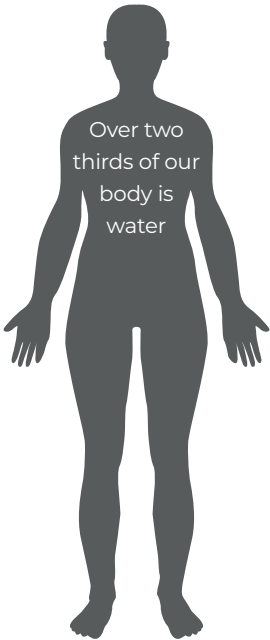
Dehydration occurs when the body loses more fluids than you take in. Symptoms of dehydration include feeling thirsty, lightheaded, tired, dry mouth and urinating far less frequently than you normally do. The colour of the urine you pass is a good indicator of how much fluid you need, see Pee Chart on right.

However, your urine may discolour after eating certain foods such as beetroot, asparagus, and Vitamin D supplements.

## Benefits of keeping hydrated

- Healthy skin
- Reduces blood pressure
- Aids weight loss
- Relieves fatigue
- Improves mood
- Flushes out toxins
- Regulates temperature
- Helps with digestion
- Relieves headaches
- Improves productivity

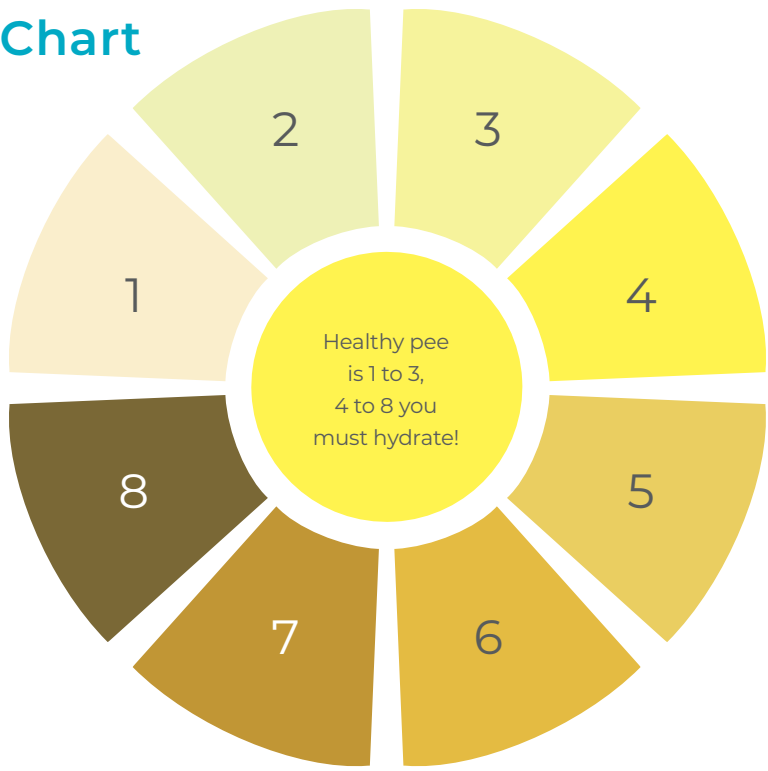
### How the body takes fluids in



### How the body loses fluids



# Pee Chart



## What should you be drinking?

It is important that you consider the calories associated with some common beverages, as well as the diuretic effect of alcohol on the body. To help you make a healthy choice, take a look at the scale below:

Dehydration can occur as a result of drinking too much alcohol. Alcohol is a diuretic, which means it makes you pee more.



Water (200ml)  
0 cal



Orange Juice (200ml) 72 cal



Sugary Drink (330ml) 119 cal



Pint of Lager 227 cal

Please note the calories per drink are just a guide and will vary depending on the drink.



# Alcohol

To keep your risk of alcohol-related harm low, the NHS recommends men and women should not regularly drink more than 14 units of alcohol a week. If you drink over the suggested guidelines, it's best to spread this evenly over three or more days and if you're trying to reduce the amount of alcohol you drink, it's a good idea to have several alcohol-free days each week.

