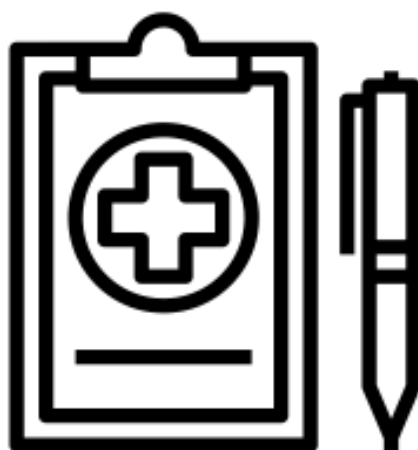


## Health Profile

---



## Table of contents

<b>Blood pressure</b>	3
<b>Fitness testing</b>	4-5
<b>Your results</b>	6
<b>Healthy Habits</b>	7
<b>UK physical activity guidelines</b>	8



## Blood pressure



Blood pressure is the term used to describe the strength with which your blood pushes on the sides of your arteries as its pumped around your body.

Blood pressure is measured in millimetres of mercury and is given as 2 numbers:

- Systolic pressure is the higher figure and represents the amount of pressure when your heart contracts and pushes blood around your body.
- Diastolic pressure is the lower figure and represents the amount of pressure when your heart relaxes between beats and blood is pushed around your heart.

### High blood pressure is a serious condition.

Your arteries are normally stretchy, so they can cope with your blood pressure going up and down. But with high blood pressure, your arteries lose their stretchiness, becoming stiff or narrow.

This narrowing makes it easier for fatty material (atheroma) to build up. This narrowing and damage to the arteries lining your heart or brain could trigger a life-threatening [heart attack](#) or [stroke](#).

	Systolic (mm Hg)		Diastolic (mm Hg)
Normal	<120	and	60-80
Prehypertension	120-139	or	80-89
Hypertension (stage 1)	140-159	or	90-99
Hypertension (stage 2)	>160	or	>100
Hypertensive (seek medical care)	>180	or	>110

### Health tips:

To help lower you blood pressure you can try these lifestyle changes:

- Eat a healthy diet: lots of fruit and vegetables and choose lean proteins likes chicken, turkey fish, eggs and beans.
- Reduce salt: try to limit your salt intake to less than 1,500mg per day or about a teaspoon.
- Be active: Aim for at least 150 minutes of aerobic exercise each week or two sessions of resistance exercises.

## Fitness Testing

The below fitness testing will be carried out at your 1 to 1 assessment and will be repeated 12 weeks after you have completed your physical activity intervention. Each of the tests give you a target to improve on which can act as motivation to increase your physical activity levels. Improvements across the 3 tests will help to improve your quality of life and reduce your risk of developing health conditions.

### 30 second sit to stand test

A test used to assess functional lower limb strength, endurance, balance and fall risks (in older adults).



The aim of the test is to see how many sits to stands you can achieve in 30 seconds. This is achieved by rising to a full standing position, sitting back down again and repeat.

Age	Males	Females
20-29	24	23
30-39	22	21
40-49	20	19
50-59	18	17
60-69	16	15
70-79	14	13
80+	10	10

### Health tips

How can I improve my sit to stand test?

- Attending your 12 sessions with your Exercise Specialist will include exercises that help improve your hip strength and mobility and improve lower leg strength.
- Practice sit to stand at home by trying to do sets and reps of five to ten a couple of times a day.

### 6-minute walk test

The 6 minute walk test is an exercise test used to assess aerobic capacity and endurance.

The aim is to complete as many laps as possible within the 6 minutes.

The distance covered over 6 minutes allows us to compare changes in a person's fitness over time.



## Health tips

How can I improve my 6-minute walk test?

- Resistance training can help reduce muscle dysfunction and improve walking ability.
- Climbing the stairs
- Add in an additional walk or if your new to walking try walking 5-10 minutes 3 times per week.

## Grip Strength

The Hand Grip test (HGT) is a measure of muscular strength.

HGT is a reliable indicator of health and physical function and is used to assess a range of health issues. HGT can predict the risk of developing heart disease, arthritis, osteoporosis, Type 2 diabetes, and certain cancers.



