

# YOUR BODY HEALTH MOT

Whatever your personal goals and where you want to get to, every journey has a starting point.

Having regular body health checks will keep you on track.

It will give you guidance as to where you are and where you want to be, helping you achieve your targets.

If you have any questions, please speak to a member of the LeisureSK Fitness Team when you are back in the Centre.

## Blood Pressure

This means the pressure of the blood in your arteries. These are the tubes that take the blood away from your heart to the rest of your body.

High Blood Pressure happens if the walls of the larger arteries lose their natural elasticity and become rigid and the smaller vessels constrict (become narrower).

Your heart is a pump that beats by contracting and then relaxing. The pressure of the blood flowing through the arteries varies at different times in the heartbeat cycle.

The highest pressure (known as Systolic pressure) occurs when the beat or contraction of your heart forces your blood around your circulation. The lowest pressure (Diastolic pressure) occurs between heartbeats.

Blood pressure is measured in millimetres of mercury. A blood pressure reading is given in two numbers first is the systolic and other diastolic. As a general guide:

- Ideal blood pressure is considered to be between 90/60mmHg and 120/80mmHg
- High blood pressure is considered to be 140/90mmHg or higher
- Low blood pressure is considered to be 90/60mmHg or lower

Find out more at:

[www.nhs.uk/common-health-questions/lifestyle/what-is-blood-pressure](http://www.nhs.uk/common-health-questions/lifestyle/what-is-blood-pressure)

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## Body Fat Percentage

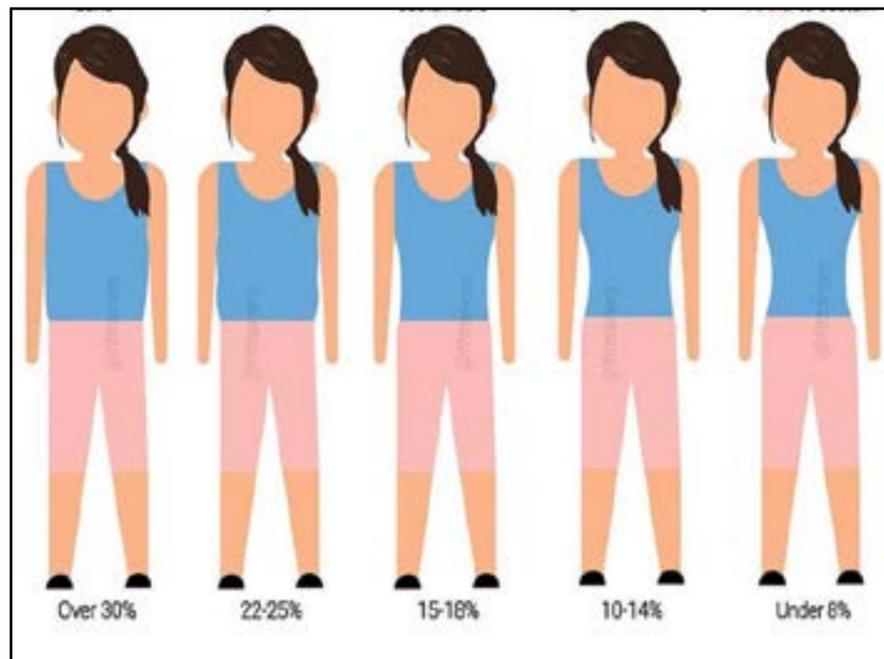
The amount of body fat you carry, your body fat percentage, makes a difference to your body shape and your health.

Your shape is affected by body fat percentage because muscle tissue is more compact than fat.

A balloon that contains 1lb of muscle tissue would be smaller than a balloon containing 1lb of fat.

The muscle balloon would have a good shape to it, the fat balloon would feel like it's filled with custard and have not defined shape.

Measuring changes in body fat percentage rather than just measuring changes in weight can be motivational when you are dieting especially when you are exercising as part of your weight loss regime.