Regular or frequent drinking means drinking alcohol most days. The risk to your health is increased by drinking any amount of alcohol on a regular basis.

## Short-term risks of alcohol misuse

- Accidents and injuries
- Violent behaviour and being a victim of violence
- Sexually transmitted infections
- Alcohol poisoning

## Long-term risks of alcohol misuse

- Heart disease
- Stroke
- Liver disease
- Liver and bowel cancer
- Mouth cancer

## Unit Guide



Pint of weak  
lager (3.6%)  
2 units



330ml Bottle of lager  
(5%)  
1.7 units



175ml white  
wine (12%)  
2.1 units



250ml red  
wine (12%)  
3 units



Pint of strong  
lager (5.2%)  
3 units



275ml Alcopop  
(13%)  
3.3 units



25ml Single spirit  
and mixer (40%)  
1 unit



750ml Bottle of  
red wine (12%)  
10 units

# Smoking

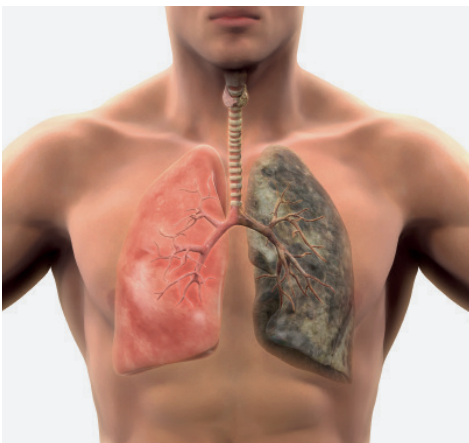
Did you know research shows that having a discussion with a professional helps you find the right stop smoking treatment and increases your chances of quitting.

Services staffed by trained Stop Smoking Advisers are available all over the country. You can join a local group which meets once a week or have one-to-one support if you prefer.

## How to Stop

The NHS Quit Smoking campaign is an incredibly effective way of helping you quit. They can offer free support and advice in a variety of forms.

The average smoker can save around £49 a week by quitting smoking. That's over £2,500 a year!



### What happens when you quit?

After 20 minutes

Check your pulse rate, it will already be starting to return to normal.

After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.

After 48 hours

Your carbon monoxide levels have dropped to that of a non-smoker. Your lungs are clearing out mucus and your senses of taste and smell are improving.

After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.

After 2 -12 weeks

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.

After 3 - 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.

After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker.

After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker.

Source: NHS Smokefree

# Improving your Sleep

A good night sleep can mean the difference between a good day and a bad day. When we sleep well, we are much more likely to make better choices around our diet, movement and social activities. If our sleep is poor for long periods, it can reduce the quality of life and may increase the risk of health issues, including obesity, Type 2 diabetes and cardiovascular disease. Up to one third of the UK population may suffer from insomnia (lack of sleep or poor quality sleep). This can affect mood, energy and concentration levels, our relationships, and our ability to stay awake and function during the day.

## Sleep Routines

Waking up and going to sleep at roughly the same time every day helps to regulate our circadian rhythm. As tempting as it can be to have a longer lie-in at the weekend, it doesn't actually benefit us because, unfortunately, we can't avoid the effects of sleep deprivation by having a few extra hours in bed on Sunday morning.

## Environment

Starting each day outdoors means you are prioritising your sleep, first thing in the morning. Getting day light into your eyes first thing, even on grey and cloudy days, helps your body to adjust to day time by releasing your get up and go hormones. Ensure that your bedroom is uncluttered, dark, well ventilated, cool, and free of devices.



## Movement

Movement and regular exercise have a positive impact on sleep, helping you fall asleep faster and experience better quality sleep by reducing stress, regulating body temperature, and increasing melatonin production.

### Know your sleep disruptors

Avoid eating too late in the evening. Ideally, leave two hours to digest your last meal before going to bed.