Table: Norms for grip strength in Kilograms (KG) for combined score (L+R)

Female (Age)	Needs Improvement	Fair	Good	Very Good	Excellent
15-19	< 54	54-58	59-63	64-70	> 70
20-29	< 55	55-60	61-64	65-70	> 70
30-39	< 56	56-60	61-65	66-72	> 72
40-49	< 55	55-58	59-64	65-72	> 72
50-59	< 51	51-54	55-58	59-64	> 64
60-69	< 48	48-50	51-53	54-59	> 59

Male (Age)	Needs Improvement	Poor	Fair	Good	Excellent
15-19	< 84	84-94	95-102	103-112	> 112
20-29	< 97	97-105	106-112	113-123	> 123
30-39	< 97	97-104	105-112	113-122	> 122
40-49	< 94	94-101	102-109	110-118	> 118
50-59	< 87	87-95	96-101	102-109	> 109
60-69	< 79	79-85	86-92	93-101	> 101

## Health tips

How can I improve my Hand Grip test?

- During our Physical activity classes, we will focus on upper body exercises which will help improve strength and grip in your hands/forearms.
- Squeeze a rubber ball to help strengthen your fingers.
- Daily activities: wash your car by hand, shovel the leaves or rake your grass without using a machinery.

## Your Results

Assessment Centre: \_\_\_\_\_

Assessors Name: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Healthy Range

Week 1 Blood pressure: \_\_\_\_\_ / \_\_\_\_\_ Pulse: \_\_\_\_\_

**Normal range 120/80  
& Below**

Week 12 Blood pressure: \_\_\_\_\_ / \_\_\_\_\_ Pulse: \_\_\_\_\_

### Week 1

### Week 12

Sit to stand score: \_\_\_\_\_

Sit to stand score: \_\_\_\_\_

**See Page 5**

### Week 1

### Week 12

Hand Grip Test:

Hand grip test:

Right: \_\_\_\_\_

Right: \_\_\_\_\_

Left: \_\_\_\_\_

Left: \_\_\_\_\_

**See page 6**

### Week 1

6 minute walk test:

\_\_\_\_\_m Stops: \_\_\_\_\_ Pain: \_\_\_\_\_

**Our aim is to help you  
increase your walk test by  
30m**

### Week 12

6 minute walk test:

\_\_\_\_\_m Stops: \_\_\_\_\_ Pain: \_\_\_\_\_

### Goals:

- 1.
- 2.
- 3.

## Healthy Habits



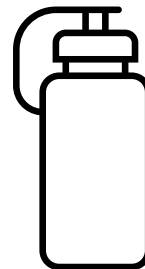
### INCREASE YOUR STEPS

- ❖ Take the stairs rather than the lift.
- ❖ Park your car further away to increase your steps.
- ❖ If traveling by bus, try getting off a couple of stops early.
- ❖ Schedule a 10–15-minute walk on your lunch break.
- ❖ March on the spot while waiting for the kettle to boil.
- ❖ Clean the house.
- ❖ Do some gardening work.
- ❖ Walk during adverts.



### DRINK MORE WATER

- ❖ Drink a glass of water first thing in the morning.
- ❖ Carry a water bottle with you.
- ❖ Set reminders by using a phone alarm.
- ❖ Drink with meals!
- ❖ Opt for water over sugary drinks; try replacing one sugary drink for one glass of water.



### GET MORE SLEEP

- ❖ Create a routine by going to bed at the same time every day.
- ❖ Avoid caffeine and alcohol before bed.
- ❖ Avoid eating large or heavy meals within a few hours of bedtime. opt for a light snack.
- ❖ Limit screen time: you can try turning on your phone's red-light filter before bed.
- ❖ Keep your bedroom cool, dark and quiet.
- ❖ Only use bed for sleep!



## Physical activity guidelines

Being physically active is one of the best things we can do to help our physical and mental health. The Scottish government published the below guideline which highlights types of exercises, frequency and duration which we should be aiming for to maintain a healthy weight and reduce your risk of developing health conditions.

