

HEALTH RISK ASSESSMENT AND BODY COMPOSITION PROFILE

A Graphic Look Within Your Body

We are committed to helping you achieve success. Our team wants you to know that you are not alone in dealing with the emotional and physical challenges that come with being overweight. Although the health risks associated with excess weight (high blood pressure, Type II diabetes, heart attack, stroke, disrupted sleep, and joint pain) are intimidating, the good news is they can be medically treated to be reduced, stopped, and even reversed. Congratulations for taking the step that leads to an enhanced life. Our goal is to assist you to live it to the fullest.

Assessment Prepared By: Real Health and Fitness Center	Date:	
Assessment Prepared For: Jane Doe	ID No: FA5589	
Current Body Weight:	203.6 Lbs 92.3 Kg	
Body Mass Index (BMI)	37	
Gender: F	Height: 5' 2" 157 cm	Age: 39

Total Body Fat

The recommended body fat range for young to middle aged adult women is 16% - 26% and for older women 24%-28%. For young to middle aged adult males the recommended body fat range is 12%-18% and for older men 18%-22%.

40.2 %
80.0 Lbs
36.2 Kg

Total Body Water

Water is essential to life. Every physical and chemical process in your body uses water. It delivers oxygen with other essentials into and out of every cell. It lubricates all the body's joints, tissues and organs and insures we do not overheat. To get the benefits from food, we must have water. A well hydrated female with 25% body fat has approximately 50% body water while a well hydrated male with 15% body fat has approximately 60% total body water.

44.5 %
40.2 Ltr

