Improving your health

YOUR HEALTH AUDIT

The tips you need to get your health plan back on track
Disclaimer

This resource is designed to give insight into your health. There are exercise tests involved and you should consult with your General Practitioner before commencing exercise. Coordinated Fitness will not be liable for any injuries sustained from the Health Audit or Exercise recommendations. By starting this guide you are taking full responsibility for your involvement and acknowledge you have taken steps to ensure you have medical clearance.
It’s time to get your health plan back on track

- Do you have great intentions of improving your health?
- Are you finding your fitness and well-being aren’t what they used to be?
- Do you need a plan to help get you back on track?

Did you answer yes to any or all of these questions?

Then Coordinated Fitness’s HEALTH AUDIT is where you need to start to develop your health plan.

We will be giving you simple health tests to complete. This will give you a good idea of your current health status. Once you have this information, then we can start to develop your health plan. Coordinated Fitness’s HEALTH AUDIT will also give you some tips on what to eat, how to exercise and to manage your time so you can fit it all in. Our ever changing environment at work and home lends itself to using technology for entertainment and work. There are survey results indicating Australian Adults are spending as much as 9 hours in front of some form of device per day. This is a lot of sedentary time and we need to combat this with exercise and good nutritional habits.

So it is time to get moving and get testing to see where you are at and start developing your plan.

Once you know where you are starting from you can improve. You can download a health screen questionnaire to complete. If you answer yes to any of the questions in the known conditions you must seek medical clearance before commencing exercise. Here’s to moving more and living the healthy life you want.

Let’s get started! Have fun and love life!

Tanya Barnett
Director of Coordinated Fitness
Accredited Exercise Physiologist
WHAT ARE YOUR HEALTH LEVELS?

Knowing your Current Health levels is very important if you are looking to change. Sometimes it can also be confronting. Do not be too hard on yourself if your results are not in the normal ranges. Acknowledgement of your current level is the first step towards changing to the healthy life you want. For some of these levels you may need to look at past blood test results. If you haven’t been to the doctor lately, then now is a good time to get a health check-up. Also if you have current health conditions, or signs and symptoms of conditions from filling out the health screen, then you need medical clearance to complete tests and commence exercise. For each test we will explain exactly what you are looking for or how to do the measurement. Once you have the result write it in the table below.

Knowing your health levels is key to change.

Get cracking and have fun.

DATE:

<table>
<thead>
<tr>
<th>Category</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height (cm)</td>
<td></td>
</tr>
<tr>
<td>Weight (Kg)</td>
<td></td>
</tr>
<tr>
<td>Body Mass Index (BMI)</td>
<td></td>
</tr>
<tr>
<td>Waist Measurement (cm)</td>
<td></td>
</tr>
<tr>
<td>Hip Measurement (cm)</td>
<td></td>
</tr>
<tr>
<td>Fasting Blood Sugar Levels</td>
<td></td>
</tr>
<tr>
<td>Fasting LDL Cholesterol</td>
<td></td>
</tr>
<tr>
<td>Fasting HDL Cholesterol</td>
<td></td>
</tr>
<tr>
<td>Fasting Total Cholesterol</td>
<td></td>
</tr>
<tr>
<td>Blood Pressure</td>
<td></td>
</tr>
<tr>
<td>6 Minute Walking Test</td>
<td></td>
</tr>
</tbody>
</table>
HOW TO TAKE THESE MEASUREMENTS

**Height**
If you don’t already know your height from your driver’s licence then you might need some assistance to measure your height. Stand with your back to the wall and have someone mark just above your head. Then grab a tape measure and take the measurement from the mark of the wall to the ground. Record the information on the chart.

**Weight**
It is best to weigh yourself first thing in the morning without clothes on. Place the scales on a hard level surface and then step onto the scales to check your weight. Record the information on the chart.

**Body Mass Index (BMI)**
Using Body Mass Index (BMI) as a guide to healthy weight is a good starting point. It can, however, have its limitations with athletes as it does not take into consideration muscle mass. Though for the general population it is a good guide. It should not be used for pregnant women. If you want to make the calculation easy just google BMI and enter your details into one of the many free calculators.

**Example**
Take your height and multiply it by itself e.g. $180 \times 180 = 32400$

Then Divide your weight by the multiplied height figure e.g. $80kg / 32400 = 0.002469$

Then multiply this number by 100 e.g. $0.002469 \times 100 = 24.69$

*This person is in the Normal Weight Range.*

**Your BMI**
Take your height and multiply it by itself $_____cm \times _____ = _____$

Then Divide your weight by the multiplied height figure $_____kg / _____ = _____$

Then multiple this number by 100 $_____ x 100 = _____$

Your level is ________________.