Implement a screen ban for a minimum of 30 mins before bed. The blue light emitted from our phones has the same impact on your brain as morning light, tricking your body to thinking it's daytime.

Caffeine will stay in your system for around 10 hours. If you are sensitive, set a caffeine curfew around midday.

Alcohol might make you fall asleep quickly but will likely disrupt sleep in the night as it reduces the amount of REM sleep you get, impacting on quality and makes you wake during the night.

Although exercise is generally beneficial, training too late in the day can have the opposite effect and can disrupt your sleep

Intrusive and worrying thoughts are common factors of insomnia. Manage your stressors using mindfulness, journaling or gratitude practice.

# Positive steps for good mental health

We can all do something to stay mentally well and cope with the ups and downs of life. Here are a few ideas of things you can do.

## Value yourself

Treat yourself with kindness and respect, and avoid self-criticism. Take the time to look for the things in your life that you are grateful for, as this may help you make better decisions. Make time for your hobbies and passions as these can reinforce your self-worth and broaden your horizons.

## Take notice

Take time to be aware of how you are feeling and practice thinking positively. It can help you to become more aware of and manage your thoughts, feelings and surroundings.

## Seeking help

It's common to feel unsure about seeking support for your mental health and to feel like you ought to wait until you can't handle things on your own. It's always ok for you to seek help.

If you are concerned that you may be suffering from a mental illness, you should talk to your doctor who will be able to give you advice on what to do next.

## Acts of kindness

Even the small act of kindness can count. Whether it's a smile, a thank you or a kind word, gestures such as these help to improve your self-worth and confidence. Larger acts, such as volunteering are great ways to improve your mental wellbeing.

## Communicate

Connect with the people around you. Opening up to and maintaining relationships with family, friends, colleagues and neighbours can help you feel more confident and less alone. Taking compliments and using constructive criticism can help you see things differently.

## Keep learning

Learning new skills can give you a sense of achievement and increase your confidence. Trying something new can be a great way to change how you feel.

## Look after your body

Improving your physical health has been proven to help your mental wellbeing: brisk walks to clear your mind, yoga to calm your thoughts, or a boxing session to de-stress. Eating a balanced diet can give you more energy and calmer moods, which will give a good foundation to improve your mental wellbeing.

# Current Health and Wellbeing Score

## How are you doing out of 10?

Think about your mental, physical, and emotional wellbeing, if 10 is high and 1 is low, which number intuitively springs to mind?

### 1 - 4 Suffering

A score of 1 to 4 would suggest you're currently struggling and would likely benefit from either mental, physical, or emotional intervention.

**Recommended action:** Ask for help from a healthcare professional

Contact your GP for more information on healthcare support available to you. It's easier said than done to reach out for support but it's an essential step to move towards optimal wellbeing. Plus, who knows you might be pleasantly surprised by the people you meet and the support you receive.

### 5 - 7 Struggling

A score of 5 to 7 may suggest you're ready for an improvement. You may be suffering from headaches, low energy, digestive problems, poor mental health or other mental, physical, or emotional concerns.

**Recommended action:** Review your lifestyle habits

Our Habits for Health® online course addresses numerous different lifestyle habits including mindset, nutrition, movement, stress, and sleep to naturally increase energy, mood, and self-confidence.

### 8 - 10 Thriving

A score of 8 to 10 would suggest you're currently thriving. Mentally, physically, and emotionally you feel at ease, strong and resilient.

**Recommended action:** Empower others

One of the best ways to sustain new habits is to teach others. Actions really do speak louder than words. Start by empowering others through your daily actions, rather than your opinions. Our Habits for Health® online course will allow you to continue your development and to support others around you to achieve optimal wellbeing.

### What does your score mean?

**Remember:** Wellbeing is personal and subjective to each and everyone one of us and that you are the expert on you.

Be patient and stay curious when creating new habits and remember to experiment, adjust and learn. You're not just following a process, you're discovering what helps you thrive.

Please do not hesitate to get in touch with our Wellbeing Coaches should you have any questions.

hello@wellbeingpeople.com



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