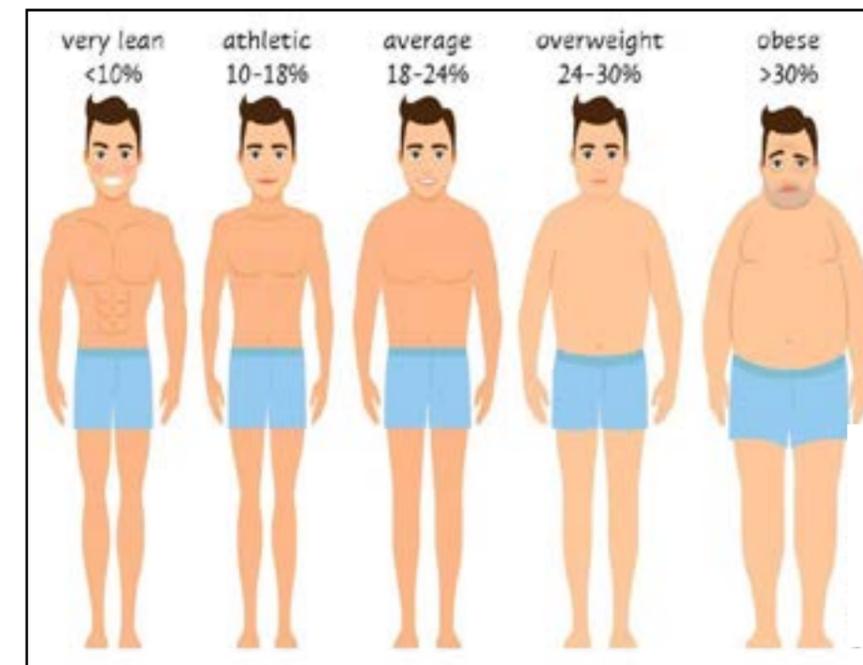
## How is it measured?

A low-level electrical signal is sent through the body. The signal travels quickly through lean tissue which has a high percentage of water and is therefore a good conductor of electricity.

The more slowly through fat, as fat has a lower percentage of water and is therefore a poor conductor of electricity.

Find out more at:

[www.nhs.uk/live-well/healthy-weight](http://www.nhs.uk/live-well/healthy-weight)



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## Peak Flow

This measures the capacity we have within our lungs used to expand air.

It is measured in Litres per minute.

The peak flow meter measures the maximum ability to expel air from the lungs, or peak expiratory flow rate (PEFR or PEF).

Peak flow readings are higher when patients are well and lower when the airways are constricted.

From changes in recorded values, patients and doctors may determine lung functionality, severity of asthma symptoms, and treatment options.

It should be noted that there is a wide natural variation in results from healthy test subjects.

A peak flow meter is a small, hand-held device used to manage asthma by monitoring airflow through the bronchi and thus the degree of restriction in the airways.

Find out more at:

<https://www.nhs.uk/conditions/peak-flow-test>



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## BMI – Body Mass Index

This is a formula which relates your body weight to your height. It enables you to determine whether you are at a weight which is healthy for you.

What your BMI calculations means:

- Under 18.5 Underweight
- 18.5 – 25 Healthy Weight
- 30 – 40 Obese
- Over 40 Severely Obese

The Calculation:

Height in metres, Weight in Kilograms, divide weight by the height squared i.e. If you are 160cm tall and weighed 65kg then your BMI would be  $65 \text{ over } 1.6 \times 1.6 = 25.39$

Find out more at:

[www.nhs.uk/live-well/healthy-weight/bmi-calculator](http://www.nhs.uk/live-well/healthy-weight/bmi-calculator)



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## Waist Size

Measuring your waist is a great way to check you're not carrying too much fat around your stomach. Carrying too much weight can raise your risk of heart disease, type 2 diabetes and stroke.

You can have a healthy BMI and still have excess tummy fat, meaning you're still at risk of developing these conditions.

To measure your waist:

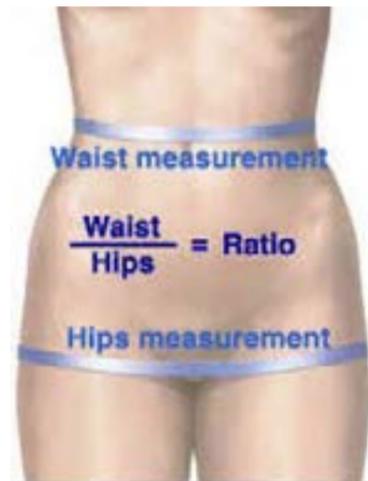
1. Find the bottom of your ribs and the top of your hips.
2. Wrap a tape measure around your waist midway between these points.
3. Breathe out naturally before taking the measurement.

Regardless of your height or BMI, you should try to lose weight if your waist is:

- 94cm (37ins) or more for men
- 80cm (31.5ins) or more for women

You're at very high risk and should contact a GP if your waist is:

- 102cm (40ins) or more for men
- 88cm (34ins) or more for women



Find out more at:

[www.bhf.org.uk/information-support/heart-matters-magazine/medical/measuring-your-waist](http://www.bhf.org.uk/information-support/heart-matters-magazine/medical/measuring-your-waist)

## Sit and Reach Flexibility

The sit and reach test is a measure of flexibility. It specifically measures the flexibility of the lower back and hamstring muscles.

This test is important because tightness in this area is implicated in lumbar lordosis, forward pelvic tilt and lower back pain.

Fitness category	Males	Females
• Excellent	>46.5cm	>45.5cm
• Good	46.5 – 38.0	45.5 – 38.0
• Average	37.5 – 27.0	37.5 – 29.0
• Below Average	26.5 – 17.0	28.5 – 20.0