**Record the information on the chart.**

<table>
<thead>
<tr>
<th>Classification</th>
<th>BMI (kg/m²)</th>
<th>Risk of co-morbidities (Health Consequences)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>&lt;18.50</td>
<td>Low (Increase risk of clinical eating problems)</td>
</tr>
<tr>
<td>Normal range</td>
<td>18.50 to 24.99</td>
<td>Average</td>
</tr>
<tr>
<td>Healthy Weight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overweight</td>
<td>&gt;25</td>
<td>Increased</td>
</tr>
<tr>
<td>Pre Obese</td>
<td>25.00 to 29.99</td>
<td>Increased</td>
</tr>
<tr>
<td>Obese</td>
<td>30.00 to 34.99</td>
<td>Moderate</td>
</tr>
</tbody>
</table>

Adapted from: Obesity: Preventing and Managing the Global Epidemic, 2000, WHO, Geneva

**Waist**
You will need a tape measure. Now your waist is located half way between the top of your pelvis and the bottom of your ribs. At this point place your tape measure around your waist and take the measurement in cms and record (Don’t pull the tape measure tight). Record the information on the chart.

**Hip**
You will need a tape measure. Put your feet together and place the tape measure around your hips. It needs to be in the largest section around your buttocks. At this point take the measurement in cms and record (Don’t pull the tape measure tight). Record the information on the chart.
Fasting Blood Sugar and Cholesterol Levels

These blood tests need to be completed through a blood collection centre. You need to see your General Practitioner for a referral to have these tests completed. Your doctor will explain when you need to start fasting.

Blood Pressure

When you are at the doctors, ask them to take your blood pressure. Alternatively, you can take your blood pressure on an electronic monitor at home. At most pharmacies you can have an attendant take your blood pressure. Once you have this information, record it on the chart.

6 min walking test

You will need to find a 20m flat area which you can walk up and back. Often a flat footpath is good. You need to walk as fast as you can for 6 minutes. Count how many lengths you complete and then multiply by it by 20. This will give you the total distance travelled. Record the information on the chart.

CONGRATULATIONS YOU HAVE FINISHED YOUR TESTING. WELL DONE!
Let’s look at some tips to help you get started in your healthy changes.

It’s time to make an appointment for you in your diary - so often we make appointments for other people but forget about ourselves. Sit down now with your diary and work out when is a good time for you to exercise. Make an appointment and set it in your diary or mobile phone so it will flash up and remind you.

**Work out some healthy snacks** - take some time to get the right snacks in the house. Here are some suggestions

- 1 egg on 2 vita biscuits with tomato
- 170 g greek yoghurt and 6 Brazil nuts
- 1 piece of fruit with handful of mixed nuts
- Cottage cheese w tomato and ham on 2 vita biscuits

Structure your meals – take time to work out what you are going to eat in the week and write a shopping list to help eliminate impulse buying.

**Say No once at the shops** - if you know you love chocolates or biscuits say no once at the shop and then you don’t have to constantly say no each time you look in the cupboard. Remember it is important to give yourself a small treat each week.

Get your clothes ready – if you need to walk first thing in the morning then have your clothes and shoes ready beside your bed. This means you have to put them on first thing in the morning and get going. Decide what exercise you like – it is so important to find an exercise you like. We often prescribe walking to patients just starting out as it is free and easy. However, not everyone enjoys walking. You may like to do a pool based exercise program or aerobics session, dancing class or cycling.
If you are just starting out it’s important for you to pick a distance or time you are comfortable walking. Complete this for 3 to 4 weeks to get your body used to regular exercise. Aim to walk 3 to 4 days per week.

**HOW TO BUILD YOUR WALKING PROGRAM**

Once you have exercised for 3 to 4 weeks you can either change your intensity or time you walk.

**Changing your intensity**

- Completing a 30 min walk
  - 10 mins normal pace
  - 10 mins 1 min fast / 1 min normal pace
  - 10 mins normal pace

**Changing your distance**

Only increase your distance of walking by 10 percent or 5 mins. Do not jump from 30 mins of walking to a 1 hour walk. You will increase your risk of injury.

There are so many options you can include into your plan. I hope this introduction E-book has given you some food for thought. We want you to start thinking about yourself and building your plan. Take some time out to start your plan. Remember to celebrate the small achievements. You might find after a few weeks you can do tasks you used to struggle with. This is huge and is often missed by people as improvement. If you want more information or support, we offer a range of programs to help you reach your health goals. You can find more information about our programs on www.coordinatedfitness.com

Thank you for taking the time for yourself to read our E-book. Our aim is to get you thinking about your health and how exercise and good nutrition can assist your health.

**We look forward to helping you further in the future.**

**Bye for Now & Have Fun**

Tanya Barnett  
Director of Coordinated Fitness